

Life & Health

SPRING 2015 A JOURNAL DEVOTED TO HEALTHFUL LIVING

Leg pain?

Be sure to get it checked out

WHEN a short walk becomes a painful exercise, it could signal something called peripheral arterial disease (PAD).

PAD happens when leg arteries become clogged with fatty deposits that limit or block blood flow. If you have PAD, you probably have blocked arteries in other areas of your body as well.

One of the most important things you need to know about PAD is this: It's a risk factor for heart attack and stroke that shouldn't be ignored.

What it feels like

Common symptoms of PAD include fatigue, heaviness, and pain and cramping in the leg muscles when walking. These symptoms can often be temporarily relieved with rest.

PAD can also trigger sleep-disrupting pain in the feet or legs and coldness in lower legs and feet. It can also make it difficult for lower limb sores to heal, which increases the risk of infections and tissue death (gangrene).

You're most likely to develop PAD if you're older than 50 or African American or if you smoke or have diabetes, high blood pressure, high



Visit www.hrhs.org/heart to learn more about the heart care and PAD-related services offered by Cardiovascular Services at Sentara Halifax Regional Hospital.

cholesterol, or a family history of heart and blood vessel diseases, including heart attack or stroke.

If you're at risk of PAD or have symptoms, your doctor may want to perform a simple, painless test called the ankle-brachial index (ABI).

Options for PAD

Treatment for peripheral arterial disease (PAD) may include:

Lifestyle changes. Key steps include exercising; not smoking; and making heart-healthy food choices, such as eating less saturated fat, trans fat and cholesterol and more whole grains, fruits and vegetables.

Medicines. Prescription medicines can help prevent blood clots, lower cholesterol and reduce pain while walking.

A special procedure. If PAD is severe, a procedure, such as angioplasty or bypass surgery, may be needed to restore blood flow to blocked arteries.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

The test compares blood pressure in your legs to the pressure in your arms to determine how well the blood is flowing and whether further tests are needed.

Sources: National Heart, Lung, and Blood Institute; Society of Interventional Radiology



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HEALTH news

Health Nite Out: Understanding Arthritis

Despite affecting more than 50 million Americans, arthritis is an often-misunderstood disease with a core of common myths associated with it.

Many people think they have arthritis, but for some reason they never discuss it with their doctor. Often, older people accept joint pain as a part of the aging process, and they assume that nothing can be done to treat it.

Countless young people never even consider arthritis because of their age, even though two-thirds of people with arthritis are under age 65, including 300,000 children.

Thursday, May 21, Jacqueline Fogarty, M.D., of Sentara Southern Virginia Orthopedics, will explain the facts behind many arthritis myths as she presents "Health Nite Out: Understanding Arthritis."

"If you or a loved one have concerns about joint pain and arthritis or have been diagnosed with arthritis, it's important to learn more about the disease and its potential impact," Dr. Fogarty says. "Arthritis is the leading cause of disability in the United States, and it is a serious health problem. It's essential that people learn how to treat this disease and find relief for a better quality of life."

Join us Thursday, May 21, 6 p.m., in the Leggett Auditorium at Sentara Halifax Regional Hospital for "Health Nite Out: Understanding Arthritis." Call **434-517-3635** to register.

Understanding Arthritis

Thursday, May 21, 6 p.m.

Leggett Auditorium,
Sentara Halifax Regional
Hospital

Featuring
Jacqueline
Fogarty, M.D.

To register call
434-517-3635.



Keep in touch with your doctor

Risks of a number of health problems increase as people age. These include arthritis, cataracts and certain cancers. Sometimes, a combination of genetics and environmental factors—including your lifestyle—puts you at risk also.

Work with your doctor to better understand your specific risks. Just as important, you can learn how to head off those things that pose some of the greatest risks. For example, your doctor might recommend that you stop smoking, improve your diet, get moving and have recommended screening tests. You might need medication in some cases.

If you already have a health problem, it's important to work closely with your doctor. Doing so can help you manage your condition. And that can help you live as healthfully as possible.

Sources: AGS Foundation for Health in Aging;
National Institutes of Health

numbers to know



The approximate number of months required to lock in a new behavior. That means it can take awhile to break a bad habit or commit to a new one, such as getting regular exercise.

Shape Up America!

The portion of people who have cancer today who will live five years or longer. There are more than 14 million cancer survivors in the U.S.

2 of 3

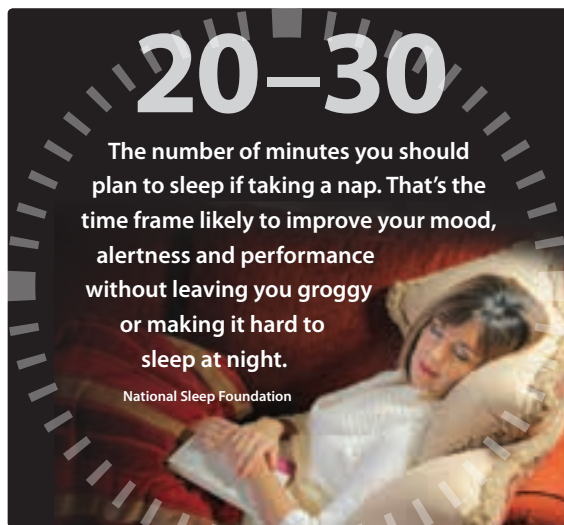
American
Cancer
Society



20-30

The number of minutes you should plan to sleep if taking a nap. That's the time frame likely to improve your mood, alertness and performance without leaving you groggy or making it hard to sleep at night.

National Sleep Foundation



Make time for your mammogram

Local grant funds available for screenings

IF you're a woman who can easily list things she believes are more important than getting a mammogram, here's something worth remembering: Mammograms take minutes; breast cancer takes lives.

The American Cancer Society reports that more than 200,000 new cases of invasive breast cancer and more than 40,000 breast cancer deaths will occur in 2015.

Determined to save lives and end breast cancer forever, Susan G. Komen Central Virginia Affiliate awarded nine organizations across the Commonwealth with grant funding. A recipient of one of the nine awarded grants, Sentara Halifax Regional Hospital has received funding which will provide 200 no-cost screening mammograms.

Who can participate?

Individuals who are eligible to receive a no-cost screening mammogram are women in Halifax County who are between 40 and 64 years of age and who would otherwise not be able to afford this lifesaving health screening. The Komen grant funds screenings through age 64 because Medicare covers the cost of mammograms for women once they reach 65 years old.

Call **434-517-3932** to make an

Importance of screenings

Breast cancer knows no boundaries, be it age, ethnicity, gender, socioeconomic status or geographic location. One in 8 women in the United States will be diagnosed with breast cancer in her lifetime.

Women may find excuses for many other things, but when it comes to breast health, no excuse will do. Mammograms are the most effective way to find breast cancer early, when treatment is likely to be most successful.

Call **434-517-3932** to make an appointment for a Komen-funded mammogram. The number of screenings is limited to 200, so please don't delay in making your appointment. This simple measure of preventive health care can save your life!



appointment. The program coordinator will help fill out a simple registration form and assist in making the actual appointment.

What to expect

Mammograms are x-ray pictures of the breast. The procedure for having a mammogram is simple. The radiology department at Sentara Halifax Regional Hospital has state-of-the-art digital equipment to perform the test.

A radiology technician will guide each woman through the procedure, which normally takes less than 30 minutes from front-desk registration to finish. There is no blood. There is perhaps momentary discomfort—but that fades immediately. A caring healthcare provider can answer questions during the procedure.

The screening is reviewed by a radiologist, and the results are shared with the patient by mail. Any needed follow-up can be organized with the help of the program coordinator. Other grant-funded programs are available which may cover the cost of further diagnostics and treatment if necessary.

Pictured by the digital mammography machine at Sentara Halifax Regional Hospital are mammography technicians (left to right) Amy Owen, Angela Moser and Judy Ivey.



DR. W



How to find the right specialist for you

If your roof had a leak that needed to be repaired, you wouldn't call a plumber. You'd turn to a roofer—the go-to expert for leaks in aging roofs, not pipes.

That same principle applies if you have a health problem that's complex or serious. You want precisely the right specialist. But which one? After all, how do you tell the difference between a nephrologist and a neurologist?

That's easy enough—use this crib sheet. It's your guide to common medical specialists and their areas of expertise.

Source: American Board of Medical Specialties

If you think one of these experts can help you, call our physician referral line at **1-800-SENTARA** or visit us at **www.hrhs.org**. We can connect you with the specialist that best fits your needs.

TYPE OF SPECIALIST

Cardiologist

Dermatologist

Family physician

Gastroenterologist

General surgeon

Nephrologist

Neurologist

Obstetrician-gynecologist

Oncologist

Ophthalmologist

Orthopedic surgeon

Otolaryngologist

Pulmonologist

Radiologist

Urologist



You don't have to travel far to get expert care. Find our team of specialists at www.hrhs.org.

TYPE OF CARE

Specializes in diseases of the heart and blood vessels. They manage conditions such as heart attacks, serious heart rhythm problems and heart failure (when your heart can't pump enough blood).

Treats conditions of the skin, hair, nails and mucous membranes. These conditions can include acne, skin cancer, hair loss, moles, eczema, psoriasis and nail infections.

Cares for patients of both genders and every age. They deliver a range of acute, chronic and preventive medical care and provide patients with a patient-centered medical home. They also advocate for the patient in a complex healthcare system.

Specializes in the digestive organs. That includes the stomach, intestines, gallbladder, pancreas and liver. They treat conditions such as cancers, ulcers, hepatitis and ulcerative colitis. These specialists are also known as GI (gastrointestinal) doctors.

Cares for patients who need operations on their abdomen, digestive tract, endocrine system, breasts, skin or blood vessels. They treat conditions such as hernias, colon cancer, breast cancer and appendicitis.

Treats injuries and conditions that damage the kidneys, such as chronic kidney disease. If kidneys fail, nephrologists help patients with dialysis or consult with surgeons about kidney transplantation.

Specializes in diseases and injuries involving the brain, spinal cord and peripheral nerves. That can include stroke, brain tumors, epilepsy, Parkinson's disease, headache, meningitis and multiple sclerosis.

Commonly known as OB-GYNs, these specialists care for women before and during pregnancy, including labor and delivery. Some gynecologists also treat women with conditions such as infertility or cancer of the reproductive organs.

Treats all types of cancer. They may practice surgical, medical or radiation oncology. Some oncologists specialize in certain cancers, such as breast cancer, lung cancer, leukemia or lymphoma.

Treats everything related to eyes and vision. They can perform eye surgery, diagnose and treat eye conditions, do vision exams, and prescribe glasses.

Treats conditions of the bones, joints, muscles, and supporting structures such as ligaments and cartilage. Besides surgery, these specialists use medication, exercise and other therapies to treat patients.

These doctors are also known as ear, nose and throat (ENT) specialists. Along with treating ENT conditions, they also specialize in managing disorders of the jaw, sinuses, mouth and face. That can include balance and sleep problems.

Specializes in serious diseases or conditions of the lungs and airways. That can include cancer, pneumonia, asthma and emphysema. Pulmonologists do not perform surgery, but they may take tissue samples of the lung or chest wall for examination.

Uses medical imaging techniques to diagnose and treat illnesses and injuries. That can include imaging tests such as x-rays and CT (computed tomography) scans. Radiation treatments may be used to treat malignant tumors and other abnormal tissue.

Specializes in treating urinary tract disorders in both males and females. They also treat reproductive system disorders in males. They may use medicine or surgery for conditions such as infections, cancers, incontinence or benign prostatic hyperplasia.

WELCOME!



Candice L. Bruce, FNP, WHNP, joined Sentara Halifax Family Medicine in February. She completed her master's degree in women's health nurse practitioner at Vanderbilt University in Nashville, Tennessee, and received her post-master's family nurse practitioner certificate from Tennessee State University in Nashville. She is certified as a family nurse practitioner by the American Nurses Credentialing Center.



Aura M. Urquia-Robles, D.O., joined Sentara Chase City Family Medicine in March. Dr. Robles completed her family medicine residency at Peconic Bay Medical Center in Riverhead, New York. She earned her doctorate in osteopathic medicine from New York College of Osteopathic Medicine in Old Westbury. Dr. Robles is board-certified in family medicine by the American Osteopathic Board of Family Physicians.



Zeporah Sykes, D.O., joined Sentara Halifax Family Medicine in April. She earned her doctorate in osteopathy from Kirksville College of Osteopathic Medicine in Kirksville, Missouri. She completed her family medicine internship at Reading Hospital & Medical Center in Reading, Pennsylvania, and her family medicine residency at Lakeside Medical Center in Belle Glade, Florida. Dr. Sykes is board-certified in family medicine by the American Osteopathic Board of Family Physicians.



M. Courtney Capstack, PA-C, joined the emergency department at Sentara Halifax Regional Hospital in March. She completed her premedicine prerequisites at Northern Virginia Community College in Annandale, Virginia, and earned her master's degree in physician assistant studies from James Madison University in Harrisonburg, Virginia.

New faces, excellent **CARE**

THERE are several new faces on the medical staff at Sentara Halifax Regional Hospital. Some new providers are located at the hospital, while others can be found in one of our many physician practices located throughout the region. They all bring with them a wealth of knowledge to help ensure the health of you and your family.



David A. Warden, FNP, joined Sentara Halifax Family Medicine in February. He completed his master's degree in nursing, specializing in family nurse practitioner, from Walden University in Minneapolis. He received his undergraduate degree in nursing from Chamberlain College of Nursing in Downers Grove, Illinois.

Need a doctor? Find these and others at www.hrhs.org/providers.

Support in times of loss

SENTARA Halifax Hospice and Palliative Care is pleased to announce an evolution in the grief support it offers the community.

Different grief programs have been offered in the past, with R.I.S.E. (Resource Information Sessions of Encouragement) being the most prominent. R.I.S.E. was a supportive environment while also providing those who are grieving with practical resources for adjusting to life without a loved one.

More help was needed

“While a supportive environment is always valuable when you are facing grief, R.I.S.E. was mostly geared toward widowed spouses, making it not universally helpful to all participants,” says Ryan Stanley, a social worker for Sentara Halifax Hospice and Palliative Care. “We felt R.I.S.E. was not continuing to connect to the community in the ways they needed, and we wanted to make a change in order to make the greatest impact on the most people.”

Help is now available for individuals experiencing unresolved grief through a group called Good Grief. The group, taking the place of R.I.S.E., is designed for people who have been unable to find a good way to cope following loss of any kind, making it more comprehensive to anyone who may be struggling.

We're there for you

Good Grief meets the last Thursday

of each month from 2 to 3:30 p.m. in the Fuller-Roberts conference room at Sentara Halifax Regional Hospital. There is no charge for the program, and all materials will be provided. Facilitated by hospice social workers, the program provides a safe environment in which to learn the best methods for dealing with a loss.

To register or to learn more about our Good Grief program call **434-517-3339**.

“Loss is something for which we are never really prepared, so recovery is difficult,” Stanley says.

“Grief is a normal reaction to a loss, but incomplete grief can negatively affect happiness and daily life. For people experiencing that kind of grief, this program could be beneficial.”

Good Grief is open to individuals who have experienced a significant emotional loss of any kind—including, but not limited to, death, divorce or the end of a relationship, the loss of career, the loss of faith or safety, or the loss or significant downturn of one's health or a loved

one's health—and those who have suffered major financial changes.

“People are frequently told they need to get on with their life, but rarely are they told how to do that,” says hospice social worker Connie Marvin. “Good Grief is an action program which helps participants actively work through the barriers that are preventing them from healing.”

All you need to know

The program will help participants recognize myths about grief and will help them define unresolved grief. They will learn how to identify and deal with damaging behaviors such as overeating or overspending. They will learn how to actively work through the grief process so that they may lead a fulfilling life.

The program is funded by generous donations made to Sentara Halifax Hospice and Palliative Care, so there is no cost to participants. To register or to learn more information on this new offering, call **434-517-3339**.



Are you
at risk
of breast
cancer?

Girl up—and take
the test. Go to
[www.hrhs.org/
breastcancer](http://www.hrhs.org/breastcancer)
for more information.

calendar

See and search our entire event



calendar online. Go to
www.hrhs.org and click

on "Wellness Events." All classes
are located at Sentara Halifax
Regional Hospital, unless otherwise
indicated.

Alzheimer's Support Group

**Fourth Wednesday of each month,
May 27, June 24, July 22, 3:30 p.m.**
**Sentara Woodview, 103 Rosehill Drive,
South Boston**

Join others who are caring for someone
with Alzheimer's disease or a similar form
of dementia. Call **434-517-7534** for more
information.

The Arc of Southern Virginia

Tuesday, June 2, 6:30 p.m.
Leggett Auditorium

The Arc helps people with intellectual
and developmental disabilities in Meck-
lenburg, Halifax and Charlotte counties
to be fully active in their communities.
Call **434-222-8931** for more information.

Baby Basics and Beyond

Monday, May 18, 7 to 9:30 p.m.
Edmunds Room

Especially beneficial for first-time moms
and dads. Topics include diapering, infant
illnesses, feeding and bathing a newborn,
cord and circumcision care, and much
more. Call the Family Birthing Center
at Sentara Halifax Regional Hospital at
434-517-3336 to register.



Better Breathers Support Group

Thursday, May 28, June 25, 6 p.m.
Edmunds Room

For people who have lung problems, who
are caring for someone with lung disease or
who are interested in learning about lung
disease. To learn more, call **434-517-3846**.

Bosom Buddies Support Group

Monday, June 8, 7 to 9 p.m.
Edmunds Room

Bosom Buddies is open to anyone who has
breast cancer or is interested in learning
more about breast cancer. Call
434-374-5207 for more information.

Breastfeeding Class

Monday, July 13, 7 to 9:30 p.m.
Fuller-Roberts Conference Room

This class prepares moms-to-be for
successful breastfeeding experiences.
To register, call **434-517-3336**.

Diabetes Group Class

Tuesday, May 12, 19, 26, 9 a.m. to noon
Monday, June 8, 15, 22, 5:30 to 8:30 p.m.
Leggett Auditorium

Learn to monitor your blood glucose levels,
take medication appropriately, plan nutri-
tious meals and snacks, make exercise an
important part of your life, manage stress,
and prevent complications related to
diabetes. Registration is required.

Call **434-517-3694**. Free.

Good Grief

**Last Thursday of each month, May 28,
June 25, July 30, 2 to 3 p.m.**

Fuller-Roberts Conference Room

For individuals experiencing unresolved
grief, help is now available through a group
called Good Grief. The group, taking the
place of R.I.S.E., is designed for people who
have been unable to find a good way to
cope following any loss. See page 7 or call
434-517-3339 for more information.

Look Good...Feel Better

Dates scheduled as requested

This hour-long workshop for women under-
going active cancer treatment explains how
to moisturize your skin, add color and excite-
ment to your face, and achieve a brighter
outlook on life. Free skin care/makeup kit
for participants. Registration is required.
Call **434-476-2714** for more information.

Prepared Childbirth Class

Saturday, June 20, 8:30 a.m. to 4:30 p.m.
Edmunds Room

Moms-to-be and their birthing partners learn
how to work together to have a positive
birthing experience. Class includes discus-
sion of relaxation techniques, anesthesia and
postpartum adjustments, as well as a tour of
the Family Birthing Center at Sentara Halifax
Regional Hospital. Call **434-517-3336** to reg-
ister or for more information. Fee required.

Stroke/Aphasia Support Group

Tuesday, May 12, June 9, 2 p.m.
Edmunds Room

This support group is for stroke survi-
vors, co-survivors, and anyone wishing
to learn more about stroke and aphasia.
Call **434-454-7606** for more information.

