

INFORMATION ABOUT YOUR HEALTH FROM
THE NEBRASKA MEDICAL CENTER

advancing health

Bellevue Medical Center Opens This Spring!

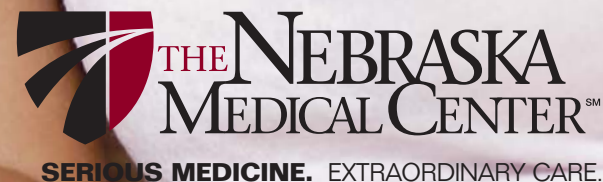
Bellevue's first community hospital opens this spring, bringing quality and convenient health care to the Bellevue neighborhood. See page 5 to learn more.

Inside this Issue:

Leg Pain May Be Sign of HEART DISEASE page 3

Understanding the New Guidelines for MAMMOGRAPHY page 5

POSITIVE OUTCOMES for High-Risk Pregnancies page 6

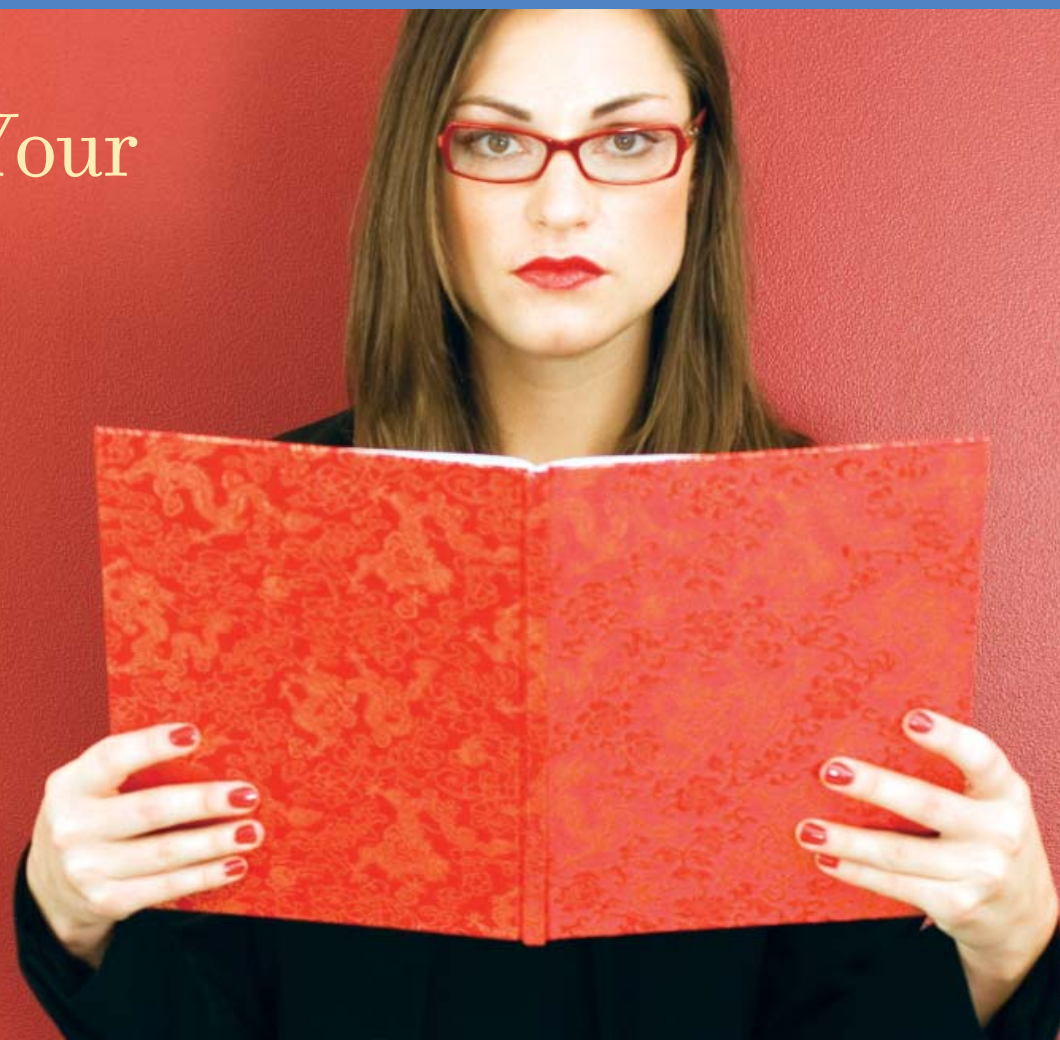


Act Now to Modify Your Heart Disease Risk



Take a heart disease quiz.

To learn how heart disease affects women differently than men, take our online heart quiz at www.NebraskaMed.com/quizzes.



Hear disease needs to be on the radar of all women. Identifying risk and taking preventive measures for heart disease early on can have a significant impact in averting a heart attack later in life, says Kiran Gangahar, MD, cardiologist at The Nebraska Medical Center. “New guidelines suggest that women have a significant risk of long-term cardiovascular disease that increases with age if they do nothing to prevent it,” she says.

How serious is the threat? Approximately one in five women in the United States has some form of cardiovascular disease. It is also the number one killer of all women in this country. The major difference between men and women is that women are more likely to develop symptoms of heart disease after meno-

pause, about 10 years later than men. And the outcomes tend to be more severe, making risk factor modification even more important.

“Once a woman is identified as having an intermediate or high risk for cardiovascular disease, appropriate prevention measures can be initiated and she may require closer follow-up as defined by her physician,” says Dr. Gangahar.

Having just one of the following major risk factors increases a woman’s risk for development of cardiovascular disease: smoking, poor diet, physical inactivity, abdominal obesity, high blood pressure, high cholesterol and family history of premature heart disease.

Premature heart disease is defined as heart disease before the age of 40 in

men and before age 50 in women. If you fit into this category, you should be seen by your family doctor at least 10 years prior to when heart disease was diagnosed in your family member, says Dr. Gangahar.

Women at highest risk include those with established heart disease, peripheral artery disease, cerebral vascular disease (stroke), chronic kidney disease, diabetes, a 10-year cardiovascular risk of 20 percent or more based on the Framingham Heart Study or those who have had an abdominal aortic aneurysm. “These women should be followed closely by their doctor and management of risk factors needs to be much tighter,” says Dr. Gangahar.

Another important component of heart disease that women need to be aware of are the signs and symptoms and they must be aggressive about reporting them. While women may have chest pain and discomfort, their symptoms are more likely to be vague and atypical and often include mild neck, shoulder, upper back or abdominal discomfort; shortness of breath; nausea or

vomiting; sweating; light-headedness or dizziness; extreme fatigue; and a jaw ache that travels down the neck.

Some self-prevention steps women can take include regular exercise, eating a heart-healthy diet that includes foods like almonds and other nuts, using olive oil and eating lots of fruits and vegetables. Taking a baby aspirin before age 65 may help reduce a woman’s risk for stroke, and after age 65 it can help decrease risk for heart disease and stroke. Women might also consider taking fish oil, which has been shown to help decrease cholesterol and arrhythmias. Recommended guidelines for exercise have become more aggressive, says Dr. Gangahar. All women should include 30 minutes of moderate exercise in their daily routine. To maintain weight loss, women need to exercise for one hour and to lose weight, women need to exercise for one-and-a-half hours.

“Prevention is key,” says Dr. Gangahar. “Women need to take control of their health and modify the disease process early.” ■

Request a Heart Disease DVD

For more information about how to monitor the signs and symptoms of heart disease and how to take control of your condition, request this DVD at www.NebraskaMed.com/heartdvd.



Don't Ignore It: Leg Pain May Be Early Symptom of **Heart Disease**

Do you or someone you know experience leg cramps when walking? Don't ignore this seemingly benign symptom. It could be an early warning sign of peripheral artery disease (PAD), a condition that involves clogged arteries in the legs. Having PAD is also a strong indicator that you may have significant narrowing of the heart arteries. In fact, occlusions in other arteries are found in up to 60 to 70 percent of individuals with PAD, says Haysam Akkad, MD, interventional cardiologist at The Nebraska Medical Center.

Early symptoms of PAD include pain, leg heaviness or weakness in the calves, thighs or buttocks during walking or after exercise. After five to 10 minutes of rest, the pain generally goes away. Individuals with more advanced stages of the disease will experience pain in the legs or toes at rest and may develop ulcers on their legs or feet.

Unfortunately, many individuals who have PAD don't experience symptoms until they are very advanced, says Akkad. In the 30 percent of people who do experience symptoms, they often dismiss them and attribute them to arthritis. If not diagnosed early on, PAD can cause gangrene in the feet and toes. This causes the toes to become black because they are not getting enough oxygen and blood flow.

If left untreated, 50 percent of individuals will have a cardiac event within the first three years and will die within

five years, says Dr. Akkad. Your risk for PAD increases after age 60. Smoking and diabetes are the two biggest risk factors for this disease. People with heart disease or a family history of heart disease are more likely to develop PAD. In addition, African-Americans are three times more likely to develop PAD than Caucasians. Other risk factors include high blood pressure and high cholesterol.

Your family doctor should start screening for this condition at age 60, says Dr. Akkad. More advanced screenings should be performed on individuals who complain of leg pain and any individual older than the age of 65 who smokes and/or has a history of diabetes.

A healthy lifestyle can help slow the progression of PAD and lower your risk for a heart attack, stroke or other problems. "As people are aging and living longer, we are beginning to see more of this condition," says Dr. Akkad. "If you are experiencing any leg pain at all, talk to your doctor." ■

Take Control

To learn more about vascular diseases and conditions, visit our **Vascular Center, the only center in the region devoted to the diagnosis, treatment and management of circulatory system diseases, at www.NebraskaMed.com/vascular.**

Know Your Numbers!

When it comes to heart disease, your numbers count. You can keep your health in check by knowing your numbers.

■ **Cholesterol.** The optimal level for preventing heart disease is a total cholesterol level lower than 200 mg/dl, an LDL level below 100 mg/dl and triglyceride levels below 150 mg/dl. Men should strive for HDL levels greater than 40 mg/dl and women for levels of 50 mg/dl and above.

■ **Blood pressure.** Pre-hypertension, which is considered 120/80 to 139/89, can increase your risk for heart attack, stroke, heart failure and kidney failure. Acceptable blood pressure levels are 135/85 for nondiabetics and 130/80 for diabetics. High blood pressure is considered levels that begin at 140/90 and 130/80 if you're diabetic.

■ **Waist size.** The amount of fat you carry around your belly can endanger your heart. Keep your waist size below 35 inches.

■ **BMI.** Your BMI, or body mass index, compares your weight with your height. A BMI between 18.5 and 24.9 means your weight is normal. You're overweight if your BMI is between 25 and 29.9 and obese if it is above 30.

■ **Glucose.** High blood sugar levels can lead to diabetes, a major risk for heart disease. Diabetes testing is recommended for all adults by age 45. On a random blood test, glucose levels should be less than 200 mg/dl. If you fast for eight hours before a test, they should be less than 99.

Check It Out

Check your heart rate and body weight with our online health calculator. Visit www.NebraskaMed.com/quizzes.



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We Can Answer Your Questions About

- Bilingual options
- Physician referral
- Class registration

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WELLNESS OPPORTUNITIES

FREE Head and Neck Cancer Screening

Tuesday, April 13,
3 to 6 p.m.

The Nebraska Medical Center
University Tower, 3rd Floor
Appointments are limited. Call
800-922-0000 for reservations.

Free valet parking is available at the
Lied Transplant Center main entrance on
42nd and Emile streets.

Approximately 50,000 Americans will
develop oral, head and neck cancer this year.
Early detection can save lives. Use this free
opportunity to meet with a physician, iden-
tify your risk factors and obtain information
on preventive measures. Early symptoms
include: mouth sore that doesn't heal, sore
throat, difficulty swallowing, change in voice
and growth or swelling in the neck.



Hearing Aid Open House

Thursday, May 6, and
Friday, May 7

Scheduled appointments available at
10 a.m., 1 p.m. and 3 p.m.

UNMC Physicians Audiology
Durham Outpatient Center,
2nd Floor, Room 2628
44th and Emile Street

To schedule your appointment for a free
hearing presentation and the latest in hear-
ing aid technology, call 800-922-0000.



health & wellness club

The Nebraska Medical Center's Health and Wellness Club is free to all individuals ages 50 and older. Club members enjoy occasional discounts, fitness programs, health education and screenings, social activities and local programs to help you live a healthier lifestyle. For more information or to join the Health and Wellness Club, please call 800-922-0000 or check us out online at www.NebraskaMed.com/club. Call 800-922-0000 to sign up for these classes and events.

MONTHLY HEALTH SEMINARS

Storz Pavilion, Rooms 1 and 2.
Lunch served at 11:45 a.m.; speaker
begins at noon. Event is free. Reser-
vations required. Space is limited.

Parkinson's Disease

Tuesday, April 13

Healthy Cooking

Tuesday, May 18

WALKING CLUBS

Henry Doorly Zoo Walking Club

For information, call 402-738-2038.
Meets Fridays at 9 a.m. Zoo member-
ship required.

Lauritzen Garden Walkers

Spring Kickoff

Tuesday, April 13, 8 a.m. Meet at
Visitor and Education Center. Call
402-346-4004, ext. 222 to register.
Walkers meet Tuesdays at 8:30 a.m.

from April through October.

Garden membership required or
daily admission fee for nonmembers.

OFFERINGS AT JOSLYN ART MUSEUM

Third Thursday Art Encounters Club

Enjoy docent-guided tours of Joslyn's
permanent collection and special
exhibitions the third Thursday of each
month at 10:30 a.m. Free admission
with presentation of your Health and
Wellness Club membership card.

Visualizing Literature Book Club

Meets four times annually, 10 a.m. to
noon in the Joslyn Art Museum con-
ference room. Free admission with
presentation of your Health and Well-
ness Club membership card.

Volunteer Opportunities

Studies show those who volunteer are
happier and healthier. The Nebraska

Medical Center has many volunteer
opportunities. Application and mini-
mum time commitment is required.
Call 800-922-0000 for information.

UNMC CENTER FOR HEALTHY LIVING

Health and Wellness Club members
are eligible to join the UNMC Center
for Healthy Living located at 39th
and Jones.

Vigor, Tone, and Mightier Bone

Instructor-led strength training, flexi-
bility and endurance class meets
Monday, Wednesday and Friday from
10 to 11 a.m. at UNMC Center for
Healthy Living.

Tai Chi Exercise Class

Great for improving balance and
reducing your fall risk. Appropriate for
all ages and fitness levels. Please call
800-922-0000 for class times and
locations.



Interested in becoming a Health and Wellness Club member? Please call 800-922-0000.

New Bellevue Medical Center Opens Doors to Bellevue Community

The Bellevue community will soon be welcoming a new neighbor. Bellevue Medical Center, a state-of-the-art medical center dedicated to improving the health and wellness of the Bellevue community, will open its doors this spring as the first hospital to serve Bellevue residents and the surrounding region.

“We are excited to serve the Bellevue community and provide a comprehensive choice of quality and accessible health care services that allows physicians to treat their patients right here in Bellevue,” says Martin Carmody, FACHE, CEO of Bellevue Medical Center. “Our medical center promises to be a welcoming and truly healing environment that will provide patients a quality patient care experience.”

From the earliest planning stages, the medical center was designed with the patient in mind. Everything from patient care to the design of the hospital and use of resources were chosen

to promote a healing and soothing environment that focuses on nurturing the body, mind and spirit.

The full-service hospital provides comprehensive patient services with the goal of promoting healing as well as providing preventive health care services to promote long-term health and well-being. The medical center includes 24/7 emergency care, obstetrics; inpatient and outpatient surgery; intensive care; cardiology services, including cardiac catheterization; cancer services; a pharmacy; radiology and lab testing; as well as 91 private inpatient suites and 47 private outpatient suites. The medical center is a collaborative effort between The Nebraska Medical Center and private and academic physicians.

A new 60,000-square-foot physician and medical services office building connected to the main hospital will house family medicine and specialty physicians who are committed to providing the highest standards

of care. The medical building further enhances patient care and convenience by providing clinics and state-of-the-art diagnostic services to assist physicians in prompt diagnosis and treatment.

Energy efficiency and environmental friendliness have been important themes in the building of Bellevue Medical Center, making it one of the most energy-efficient hospitals in the Midwest. This eco-conscious theme has been carried throughout the entire facility, from the design to the use of natural resources, to create a soothing environment that not only enhances healing but also promotes a general sense of health and well-being. The building’s most striking visual features are its Ipê wood accents and zinc cladding, which are designed to be maintenance-free for decades, the use of large windows to make use of natural light, and a healing garden that includes native plants and grasses, fountains and fire pits. ■

Mammograms: What’s Right for You?

Newly released guidelines on women’s mammography have many women confused. The U.S. Preventive Services Task Force (USPSTF), an independent panel of experts, recently made these recommendations: women should begin mammography screenings at age 50 and every two years until age 74; breast self examinations don’t appear to reduce the risk for cancer death and are not necessary.

Why are there new guidelines? The task force felt that too many women who undergo a mammography receive false-positive results. As a result, they may unnecessarily endure painful and invasive procedures. Mammographies also expose women to a small amount of radiation, which can increase cancer risk over time.

The USPSTF guidelines have many physicians concerned. “We don’t want these recommendations to deter women from getting an annual mammogram, especially if they have risk factors,” says Charles Enke, MD, radiation oncologist at The Nebraska Medical Center. According to Dr. Enke, many physicians like him still recommend that women start annual mammographies at age 40. “I don’t believe the negatives associated with screening outweigh the benefits,” he says. “All of us have seen cancers develop in a 12-month interval between mammograms. The earlier a breast cancer is diagnosed, the greater a woman’s chances are for undergoing less aggressive breast cancer treatment.”

Many medical groups still endorse the American Cancer Society guidelines of yearly mammographies starting at age 40, with breast self-examinations and clinical breast examinations at least every three years. “This should be discussed between a woman and her health care provider to determine what is best for her,” says Dr. Enke.

SCHEDULE A MAMMOGRAPHY!

To schedule a mammography at one of several convenient locations, call **800-922-0000**.



Learn More

To learn more about the comprehensive services offered at the Bellevue Medical Center or for job openings, visit us at bellevuemedicalcenter.com.

The Bellevue Medical Center has been designed to create a soothing environment that enhances healing and promotes a general sense of health and well-being.



Achieving Positive Outcomes for High-Ris

A number of medical advances, as well as improved screening capabilities such as high-resolution ultrasound, have contributed to increasingly positive outcomes for high-risk mothers and their babies over the years.

Premature babies who are referred to the Neonatal Intensive Care Unit (NICU) at The Nebraska Medical Center often arrive with a multitude of problems, some just barely hanging onto life. But when they leave, most depart as a normal, healthy baby.

“Achieving a positive outcome for mother and baby for high-risk maternity patients is our goal for every pregnancy,” says Carl Smith, MD, a maternal fetal medicine specialist at The Nebraska Medical Center. “For this to happen, our job is to ensure mother and baby receive the appropriate interventions during their pregnancy, they deliver at the right time, in the right way and in the right environment.”

Dr. Smith is one of three maternal fetal medicine specialists who practice at The Nebraska Medical Center with specialized expertise in managing high-risk pregnancies. His partners include Teresa Berg, MD, and Paul Tomich, MD, also maternal fetal medicine specialists. These specialists have undergone additional training that included two to three years of maternal fetal medicine fellowship in addition to four years of an obstetrics and gynecology residency.

High-risk pregnancies can occur for a number of reasons, including factors such as pre-existing medical conditions of the mother, medical complications that arise during pregnancy or pregnancy

complications or premature delivery due to age or past pregnancy issues, as well as abnormalities of the fetus.

“We work collaboratively with a patient’s family physician or obstetrician to provide consultative support; or in some cases, the referring physician may ask us to follow the patient throughout their pregnancy, delivery and postpartum care,” says Dr. Smith.

“The primary difference between our specialty and obstetricians is that we have additional training and experience in caring for women with complicated pregnancies, which can make a big difference in a positive outcome,” says Dr. Berg. “Some doctors practice only maternal medicine and some practice only fetal medicine. But we do both, which allows us to ensure both mother and baby are receiving the most optimal care.”

A number of medical advances, as well as improved screening capabilities such as high-resolution ultrasound, have contributed to increasingly positive outcomes for high-risk mothers and their babies over the years, resulting in diminishing maternal mortality as well as decreased mortality rates for premature infants.

With this information, better care and preventive measures can be provided during pregnancy. Delivery in the appropriate environment is also



k Pregnancies

more likely, which ensures the necessary medical expertise and technology are available during and after delivery should complications arise.

“Studies have shown that premature infants who are delivered under the care of a tertiary care hospital like The Nebraska Medical Center that can provide the full range of acute care services to the mother and baby fare much better,” says Dr. Smith. ■

Women's Health Programs

We offer women's health programs designed to meet the special needs of women and infants. To learn more about our women's health services, including labor and delivery, our NICU, the Olson Center for Women's Health and mammography, visit www.NebraskaMed.com/women.



q & a...

What's more effective, antibacterial soaps or plain soaps?

Marge Bisenius, MD, family practitioner

Washing your hands thoroughly with soap and water is one of the simplest ways to kill germs and prevent colds from spreading. But should you use an antibacterial soap? A study from the Centers for Disease Control and Prevention revealed that antibacterial soaps do not work any better than plain soap in fighting infections. And in fact, some studies show that frequent use of certain types of antibacterial soap may actually be harmful because many leave a residue, which may kill normal healthy bacteria on the skin as well as unhealthy bacteria, allowing resistant bacteria to take its place. Alcohol-based hand sanitizers, however, do play an important role in reducing the spread of infections and are a convenient way to disinfect when soap and water are not available. When buying hand sanitizers, look for an alcohol-based sanitizer with an alcohol content of 60 to 95 percent. If you have a choice, hand washing with warm soap and water is always the best option, as you will remove dirt and kill germs.



Why should I become an organ donor? Can I really make a difference?

Corrigan McBride, MD, surgeon

While nothing can diminish the feelings one feels from losing a loved one, organ donation is one positive thing that can come out of this loss. Each organ donor has the potential to save eight lives. One organ donor can provide a heart, liver, kidney, pancreas, lungs, liver and intestines, as well as eyes, skin, bone, heart valves and tendons.

There is a critical need for organ donors in this country. The national waiting list for organ transplants is rising at an alarming rate, with more than 105,000 individuals currently on the list, according to the United Network for Organ Sharing. Many people (as many as 18 or more) die each day waiting for a lifesaving organ transplant that doesn't come in time. More organ donors could save these lives.

There are many common myths surrounding organ donation. It is not true that if doctors know you're an organ donor, they won't work as hard to save you. If you are sick or injured and admitted to the hospital, the number one priority is to save your life. Organ donation can only be considered after brain death has been declared by a physician. If you should decide to become an organ donor, in addition to having "organ donor" noted on your driver's license or carrying a donor card, organ and tissue donation should also be discussed with family members to ensure they understand your wishes.

Need a physician referral?
Call us at **800-922-0000** or visit
www.NebraskaMed.com.



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for You!**
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Free Health E-Newsletter!

Sign up to receive our monthly e-newsletter packed with the latest health information as well as updates about upcoming health events and screenings. Register today at www.NebraskaMed.com/enews.



Tips for Getting a Good Mix of Nutrients

Eating a balanced diet may not be as difficult as you think. Nessie Ferguson, medical nutritionist at The Nebraska Medical Center, offers this advice, “Instead of focusing on what you shouldn’t eat, focus on the foods you should eat.” Start by choosing a variety of foods and colors from the five food groups. Brightly colored fruits and vegetables generally pack in the most nutrients and contain different groups of phytochemicals (plant chemicals that provide protective or disease-preventive properties).

Ferguson also recommends combining food groups to help you meet your daily requirements. For instance, add dried berries or other fruit to your cereal, yogurt and salads. Get all the five food groups in your salad by topping your leaf lettuces with berries, chicken, cheese, olive oil-based dressing and whole-grain crackers. Dip bananas in yogurt or add to smoothies and sprinkle with granola. Spread peanut butter on your apple or banana. Build a sandwich using whole-grain bread and turkey followed by vegetables such as lettuce, spinach leaves, avocados and cucumbers. Ferguson also recommends eating whole fruits as opposed to juice since fruits have soluble fiber, as does oatmeal, which helps lower the “bad” cholesterol, or low-density lipoprotein (LDL).

While variety is the key to getting a mix of nutrients, some groups of food are known for their disease-fighting abilities. Consider adding these to your diet:

■ **Berries.** Berries are high in antioxidants and flavonoids, making them potent disease fighters. Antioxidants work against the breakdown of cells



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that cause aging and cancers. Flavonoids are known to have antioxidant and anti-inflammatory properties and promote good circulation and less stickiness in the blood.

■ **Broccoli.** Eating broccoli and other cruciferous vegetables has been linked to a lower risk for certain cancers, including lung and colon cancer. Other cruciferous vegetables include Brussels sprouts and cabbage.

■ **Salmon and Other Fatty Fish.** All fish are low-fat sources of protein. But fatty types, such as salmon, herring, halibut and sardines contain high amounts of heart-healthy omega-3 fatty acids. Omega-3s can reduce the risk for early death in people with heart disease. Other sources of Omega-3s include: fish oil supplements, flaxseed and flaxseed oil, walnuts and canola oil.

■ **Barley.** Barley helps reduce total and bad LDL cholesterol. Other heart-healthy whole grains include oatmeal and whole-wheat bread.

■ **Tomatoes and Tomato Products.** All red fruits and vegetables contain the pigment lycopene, which may help protect against certain types of cancer. Tomato products such as ketchup and pizza sauce are the richest source of lycopene. You can also increase your levels of lycopene by drinking mixed vegetable juice. ■

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