

inspire

YOUR HEALTH, YOUR LIFE

PLAY IT
SAFE
in the
Game of Life

CHECK YOUR HEALTH —
IT'S NEVER TOO LATE

YOUR LUNGS:
AN INSIDE LOOK



BETTER LATE THAN NEVER!

VAPING: Lost in a Haze

You may have heard about people turning to vaping to help them stop smoking. Does it work? Is it safe?

Like cigarettes, e-cigarettes contain nicotine and other chemicals. So, while someone with a nicotine addiction might find relief in vaping, they won't put an end to their addiction. Others who have never smoked can become addicted to nicotine through e-cigarettes. In fact, research published in *Pediatrics* has found that teenagers who vape are more likely to smoke traditional cigarettes.

E-cigarettes themselves are not terribly safe, since they're unregulated. There's no way of being sure what chemicals they contain; poisons such as formaldehyde and antifreeze have been found in e-cigarettes. Even e-cigarettes marketed as "nicotine-free" have been found to contain nicotine, which is known to be harmful to cognitive development in adolescents. And because e-cigarettes are often flavored like fruit or candy, they're particularly attractive to younger age groups.

When it comes to vaping, the best advice is: Don't! And be sure your children and teenagers are well-informed so they can make sound decisions about e-cigarettes.



Whether you're trying to quit smoking/vaping or in need of your annual wellness visit, making an appointment has never been easier! Go to BigBendAnytime.com or call BBRHC at (432) 214-8282 today!

You didn't get your flu shot for how many years, now? No matter, because you never get the flu, right? Why not skip the 2018–19 season, too.

Sadly, this thinking isn't grounded in reality. You don't get vaccinations and screenings because you're sure to get sick without them — you get them to prevent or mitigate the rare, but very possible, chance you might get sick.

Here are some screenings and shots that people typically avoid or forget — and why they're important.

SCREENING OR VACCINATION	BENEFITS TO YOU
Cervical cancer (Pap smear)	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
Mammogram	Can reduce number of breast cancer deaths in women ages 40–74
Colorectal cancer	Can often detect and remove polyps before they become colon cancer
Tetanus	Can prevent tetanus, a disease that requires immediate medical attention
Hepatitis A	Can prevent hepatitis A, a disease that may cause liver problems and death
Pneumococcal	Can protect against pneumococcal disease that kills more than 16,000 adults age 65 and older annually

*Screening and immunization data from the Centers for Disease Control and Prevention

LOVE *and Your Health*

Love helps build healthy bodies. Doubt it?

- Extreme emotional distress can cause broken heart syndrome or lead to short-term heart muscle failure.
- Getting frequent hugs may improve immune response and reduce stress.
- For men, love and support from a significant other reduces their chances of duodenal ulcer and angina.
- The quality of intimate relationships (positive or negative) can raise or lower your risk for coronary heart disease.



DANGERS OF DEHYDRATION

It may seem minor, but dehydration can be serious.

Though considered by many to be a warm-weather concern, dehydration can happen any time of the year. Occurring when less fluid is taken in than is lost or used by the body, dehydration can cause a variety of symptoms ranging from a dry mouth and sunken eyes in children to dark-colored urine, dizziness and confusion in adults.

COLD CAUSES

Anything that causes an individual to lose fluid can lead to dehydration. Though it may not be as noticeable in the winter, working outdoors still causes you to sweat. And while you suspect you need to drink less because it's not hot outside, not drinking adequate fluids can cause you to experience dehydration.

Additionally, being in the middle of cold, flu and stomach bug season can increase your risk for dehydration as well. Some of the most common causes of cold-weather dehydration are related to these illnesses and the associated symptoms of vomiting, diarrhea and fever — each can cause your body to lose fluid at an increased rate.

TIME FOR THE ER?

In cases of mild dehydration, home treatment is usually sufficient. The main aspect of dehydration recovery is drinking plenty of fluids, such as water or sports drinks that replenish electrolytes, and eating fruits and vegetables, which have a high water content. You'll also want to rest in a comfortable environment until you are well hydrated.

Dehydration, however, can sometimes require emergency medical attention. Head to the ER anytime dehydration leads to rapid heartbeat or breathing, confusion, dizziness, lack of sweat production, shock, or loss of consciousness. There, emergency medicine personnel will intravenously replenish your body's fluid stores.

HERE'S TO YOUR HEALTH

Water is a vital component for good health, as most of the body's processes and organs require proper hydration to function. According to research in the *Journal of Biological Chemistry*:

- bones are 31 percent water
- heart and brain are 73 percent water
- kidneys and muscles are 79 percent water
- lungs are 83 percent water
- skin is 64 percent water

GET YOUR FILL

Water is needed to regulate temperature, lubricate joints, protect the spinal cord and flush wastes from the body, according to the Centers for Disease Control and Prevention. To increase your daily water intake:

- carry a water bottle with you and refill throughout the day
- choose water when eating out
- eat foods such as soups and fresh vegetables that contain water

Call the Doc

Anytime someone experiences diarrhea for 24 hours, call a family practice physician to ensure it does not lead to severe dehydration.

In an emergency, please dial 911. If you have an urgent health matter, please call the caring staff at Big Bend Regional Medical Center at (432) 219-2253.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.

SAFETY *Checkup*

Are you up to date on the latest safety precautions? Check out these tips to help safeguard your family's health.

Burn Notice

Fire is not the only household burn hazard. Burns can also be caused by chemicals, steam, hot liquids, gases, friction or electrical current.



First-degree burns damage the top layer of skin, causing redness, swelling and pain.



Second-degree burns damage the outer skin and the dermis, the underlying skin layer.



Third-degree burns destroy both layers of skin and damage the tissue below. These serious burns require immediate emergency medical care.

COOL, COVER, COMFORT

For minor burns, apply cool — not cold or icy — water. Bandage loosely with sterile gauze or a nonstick bandage. If needed, use over-the-counter medications, such as acetaminophen, ibuprofen or naproxen, to relieve pain.



WHEN TO CALL THE DOCTOR

Most minor burns will heal on their own, but call 911 or head to the emergency room if the skin is broken or charred, the burn is larger than three inches across, or is located on the face, hands, feet, genitals or a major joint such as the knee or shoulder.

True or False?

- Q:** Applying butter soothes a burn.
- A: False.** Greasy substances such as butter and oil do not make burns feel better and may increase the risk of infection.

STEER CLEAR OF TROUBLE

Just about everyone knows that the safest course of action is to avoid using a cell phone while driving. Yet in a recent AT&T-sponsored survey, 61 percent of drivers admitted to texting, 28 percent reported surfing the internet and 17 percent said they take selfies behind the wheel.



ARE YOU FLYING BLIND?

According to the Federal Motor Carrier Safety Administration, texting drivers take their eyes off the road for an average of 4.6 seconds. At 55 miles per hour, that's the length of a football field.



To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at GHSA.org/State-Laws.

Concerned state lawmakers are taking action to curtail these hazardous behaviors. While no state currently prohibits all cell phone use by all drivers, new and increasingly strict legislation is being added to the books every year.



WOMEN ARE DIFFERENT FROM MEN

Ladies, watch for these less-common signs of heart attack, including:

- dizziness, light-headedness or fainting
- nausea or vomiting
- pain in the jaw, neck, back or stomach
- sudden indigestion, heartburn or persistent belching
- sweaty, clammy or chilled feeling
- unusual fatigue

Women are more likely to experience these signs of stroke:

- fast or fluttering heartbeat
- persistent hiccups
- nausea or vomiting
- shortness of breath
- overall weakness



COMMON STROKE SYMPTOMS INCLUDE SUDDEN:

- confusion
- coordination problems, such as stumbling or losing balance
- difficulty seeing, such as blurriness or double vision
- severe headache
- trouble speaking or understanding others
- weakness or numbness on one side of the body

TWO SIDES TO SAFE SLEEP

When it comes to the safest sleeping conditions for baby, there are two sides to the story.

According to new recommendations by the American Academy of Pediatrics, the safest sleep environment for baby is:

- a crib with only a tight-fitting sheet, no soft bedding, bumpers, pillows or toys
- in the parent's bedroom on a separate surface for at least the first six months and preferably the first 12 months of life
- on his or her back on a firm sleeping surface such as a crib or bassinet



SEE SOMETHING, SAY SOMETHING

Quick treatment for heart attack or stroke can save a life. Know the signs and call 911 right away.

COMMON HEART ATTACK SYMPTOMS INCLUDE:

- chest discomfort (pain, pressure, fullness or squeezing sensation)
- pain in one or both arms
- shortness of breath

What's the Difference?

Heart attack occurs when blood flow to the heart is blocked and heart muscle cells begin to die. Restoring blood flow quickly stops the damage and preserves heart function.

Stroke occurs when blood flow is blocked to the brain. According to the National Stroke Association, two million brain cells die every minute during a stroke, making fast treatment essential to survival and recovery.



Big Bend Regional Medical Center is pleased to offer expedient service in our ER! The average wait time to have a nurse see you in the ER is 1-2 minutes! In an emergency call 911. Visit BigBendHealthcare.com for more information.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.

PACK YOUR BAG

You can never predict when an emergency will occur. However, be prepared. Keep an emergency room (ER) go-bag in an easy-to-find location. Be sure to pack:

- copies of legal documents pertaining to your care, such as a healthcare proxy
- names and phone numbers for all current doctors
- insurance information and identification card
- names and phone numbers of anyone else who may need to be contacted
- a list of all medications, including over-the-counter medications and natural supplements
- a notebook and pen to keep track of important information, especially medication and discharge instructions
- a list of allergies
- a record of all medical conditions, diagnoses and any recent test or imaging results

Any medications you may need to take while at the ER, and important personal items, such as glasses and hearing aids, can be added when you leave for the hospital.



Get Your Guy TO THE DOCTOR!

If a man in your life won't get to the doctor, don't give up.

There are countless important things to do every day, and getting to the doctor is one of them. Unfortunately, many men disagree and go years without a single visit to the doctor unless there is an immediate health problem that needs remedying.

Why should men see the doctor regularly, and what screenings should they undergo as they age?

WHY IT'S HELPFUL

Talking with a stranger isn't easy. Talking with a stranger about the most intimate aspects of your health is even harder. But when men refuse to visit a physician year after year, that's what they will be forced to do when facing a health issue too big to ignore.

Seeing a doctor regularly is also a great way for men to be proactive about their health.

With annual or semi-annual visits, men can learn about specific steps they can take to prevent potential health problems for which they might be at risk.

SCREEN TIME

There are certain screenings that help doctors detect diseases early, when they are in their most treatable forms. Screenings every man should undergo include:

- blood pressure (once every three to five years and then annually age 40 and older)
- blood sugar (once every three years after age 45)
- bone density (as your physician recommends after age 50)
- cholesterol (based on medical history and risk factors, at least every five years for adults age 20 and older)

- colon cancer (colonoscopy every 10 years starting at age 45)
- lung cancer (for smokers or former smokers)

New guidelines for prostate cancer screening in 2018 by the U.S. Preventive Services Task Force recommend men ages 55 to 69 have the discussion with their doctor about screening to determine if it's right for them.



Big Bend Regional Health Center is pleased to offer the professional services of John Ray, M.D. Are you looking for a provider for the man in your life? Go to BigBendAnytime.com or call (432) 214-8282 and book his appointment today!

Dr. Ray is a member of the medical staff at Big Bend Regional Medical Center.

THE GENETICS OF HEALTH

You can do a lot to improve your health. That's why you eat healthy foods and do your best to work out 150 minutes a week. Unfortunately, all your efforts could be hijacked by your genetics.

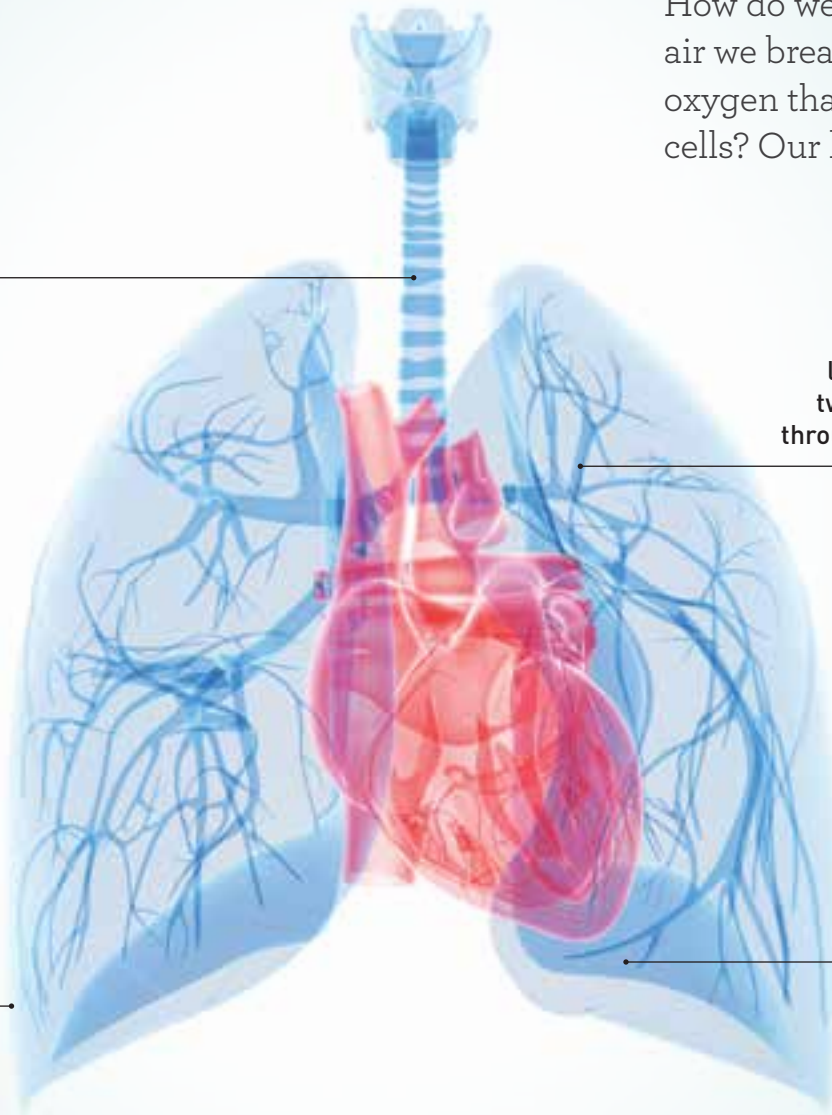
Understanding your family medical history can help you sidestep or prepare for the same health issues in the future. To get the most useful information out of your family's medical history, work with your primary care physician. By doing this, you can help avoid misunderstandings. Additionally, your doctor can help you better grasp the likelihood of genetic health risks and give you individualized ways to maintain your good health, despite your DNA.



INCREASE THE ODDS

As many as one in five men go to the doctor because of the constant encouragement of a loved one.

TRANSFORMATIONAL ORGANS: YOUR LUNGS



How do we turn the air we breathe into the oxygen that powers our cells? Our lungs!

1. Air enters our lungs through the trachea.

Each lung has a branched structure that provides plenty of surface area for oxygen to be taken from air and carbon dioxide to be released back into the air. The small “cells” that form the branches are called alveoli. Each alveolus is wrapped with tiny blood vessels, and this is where the oxygen/carbon dioxide exchange takes place — in the hemoglobin of the red blood cells in these vessels.

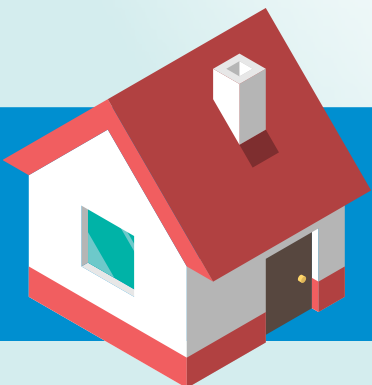
3.

Bronchi and bronchioles look like branches and twigs and carry air throughout the lungs.

2.

The movement of the diaphragm muscle works the lungs like a bellows, moving air in and out.

4.



The total absorptive surface area of the respiratory system including the lungs is between 70 to 100 square meters. That's as big as the floor space of a small house!



Are you looking for a provider? Take a deep breath and go to [BigBendAnytime.com](https://www.BigBendAnytime.com) to book an appointment with one of our talented providers today.

Big Bend Regional Medical Center
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Big Bend Regional Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at BigBendHealthcare.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (432) 837-3447 (TTY: (800) 735-2989).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (432) 837-3447 (TTY: (800) 735-2989).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (432) 837-3447 (TTY: (800) 735-2989).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year survival rate. Talk with your doctor about whether it's time for your colonoscopy.

Big Bend Surgical Associates is pleased to offer the talents of Valerie Bauer, M.D. Questions? Call BBSA at (432) 847-2641.



Dr. Bauer is a member of the medical staff at Big Bend Regional Medical Center.