

YOUR *gateway* TO HEALTH  
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



**GATEWAY REGIONAL  
MEDICAL CENTER**



## Making the RIGHT CHOICE

At Gateway Medical Group, we take pride in our offices and how they are organized for the comfort and safety of our patients. Upon patients' arrival, they interact with our friendly front desk staff. Patients can expect focused time with our primary care providers (PCPs) to ask any questions about health concerns.

Patients can also request an introductory call or visit with a PCP to help them make a well-informed choice on selecting a new provider.

It's important for you to take the time to make careful and informed decisions while also trusting your instincts. The extra effort is well worth it when it comes to taking control of your health and finding the right PCP for you.



To find a primary care provider near you, visit [GatewayAnytime.com](http://GatewayAnytime.com).

# BETTER LATE THAN NEVER!

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
<b>Cervical cancer (Pap smear)</b>	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
<b>Mammogram</b>	Can reduce number of breast cancer deaths in women ages 40–74
<b>Colorectal cancer</b>	Can often detect and remove polyps before they become colon cancer
<b>Tetanus</b>	Can prevent tetanus, a disease that requires immediate medical attention
<b>Hepatitis A</b>	Can prevent hepatitis A, a disease that may cause liver problems and death
<b>Pneumococcal</b>	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.





**Have Diabetes?**  
 Get your feet checked regularly. Diabetes can cause a loss of feeling in the feet, and a small injury can grow into a serious problem.

# Putting Your Best Foot Forward

Common foot issues and how to sidestep them.

Feet — they take you everywhere you want to go. Yet if you're like most people, you probably take them for granted. As soon as they cause you any trouble, however, you remember just how important they are.

Keep your feet in mind and protect them for miles to come by understanding what causes common foot problems and learning how to avoid them.

## GROUND-LEVEL CAUSES

Blisters, athlete's foot, gout and ingrown toenails are some of the most frequent foot problems Americans experience. Pain and

## IT'S EASY TO RECEIVE CARE FOR COMPLEX ENDOCRINE CONDITIONS.

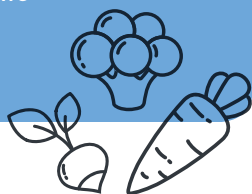


Megan Wood, M.D.

When you have a condition affecting your body and making you feel off balance, don't wait to see a specialist. Board-certified Endocrinologist Megan Wood, M.D., diagnoses and treats diabetes, thyroid disease, osteoporosis and other metabolic bone disorders, hormone replacement, and more.

To schedule an appointment with Dr. Wood, call (618) 248-4793. Next day appointments are often available. If you need a referral, we can help.

Dr. Wood is a member of the medical staff at Gateway Regional Medical Center.



discomfort are the most common symptoms of these conditions, which are often brought on by:

- arthritis
- excess weight
- diabetes
- having feet that are abnormally flat or arched
- injury to the foot
- trimming toenails incorrectly
- wearing damp shoes or socks
- wearing shoes that are pointy, high-heeled or don't fit properly

## BEYOND THE FOOT

Nerve damage in the foot is often the result of diabetes. Joints in the feet can be damaged by osteoarthritis and tendinitis, which can cause pain and swelling in the affected foot. Treating these underlying conditions will often reduce or completely cure symptoms of any foot condition they bring about.

If you don't have other health conditions that may lead to foot problems, you can take proactive steps to prevent foot issues in the future. Always wearing socks and close-toed shoes that fit properly and provide ample support will help you avoid many common problems. You should also wear water shoes when in a public bathing area, avoid wearing wet shoes or socks for prolonged periods and trim your nails straight across instead of cutting into the corners.



Don't ignore what your feet could be telling you! Call (618) 391-9127 to schedule an appointment with Adam Rammacher, DPM.

Dr. Rammacher is a member of the medical staff at Gateway Regional Medical Center.

# 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](http://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.



Emergencies aren't convenient. So, when you need emergent care, trust the team at Gateway Regional Medical Center. Visit [GatewayRegional.net](http://GatewayRegional.net) to view the current wait time.

*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:

- a list of allergies
- 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 record of all medical conditions, diagnoses and any recent test or imaging results
- copies of legal documents pertaining to your care, such as a healthcare proxy
- insurance information and identification card
- names and phone numbers for all current doctors
- names and phone numbers of anyone else who may need to be contacted

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.



Find relief from your aching knees, shoulders and more.

Brought on by arthritis, sports injury or overuse, joint pain can stop you from doing the things you love. Fortunately, you don't have to live with joint pain. With today's medical advances, there is a treatment option to help joints regain range of motion while diminishing the pain they cause.

#### CAUSES AND CARE

Some disorders that cause joint pain include gout, fibromyalgia, bone cancer, lupus, rheumatoid arthritis, tendinitis and Lyme disease. Managing the underlying condition will often provide relief. Other cases, however, require more direct treatment.

Mild joint pain is often relieved by cold or hot therapy, over-the-counter pain relievers, and reduced use of the affected joint. More troublesome and chronic joint pain requires more aggressive treatment. Options available include:

- **Arthroscopy** — A tiny camera is used to view the pain-causing joint. Through a tiny incision, the surgeon can repair the damaged joint.
- **Injections** — The most common is corticosteroid, which reduces joint inflammation for up to three months. Other injections are available that may even work to heal the joints, though they are not curative.
- **Joint replacement** — Joints beyond repair are completely replaced with artificial joints made of hard plastic, ceramic or metal.

#### TALK IT OVER

If you've been living with joint pain but are unsure what treatment would be best in your situation, talk with an orthopedic specialist to find out. While there, you'll need to ask the right questions to ensure you understand the options and potential end results.

A good first question to ask is about the least-invasive option available that will offer the pain relief you desire. You'll also want to find out what kind of preparation is needed for your treatment, recovery time, side effects to watch out for and the success rate of your chosen treatment.



Is joint pain keeping you from living your life? Schedule an appointment with an orthopedist from Illinois Southwest Orthopedics. Call (618) 494-6184 to make an appointment and take back your life.

# Solutions for PAINFUL JOINTS



Prevent joint pain by building strong bones, maintaining a healthy weight, taking breaks when performing repetitive tasks and stretching daily.

## NEW YEAR, NEW YOU

You're ready to make changes so you can enjoy better health, so stop waiting! Try these tips to fulfill your New Year's resolution for a more active, healthier life.



**1. STEP IT UP.** Find ways to exercise wherever you are. Park farther from the store entrance, take the stairs, and walk or bike instead of driving when possible.



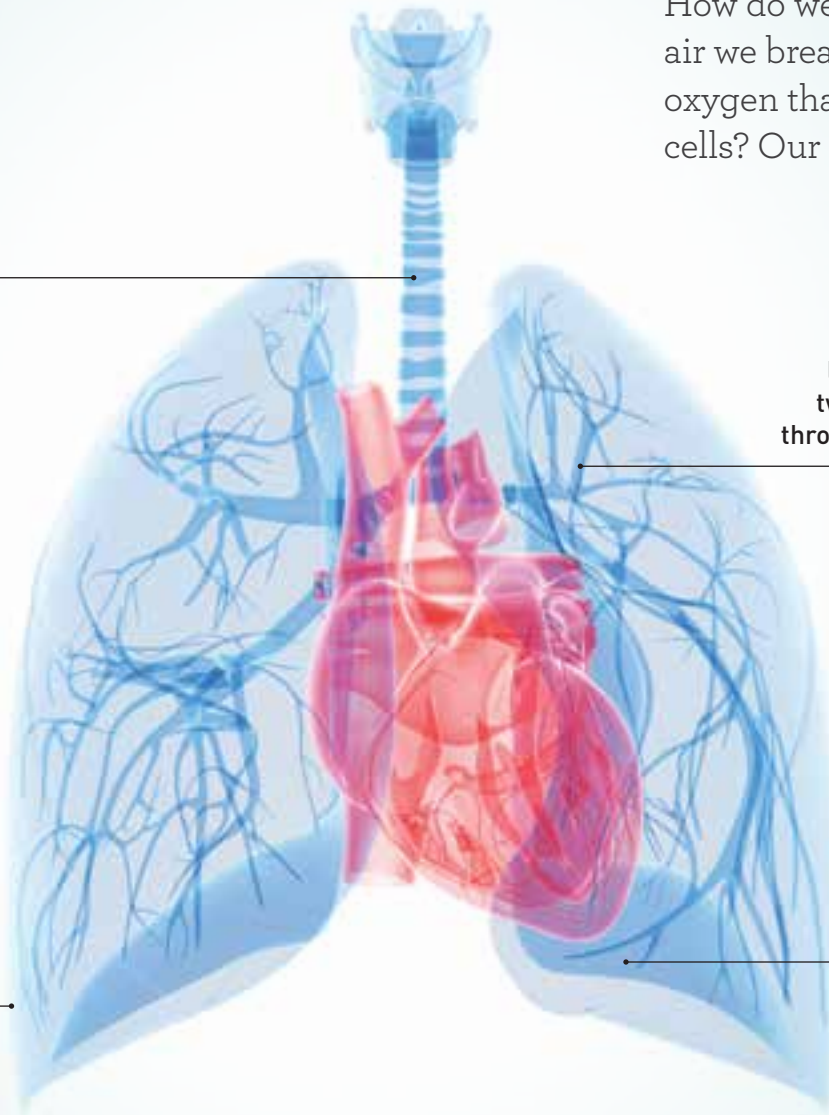
**2. GET ON YOUR FEET.** Gathering for meals is a great way to socialize, but it usually means sitting around. Call friends to go for a walk or go sledding with the kids.



**3. BE WEATHER-READY.** Cold weather doesn't have to keep you inside. Wear the right outfit to stay warm and dry and enjoy getting out and about no matter the weather.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.*

# 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.

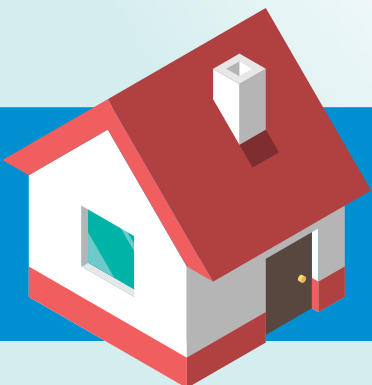
**3.**

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!



If you are suffering with a respiratory condition, our team is here for you! Call (618) 699-4750 to schedule an appointment with a pulmonologist with Gateway Medical Group.

Gateway Regional Medical Center  
2100 Madison Avenue  
Granite City, IL 62040

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### WANT TO READ MORE?

Visit [GatewayRegional.net/signup](http://GatewayRegional.net/signup) to receive other health and wellness articles and register for our eNewsletter.

Gateway 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 [GatewayRegional.net](http://GatewayRegional.net). Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (618) 798-3000 (TTY: (800) 526-0844).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 798-3000 (TTY: (800) 526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (618) 798-3000 (TTY: (800) 526-0844).

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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.

# Specializing in women's health at every stage of life.



Nao Hase, D.O.  
OB/GYN

Kelly Murray, RNC,  
MSN, WHNP

Dennis Hurford, M.D.  
Board-Certified OB/GYN

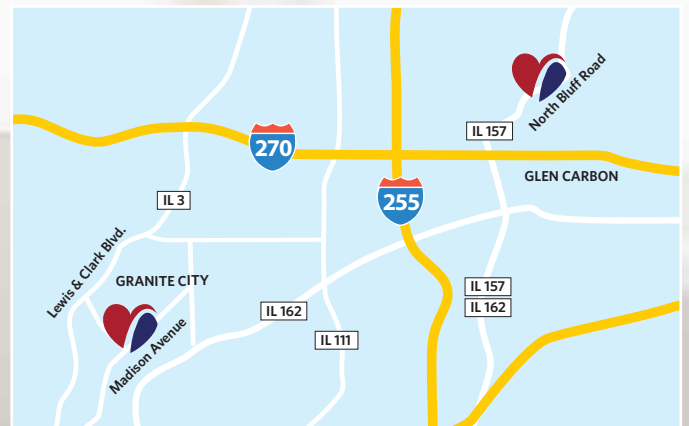
**If you're looking for a caring OB/GYN, we're here for you.**

At Gateway Medical Group, we provide compassionate, personalized care for women of all ages. You'll find a full range of medical and surgical care including treatment of infertility, endometriosis and menopausal symptoms, as well as cervical cancer screening, contraception and more. We also offer specialized care for women during pregnancy and childbirth. And we'll work closely with you to provide information that will help you make the health decisions that are right for you. **To schedule an appointment, call 618-288-9251.**



2044 Madison Avenue  
Suite G2  
Granite City, IL 62040

2246 Illinois State Route 157  
Suite 100  
Glen Carbon, IL 62034



Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.