

winter 2009

Livingwell

Highlands
Medical Center

Get in Gear with
Highlands Therapy
& Sports Center

**New Physicians,
New Specialties**
Here to Serve YOU

Find the sno-doll and you could **WIN** a gift card to a local restaurant. For complete rules, turn to page 2.



Highlands Medical Center

Occupational Medicine Diagnoses Ailing Wrists

DO YOU WAKE UP every morning with a tingling feeling in your hands? Do your fingers sometimes feel useless? Although you may be tempted to, don't just shake it off – you could have carpal tunnel syndrome.

When pressure is placed on the median nerve that links your hand and fingers, the result can be numbness, pain and weakness. Carpal tunnel syndrome is caused from diseases such as diabetes, arthritis or overuse from typing at a keyboard or other work with the hands. Sufferers should seek medical attention if pain or other symptoms interfere with daily life.

Highlands Occupational Medicine Center recently purchased new technology to perform non-invasive, accurate and objective nerve conduction studies. These studies evaluate peripheral nerves for conditions such as carpal tunnel syndrome, peripheral neuropathy, tarsal tunnel syndrome and more. Once a diagnosis is made, treatments such as wrist splinting, medication therapy or other methods may be used to alleviate symptoms.

"This test shows a delay in the response time of your median and ulna nerve," said Johnny McCrary, R.N., Director of Occupational Medicine. "The key to alleviating wrist pain is early detection and changes in your daily habits."

If you feel like this test could be of help to you, ask your physician to refer you to Highlands Occupational Medicine Center for an evaluation.

Highlands Occupational Medicine Center is open from 8 a.m. to 5 p.m., Monday through Friday. For more information, please call 218.3860.

Welcome, Dr. Green

HIGHLANDS IMAGING CENTER recently welcomed Chris Green, M.D., board certified diagnostic radiologist. Dr. Green is a 1995 graduate of Scottsboro High School and received his medical degree at the University of Alabama. He completed residency training at UAB Radiology, where he was chief resident his final year.

Dr. Green has quickly become comfortable with the team at Highlands Imaging Center.

"Having the opportunity to practice radiology in my hometown is truly rewarding," Dr. Green said. "With all the high-end diagnostic technology we have, plus a staff that takes their responsibilities to patients very seriously, there is a tremendous emphasis on providing the utmost quality of patient care."

Similar to numerous other specialty physicians, radiologists are in high demand nationwide. Clearly, Dr. Green had many opportunities to practice elsewhere after completing his radiology residency training. He chose to work with Harrell Cox, M.D., and John Reichle, M.D., at Valley Radiology.

"I have always respected Dr. Cox and Dr. Reichle, so to have the opportunity to work alongside them is a great situation," Dr. Green said.

For additional information on Highlands Imaging Center, please call 218.3800.



Chris Green, MD, Radiologist



Find the *Sno-doll* and **WIN!**

LOOK FOR THE **sno-doll** in this issue of *Living Well* for a chance to win a \$50 gift card to a local restaurant.

E-mail information to info@highlandsmedcenter.com, or send a postcard or note with your e-mail address, name, address and phone number, indicating the page number and location of the sno-doll to:

Highlands Medical Center

Attn: Marketing and Business Development

P.O. Box 1050

Scottsboro, AL 35768

All entries are due by February 25. Must be 18 years or older to enter. Highlands Medical Center employees and their immediate families are not eligible for the drawing. Winner will be drawn at random.

Congratulations to last issue's winner: Martha Owens, of Woodville, AL

Did you find the leaf? It was hidden on the monitor on page 4.



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

Quitting Smoking

Yields Quick Benefits



“The support of Highlands is very critical in allowing us to sustain the program,” said Alan Garner, Curriculum and Federal Programs Director, at Scottsboro City Schools. “If we can have a positive impact on just one child, our program has been worth it.”



Thanks to Scottsboro City Schools and Highlands Medical Center, participants in the Fit Kids program learn about making healthy choices.

Sure, you know **smoking is bad for you** – and everyone has given you a list of reasons to kick the habit. But **IF YOU THINK** because you have already started, **THERE’S NO POINT IN STOPPING – HERE’S A REALITY CHECK**. *The health benefits of **smoking cessation** begin almost immediately* after quitting.

WHEN YOU LIGHT that cigarette, the resulting smoke hits your eyes, nose and throat, damaging nerves and causing the dreaded “smoker’s cough.” The smoke and the nicotine contained within the cigarette travel to your lungs, damaging the tissues and airways. The activity in the lungs forces the heart to work harder, causing your heartbeat to become abnormal. Your heartbeat isn’t the only thing that rises – your blood pressure starts creeping up too, increasing your risk of heart attack and stroke. Next, carbon monoxide flows into your system, decreasing the amount of oxygen that reaches the brain and organs.

All that – just for a 10-minute smoke break. If these results were not enough, smoking is linked to cataracts, cardiovascular disease, chronic health problems, back pain, several types of cancer and more. So the sooner you quit, the better.

Counting the Ways

If you need further incentive to give up smoking, look no further than the following benefits for your body. Once you quit, you’ll notice a difference in almost no time:

- 20 minutes after quitting, your heart rate drops to a healthier level.
- 12 hours after quitting, the carbon monoxide level in your blood drops to normal.

- Two to three weeks after quitting, your blood circulation and lung function improve.
- Between one and nine months after quitting, you’ll notice less coughing and shortness of breath.
- One year after quitting, your excess risk of heart disease is half that of a smoker’s.

Here to Help

It takes time – and possibly several attempts – to give up smoking. To help you on your journey, Highlands Medical Center offers Freedom from Smoking, a comprehensive program that is effective for all forms of tobacco cessation.

“We have had so many success stories from people attending our Freedom from Smoking program,” said Tina Dean, Director of Cardiopulmonary Care. “Part of Highlands’ commitment to our community is to help people overcome these issues that adversely affect their long-term health.”

The program consists of eight, once-a-week sessions. The program’s step-by-step group approach includes positive thinking, alternative behaviors, one-on-one help, rewards and group support.

For more information on smoking cessation or the Freedom from Smoking program, call Highlands Cardiopulmonary Care at 218.3772.

Get *Fit* with Fit Kids!

SCOTTSBORO CITY SCHOOLS and Highlands Medical Center have teamed up to promote physical fitness, wellness and nutritional health for young students.

Known as the Fit Kids program, student participants are administered a baseline assessment to test cardiovascular ability, strength and other measurements. Then, the students take part in an after school physical fitness program two days per week. At the school year’s end, students undergo another assessment to measure progress and students along with their parents attend a Fit Kids banquet to celebrate their accomplishments.

Making a Difference

In addition to helping with the Fit Kids program, Alan Garner, Curriculum and Federal Programs Director at Scottsboro City Schools, said Highlands has always played an important role in his life.

“From having my tonsils removed at age 4 to an ER visit after rupturing my Achilles tendon in 2006, my experience has always been great,” said Garner. “The patient is always first. Scottsboro and Jackson County are very lucky to have a facility and team of physicians to meet the needs of its citizens.”

Highlands Medical Center *Welcomes* New Urologist

MICHAEL SIMMONS, M.D., BOARD CERTIFIED UROLOGIST, RECENTLY JOINED THE HIGHLANDS MEDICAL CENTER MEDICAL STAFF TO PROVIDE COMPREHENSIVE UROLOGICAL SERVICES CLOSE TO HOME.

DR. SIMMONS JOINS Darryl Britt, M.D., also a board certified urologist, in providing urology services to the Jackson County area. After graduating from medical school at the University of Alabama, Dr. Simmons performed his residency at Baptist Medical Center in Birmingham, Al., and Henry Ford Health System in Michigan.

“In a county as populated as Jackson County, there is a tremendous need for 24-hour-a-day comprehensive urology services,” said Dr. Simmons. “Dr. Britt has done an outstanding job for years as the county’s only urologist. From a patient volume standpoint, it has become impossible for Dr. Britt to care for everyone, and some had to travel out of town for urology services. This is no longer the case.”

In addition to general urology services, Dr. Simmons will perform kidney stone removal, urological ultrasound, cryo and microsurgery and radical cancer surgery including removal of the prostate or kidney.

“The techniques I use in urological surgeries at Highlands are the same techniques used all over the country,” Dr. Simmons said. “In some cases, our techniques are more advanced.”

Feels Like Home

From the moment Dr. Simmons, his wife, Jennifer, and their three children Grayson, Jacob and Connor moved to Scottsboro, Dr. Simmons said the community has been welcoming and warm. As he settles in to his medical practice, he has been consistently impressed with the level of care offered at Highlands.

“The Highlands surgical staff has been wonderful to work with, and they provide very high quality care for our patients,” Dr. Simmons said. “People in our communities have every reason to be confident in choosing Highlands for urology and other surgeries.”



Michael Simmons, M.D.

Dr. Simmons' office is located at 504 Harley Street in Scottsboro. For an appointment, please call 259.UROL (8765).

Urology Quiz

While urological problems are certainly nothing to joke about, many people are afraid to discuss these health concerns — even with their physician. Try this special quiz to see how much you really know about your urological health.

1. How big in width is the average kidney stone?

- A. 5 millimeters
- B. 2 centimeters
- C. 2 inches
- D. 5 inches

2. Which of the following is true of urinary incontinence (unwanted or uncontrolled leakage of urine)?

- A. More men are affected than women.
- B. It is a natural symptom of aging.

C. There is only one type of incontinence.

D. An estimated 25 million Americans suffer from the condition.

3. Which of the following is NOT a symptom of prostate cancer?

- A. Frequent headaches
- B. Difficulty urinating
- C. Blood in urine
- D. Pain in the lower back, hips or upper thighs

Answers:

- 1. B. The average kidney stone is 2 centimeters or less. However, some stones are as small as a grain of sand while some are as big as a golf ball.
- 2. D. While incontinence is not a normal part of aging, it is a very common, very treatable condition.
- 3. A. All other symptoms may indicate a prostate problem.

New Orthopaedic Surgeon *Living a Dream*

AS A CHILD, MASOUD HAMIDIAN, M.D.,
ORTHOPAEDIC SURGEON AT HIGHLANDS MEDICAL
CENTER, DREAMED OF BECOMING A DOCTOR.

WHILE GROWING UP, Dr. Hamidian was fascinated with science. After graduating at the top of his medical school class, he was accepted into one of the most prestigious orthopedic surgery residency programs in the country at The Campbell Clinic in Memphis, Tennessee.

“In 2002, after completing the five-year residency program, I started a solo practice in a small town in rural Kentucky,” said Dr. Hamidian. “There, I successfully developed an orthopaedics and sports medicine program at the local hospital and built a thriving practice.”

However, in 2007, Dr. Hamidian decided to explore the idea of being part of a group practice instead of a solo practice. Therefore, Dr. Hamidian and his family moved to Victoria, Texas. After quickly missing the charms of life in a small town, Dr. Hamidian started his quest for the perfect small town.

“After much searching and many weekend trips, I was fortunate enough to find Scottsboro,” Dr. Hamidian said. “This town is simply perfect for my family and has everything on our list of wants and needs in a town and in a home.”

Ready to Serve

Dr. Hamidian’s practice – Premier Orthopaedics & Sports Medicine – opened on December 15.

“As a board-certified orthopaedic surgeon, I am trained in caring for patients with essentially any ailment of the arms and legs, from the shoulder down to the fingers and from the pelvis down to the toes,” said Dr. Hamidian. “This includes bone and joint problems, sports injuries, fractures, arthritis care, nerve problems – such as carpal tunnel syndrome – and aches and pains in general.”

Although a surgeon by trade, Dr. Hamidian said typically he can treat orthopaedic problems without surgery. However, if surgery is needed, many different types of surgeries are available through Dr. Hamidian’s practice – from state-of-the-art hip and knee joint replacements to minimally invasive arthroscopic surgeries of the shoulder, knee and ankle to hand and foot surgeries for all types of problems and diseases.

“I am very happy to have found a community such as Scottsboro that needs my services and a hospital such as Highlands that is committed to efficient patient care for the community,” Dr. Hamidian said. “They are equally excited to have me work with them to build a strong orthopaedics and sports medicine program for the community and the hospital for many years to come.”

In need of an orthopaedic surgeon? To make an appointment with Dr. Hamidian, call 574.BONE (2663). Dr. Hamidian’s office is located adjacent to Highlands Medical Center.



Masoud Hamidian, M.D.

“After much searching and many weekend trips, I was fortunate enough to find Scottsboro. This town is simply perfect for my family and has everything on our list of wants and needs in a town and in a home.”

— Masoud Hamidian, M.D., board-certified orthopaedic surgeon

Highlands Introduces Dr. Allen-Bell

MANDI ALLEN-BELL, M.D., PISGAH NATIVE, IS THE NEWEST BOARD CERTIFIED FAMILY PRACTICE DOCTOR AT HIGHLANDS MEDICAL CENTER. SHE HAS RETURNED TO HER ROOTS TO OPEN HER FAMILY PRACTICE.

DR. ALLEN-BELL COMPLETED medical school at the University of Alabama in Birmingham in 2005. She completed her residency and internship at Tuscaloosa Family Medicine, where she served as chief resident during her final year of residency.

“Originally, I graduated with a degree in psychology, but all throughout my undergraduate work, I had been thinking about medical school,” said Dr. Allen-Bell. “When I graduated, I knew it was what I wanted to do, so I went back for a year and took some additional classes.”

Family Practice Focus

From the beginning of medical school, Dr. Allen-Bell knew that she wanted to practice family medicine.

“The thing that really excites me about family practice is that it encompasses a wide range of ages and medical conditions – I love the variety,” said Dr. Allen-Bell. “I can’t imagine myself doing anything but family practice.”

Dr. Allen-Bell names preventive medicine as the priority that tops her list. Preventive care refers to aspects of health care that work to prevent the development of health problems or conditions.

Southern Roots

A primary reason that Dr. Allen-Bell has settled in this area is because she grew up in the community.

“Everyone I love is here,” she explains. “Practicing at Highlands means all of my family and friends who have supported me through the years are close by.”

Dr. Allen-Bell’s husband, Jason Bell, is also originally from the area and has recently embarked upon a new career as well. Mr. Bell is the new boys’ basketball head coach at Plainview High School in Rainsville.

In their free time, the couple enjoys spending time with their families as well as water activities such as skiing, wakeboarding, fishing and boating.

That free time may be in small supply, however, because in addition to beginning her medical practice, Dr. Allen-Bell and her husband have recently welcomed a new baby boy, Bryce Baylee, to their family.

Dr. Allen-Bell began her practice in January and is currently accepting new patients. She has joined Patrick Tucker, M.D., at Riverbend Family Medicine. Their office is located on Taylor Street in Scottsboro.

Are you looking for a new family practice physician? To make an appointment with Dr. Allen-Bell, call 574.1050.



Mandi Allen-Bell, M.D.

“One of the reasons I chose to come to Highlands Medical Center and practice medicine is because I really feel that this is one of the most beautiful places in the world – this entire area is spectacular. I’m incredibly proud to call this area my home.”

— Mandi Allen-Bell, M.D., family practice physician at Highlands

Get in Gear with Highlands Therapy & Sports Center

Participating in **physical activity** brings a unique set of challenges. Whether you are a *high school athlete* or a *Saturday softball league player*, Highlands Therapy & Sports Center is **here to meet your therapy and sports medicine needs.**

HIGHLANDS THERAPY & SPORTS CENTER offers comprehensive therapy and sports medicine services from start to finish for your sporting experience, including pre-season physicals, physical therapy and acute injury treatment.

“With a large facility and quality equipment, county residents have the convenience of coming to Highlands Therapy & Sports Center to receive excellent care versus traveling,” said Karen Polaschek, Director of Therapy.

Highlands Therapy & Sports Center offers functional movement assessments as part of a pre-participation physical or return to sport clearance as well as running, throwing and core stability programs. Normally patients are seen within 24 hours of referral from a physician and have access to a comprehensive home program with follow up in the clinic.

“Highlands’ certified athletic trainers know their players and assist in communicating their needs should an injury occur,” said Shelly Wilbanks, Sports Center Coordinator. “Our therapy team works tirelessly to get the players back on the field.”

Partnering for Success

Highlands Therapy & Sports Center partners with your physician to enhance the healing process and works toward helping you regain abilities lost due to injury or disease. The Therapy & Sports Center staff is expertly trained and highly qualified to deliver the most up-to-date physical, occupational and speech therapy techniques available. Highlands Therapy & Sports Center also provides pediatric speech and occupational therapy.

Out in the Community

In addition to offering services at Highlands Therapy & Sports Center,



athletic staff also actively participate in sporting events at local schools. Certified athletic trainers provide sports medicine services as well as practice and game coverage for Scottsboro, Section, DAR and Scottsboro Christian Academy schools.

📞 **For more information on team physician and athletic trainer coverage, please call 218.3760.**



Clarence Bolte receives therapy on his hand and arm from Randy Caudle, occupational therapist at Highlands Medical Center.

Tease Your Brain Work Your Body

You might think you are physically fit, but do you know the basics of sports and physical activity? Take this quiz to find out.

1. For an adult, how much physical activity is recommended per week?
 - A. 20 minutes of moderate exercise, three days per week
 - B. 30 minutes of moderate exercise, five days per week
 - C. 30 minutes of vigorous exercise, three days per week
 - D. 45 minutes of moderate exercise, four days per week
2. How much water should you drink during physical activity to stay hydrated?
 - A. 8 ounces per half hour
 - B. 4 ounces per half hour
 - C. 8 ounces per 15 minutes
 - D. 2 ounces per 15 minutes
3. What does the sports phrase R-I-C-E stand for?
 - A. relax, ice, calm down, elevate
 - B. rehabilitate, ignore, compress, elevate
 - C. rest, inspect, cool, evaluate
 - D. rest, ice, compress, elevate

ANSWERS:

1. B. The American College of Sports Medicine and the American Heart Association recommend 30 minutes a day of moderately intense cardio on five days of each week or 20 minutes a day of vigorously intense cardio on three days of each week.
2. A. To keep your body hydrated during physical activity, you should drink approximately eight ounces of water for every half hour of exercise.
3. D. To self-treat a minor sports injury, rest, ice, compress and elevate.



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HIGHLANDS THERAPY & SPORTS CENTER

Wants YOU on Our Team

WHETHER YOU ARE AN ATHLETE looking to better your game or you have suffered an injury that keeps you from the things you love, Highlands Therapy & Sports Center takes a team approach to helping you reach your goals.

OUR SERVICES INCLUDE:

- Physical therapy
- Occupational therapy
- Speech therapy
- Pediatric occupational and speech therapy
- Certified athletic trainers for high school games and practice
- Friday Night Injury Clinics (during football season)
- Educational seminars
- Pre-season physicals

We are proud to provide the therapy and sports services that help you live up to your potential. For more information, please call 218.3760.



218.3760

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