

summer 2007

# Livingwell

*Highlands*  
Medical Center

Oversized Plates, Wrong Color Walls...

## Could Your House Be Making You Gain Weight?

Find out on page 3

## Heart Attack or Heartburn?

How to Tell the Difference  
page 6

## On the Road to Recovery

Highlands Rehabilitation  
Center Gets Patients  
Back to Their Lives

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# A Surgical *Dynamic Duo*

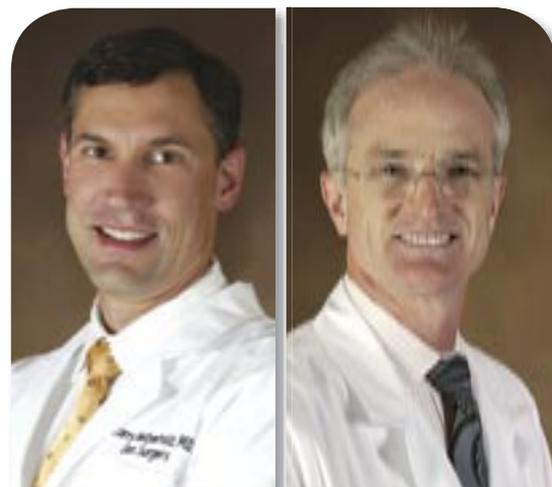
## BOARD-CERTIFIED SURGEONS

Lawrence Herberholz, MD, and E. Wesley Knowles, MD, are the experts on the general surgery team at Highlands Surgery Center.

Dr. Herberholz earned his medical degree from Wayne State University School of Medicine in Detroit, Michigan. He went on to intern at Vanderbilt University in Nashville, Tennessee, and Indiana University in Indianapolis. He completed his residency at the University of Kansas Medical Center in Kansas City.

Dr. Herberholz has four children and in his spare time – what little he has – he enjoys bike riding.

Dr. Knowles earned his medical degree from the Medical College of Wisconsin in Milwaukee and completed his internship and residency at Kern Medical Center in Bakersfield, California.



Lawrence Herberholz, MD

E. Wesley Knowles, MD

He enjoys precision machine work and crafting fine cabinetry.

Drs. Herberholz and Knowles see patients at 911 South Broad Street in Scottsboro.

*To schedule a consultation with Dr. Herberholz or Dr. Knowles, call 259.0185.*

## » Find the *Sun* and **WIN!**

LOOK FOR THE **hidden sun** in this issue of *Living Well* for a chance to win a \$25 gift card to a local restaurant.

E-mail information to [info@highlandsmc.com](mailto:info@highlandsmc.com) or send a postcard or note with your name, address, phone number and e-mail address indicating the page number and location of the sun to:

**Highlands Medical Center**  
**Attn: Marketing and Business Development**  
**P.O. Box 1050**  
**Scottsboro, AL 35768**

All entries are due by August 30. 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: Kevin Luther of Grant, AL**  
*Did you find the flower? It was hidden on the twin's left pant leg on page 4.*



### On the Cover:

Thanks to treatment received at Highlands Rehabilitation Center, Ralph Bush of Scottsboro is back on the course.

# Is Your House MAKING YOU GAIN WEIGHT?

Could the **COLOR** of your walls *make you want to eat* or the **size of your plates** *make you eat more*? New research from the Mayo Clinic shows **ENVIRONMENT** can impact exercise and eating habits. Try these **10 TIPS** for a healthier home – *and a slimmer you.*

**1 Paint it blue.** Blue is a natural appetite suppressant – thanks to our natural instincts. Because many blue and purple foods are poisonous, humans have a natural predisposition to avoid the color when it comes to eating. Use this instinct to your advantage by choosing blue plates and napkins or painting your walls blue.

**2 Downsize dinnerware to eat less.** People eat an estimated 92 percent of what's on their plate – much of which is often too large of a portion size. Follow this rule of thumb: Smaller plates equal smaller portions but the same satisfaction.

**3 Let there be light in the kitchen and throughout the house.** Two studies found subjects ate more when the room was dimly lit. Light deprivation is also associated with depression, bulimia and PMS.

**4 Use your reflection.** Placing a mirror near the refrigerator, dining table, or wherever you eat may help you make better food choices. A study of 1,300 people showed a 22 to 32 percent decrease in choosing the full fat versions of food when they could see their reflection.

**5 Don't look back.** Take confidence in your weight loss successes, and get rid of those oversized clothes that no longer fit.

**6 Watch less television to curtail overeating and underexercising.** Hide your TV behind the door of an entertainment center, or cover it with a quilt or a folding screen.

**7 Give your den a makeover.** Rearrange the furniture so it's easier to talk or play games instead of watching television. Talking burns more calories, and you'll see fewer tempting food commercials.

**8 Find your own space.** Designate a place at home to work out to help you stay with your exercise program, such as creating a home gym in your garage.

**9 Listen to the music.** Classical music, that is. In order to make way for as many customers as possible, restaurants play music at 125 to 130 beats per minute, which speeds up the pace of eating and makes you consume more. Choose soothing New Age or classical music to enhance your mood – and increase your time at the table.

**10 Get out of the house.** Do your own lawn work and trade convenience for calorie burning. Using a push mower instead of a riding mower and using a rake instead of a leaf blower will burn up 250 calories an hour.

*Curious to know your ideal weight? Log on to [www.highlandsmc.com/healthlibrary.php](http://www.highlandsmc.com/healthlibrary.php) to find out.*



## The Modern World

Although adults are responsible for making their own choices to maintain a healthy weight, they also are influenced by their culture and broader environment. During the past 30 years, food consumption has dramatically increased in the United States. Consider these facts:

- Average calories consumed are up by 15 percent.
- Americans are eating more fruits and vegetables, but still less than is recommended by the U.S. Department of Agriculture.
- Per person milk consumption is down 22 percent.
- Soft drink consumption is up 131 percent.
- Food prepared and eaten outside the home has increased 200 percent.

## Shouldering Through the Pain

Scottsboro resident Ralph Bush was always in good shape and made exercising a priority. When he was diagnosed with the Epstein-Barr virus (a form of infectious mononucleosis) in March 2006, he spent nearly six months battling to regain his health and was unable to exercise. Once Ralph fully recovered from his illness, he needed a place that offered sound medical advice on beginning exercise.

"I wasn't used to being so sedentary, and I really wanted to start exercising again," Ralph recalls. "Unfortunately, I was a little too aggressive, and I hurt my left shoulder in the process."

What Ralph thought was a minor muscle pull turned out to be a torn rotator cuff. Following surgery to correct his damaged rotator cuff, Ralph spent the next three weeks unable to use his left shoulder. Upon receiving the green light to begin using his shoulder again, Ralph turned to Highlands Rehabilitation Center for therapy.

"A full recovery was important to me. I took finding the best physical therapist very seriously," says Ralph. "After visiting local rehab facilities in town, interviewing therapists, and asking around, Karen Polaschek with Highlands Rehabilitation Center was the obvious choice."

Like many who require rotator cuff repair, Ralph's therapy required a lot of hands-on assistance from therapists to help him regain movement of his shoulder. With his therapy complete, he credits Highlands with getting him back on the course and ready for golf season.

### Like Grandfather, Like Granddaughter

Ralph was so happy with his care that he referred his granddaughter, Caitlin Chitwood, to Highlands Rehabilitation Center after suffering from a broken foot. Caitlin will be a junior at Scottsboro High School and is an active member of the track team.

"Caitlin's on the track, and I'm back on the golf course. I am looking forward to regaining even more strength and endurance over the next few months," Ralph says. "Every member of Highlands' staff went out of their way to help me, and I really appreciate their hard work."

Like Ralph, Caitlin is now back to her everyday activities and was a state qualifier at a recent track meet.



Highlands Rehabilitation Center patient Ralph Bush can return to his golf game thanks to treatment he received after rotator cuff surgery.

## Expert Rehabilitation: THE

# Fast Tra



Karen Polaschek, physical therapist at Highlands Rehabilitation Center, uses the latest technology to help patients return to everyday activities after injury or surgery.

When you are **RECOVERING** from surgery or an injury, **therapy is more than a good idea.** It can make **the difference** in your long-term **health and well-being.**

**HIP REPLACEMENT. STROKE. ATHLETIC INJURY.** If you experience any of these events, proper treatment is only the first step to getting back on your feet. For optimal health, access to quality rehabilitation is key.

No matter the injury or condition, rehabilitation helps patients regain independence and movement and reduce the risk of re-injury or subsequent illness. In the instance of heart attack, cardiac rehabilitation has been shown to reduce the risk of dying from a subsequent heart attack by half when compared to those who do not participate.

Medical rehabilitation not only improves lives – it saves patients money on costs associated with disability. For every \$1 spent on rehabilitation care, it is estimated patients save \$11 on long-term disability costs, according to RehabWorks, a consumer awareness program.

### The Big Three

Rehabilitation is most effective when a multidisciplinary approach is taken. At Highlands Rehabilitation Center, trained medical staff incorporates the following types of rehabilitation into a single therapy program that has proven beneficial to many patients.

**Physical** – Called upon to improve an individual's strength, balance and flexibility, physical therapy is useful in helping recover from orthopedic surgery, injury and more. This is often coupled with other therapies.

**Occupational** – Often recommended for patients who have suffered stroke or other neurological conditions, occupational therapy helps people relearn activities of daily living. From tying shoes to cooking to hand dexterity, occupational therapy helps patients regain confidence during their day-to-day routine.

**Speech** – In addition to helping individuals with speech difficulties, such as a lisp or trouble pronouncing certain letters, speech therapy helps individuals overcome swallowing difficulties and learn how to communicate following stroke or other damage to the brain.

### Quality Care in Your Community

With experienced and compassionate physical, occupational, and speech therapists on site at Highlands Rehabilitation Center, your outpatient rehabilitation experience can take place close to home in an inviting atmosphere. As the only facility in Jackson County with all three rehabilitation services under one roof, Highlands Rehabilitation

# ck TO RECOVERY



Scottsboro High School graduate and Lee University star basketball player Katie Nelson turned to Highlands Rehabilitation Center to get her back on the court after tearing her anterior cruciate ligament (ACL).

Center is uniquely prepared to meet your rehabilitation needs.

“We have a wonderful facility and a well-trained staff that is dedicated to the recovery of every person who walks through our doors,” says Karen Polaschek, physical therapist at Highlands Rehabilitation

Center. “It’s gratifying to help people return to their optimum level of function and get back to the things that are important in their lives. That’s what we do here each and every day.”

*Ask your physician to refer you to Highlands Rehabilitation Center.*



## Bouncing Back to the Court

During the summer of 2005, Scottsboro resident Katie Nelson was playing basketball when it happened. The Scottsboro High School star player landed awkwardly on her knee, and it popped. After lying on the gym floor for a minute, she stood up and got back in the game.

A week later, her knee still hurt, so she visited John Greco, MD, with The Orthopaedic Center. Katie learned she had torn her anterior cruciate ligament (ACL).

“I wasn’t really surprised at my diagnosis,” Katie recalls. “I was in a lot of pain at that point, so I knew something was wrong.”

Soon after, she underwent surgery at Highlands Surgery Center to repair her torn ACL. The following day, she began rehabilitation at Highlands Rehabilitation Center. After starting with range-of-motion exercises and moving into a strengthening workout that would help her regain full use of her injured ACL, Katie was back on the court within three months.

“Katie is a wonderful athlete,” says Shelly Wilbanks, certified athletic trainer at Highlands Sports Center. “Her dedication on the court transferred into her rehabilitation. She was very careful to follow the instructions we gave, which made it possible for her to have such good results.”

Today, Katie is playing basketball for Lee University in Cleveland, Tennessee. She insists her interaction with the staff at Highlands Rehabilitation Center made a great difference in her life.

“I’ve always wanted to become a physical therapist, and this experience has only solidified that desire,” Katie says. “The staff members were friendly and made sure I was doing the right thing all the way through, and I’m very thankful to each of them for keeping me on the court.”

*For more information on Highlands Rehabilitation Center, visit [www.highlandsmc.com/rehabilitationcenter.php](http://www.highlandsmc.com/rehabilitationcenter.php).*

# When in Doubt, *Check It Out*

You've just left a cookout at your neighbor's home **when you begin to feel TIGHTNESS in your chest. While the pain is probably just heartburn,** it could be an indication of a much more serious problem – **A HEART ATTACK.**



**EACH YEAR MORE THAN** 1 million Americans suffer a heart attack, and many don't make it to the emergency room in time to get the lifesaving treatment they need. That's because symptoms of a heart attack – such as chest pain or pressure, pain that radiates down the neck to the shoulder and arm, and shortness of breath – are extremely similar to the symptoms that are experienced with heartburn.

In a poll of 2,000 Americans, almost one in five adults reported that either they or someone they know has gone to the emergency room because they thought they were having a heart

attack when they actually had heartburn. While this can be embarrassing to the patient, doctors urge patients to get checked out rather than miss the opportunity for lifesaving treatment.

"We see a lot of cardiac patients in the emergency room at Highlands. Our staff provides stabilizing procedures and evaluates patients for further treatment," says Renee Guthrie, RN, nurse manager of Highlands Medical Center emergency room. "Time is very important if you are having a heart attack, and the sooner you receive those

stabilizing treatments, the more likely you are to survive a cardiac arrest."

## Confusing Calamities

Heart attacks occur when one or more of the arteries supplying blood to the heart thickens or becomes blocked with plaque, which prevents oxygen-rich blood from reaching the heart. As a result, portions of the heart muscle begin to die, leading to heart attack symptoms.

When someone experiences heartburn, it's because the lower esophageal sphincter – a ring of muscle that opens when you swallow – has weakened, which allows the acid from your stomach to enter your esophagus. When this happens, you might feel burning or pain in your chest, often accompanied by radiating pain that goes to your neck.

While the similarity in symptoms can make it difficult for you to know whether or not you're actually having a heart attack, you can be better prepared if you know your heart attack risk. You are predisposed for a heart attack if you smoke, have high blood pressure or cholesterol, have diabetes or are overweight. Because heart disease is hereditary, you're also at an increased risk if you have a family history of the condition.

## Be Safe – Not Sorry

If you believe you are suffering a heart attack, wait no more than five minutes before calling for an ambulance to take you to the hospital. By getting to the hospital quickly, physicians will be able to utilize tissue plasminogen activator (a clot-busting drug) or other fast-acting treatments that can stop heart muscle damage.

Physicians want you to be proactive about your health: If you are even the slightest bit concerned that you might be experiencing a heart attack, call 911. After all, it's better to be safe than sorry.

*When recovering from cardiac surgery or a cardiac event, ask your doctor if cardiac rehabilitation would be the right choice for you. If so, call Highlands Cardiac Rehabilitation at 218.3766.*

# A Guide to YOUR GALLBLADDER

**ABDOMINAL PAIN, FEVER AND JAUNDICE – oh my!**

If you've experienced these symptoms, **gallstones** could be to **blame**.



**GALLSTONES ARE** small, stone-like particles that form in the gallbladder – an organ about the size of a pear that lies under the liver and functions as a storage receptacle for bile. Bile, which is excreted by the liver, is held in the gallbladder until it is needed for digestion. It consists of bile salts, cholesterol, bilirubin and lethicin, chemicals that aid in breaking down foods in the intestines.

## What causes gallstones to form?

Gallstones develop when cholesterol or bilirubin levels become too great for the gallbladder to properly break them down and impairs how the gallbladder functions.

## How are gallstones treated?

The most common treatment for gallstones is cholecystectomy, or surgical removal of the gallbladder. Highlands Surgery Center offers minimally invasive options for gallstone treatment, an approach that can result in less pain and decrease recovery time.

## Can I prevent gallstones from forming?

Unfortunately, scientists agree there is no way to completely prevent the occurrence of gallstones, but diet may play a role. People who eat foods high in fat and cholesterol are more likely to experience the condition.

*For more information, please call Highlands Physician Referral Line at 218.3600.*

## Could It Be Gallstones?

Like kidney stones, gallstones can appear suddenly without warning. How can you be sure your abdominal pain and other symptoms aren't a simple case of an upset stomach?

Read the questions below. If you answer yes to over half, speak to your physician about the possibility of you having gallstones.

- 1. Does your abdominal pain feel sharp, cramping or dull?
- 2. Does the pain in your abdomen radiate to your back or below your right shoulder blade?
- 3. Do you feel ill after you eat fatty or greasy foods?
- 4. Do you experience abdominal pain within minutes of eating?
- 5. Does your skin and the whites of your eyes appear to be yellow?
- 6. Is your body temperature constantly over 98.6 degrees Fahrenheit?
- 7. Do you feel full in your abdomen, even when you haven't eaten a large meal?
- 8. Have you experienced heartburn recently?
- 9. Do you frequently feel nauseated or have the urge to vomit?
- 10. Do you have indigestion after eating?
- 11. Is your stool clay-colored?
- 12. Do you eat foods high in fat and cholesterol?
- 13. Do you have diabetes?
- 14. Are you a woman on birth control?
- 15. Do your symptoms seem to come and go, especially at meal time?

*Please call 218.3600 to find a Highlands Medical Center physician who treats gallbladder problems.*

**Women are twice as likely as men to have gallstones. More than 20 percent of American women have gallstones, according to the National Institutes of Health.**

# Take *Their* Word for It



*“Labor is not one of the easiest things to do, but the nurses at Highlands Maternity Center made me feel really comfortable and helped my husband and me deliver two beautiful, healthy children.”*

– **Sonya Medley**, mother of Lexi Lyn and

Coby “Nate”, wife of David  
(pictured above)

When you’re planning to have a baby, **count on Highlands Maternity Center** for life’s most anticipated arrival.

But don’t just take our word for it.

*“I enjoyed receiving such individualized care. Dr. Pierce and the staff at Highlands Maternity Center are special to me, and I’m glad they were part of the most wonderful day of my life.”*

– **Stephanie Hinkle**, mother of Austin, wife of Joey



*“I am very thankful for Highlands Maternity Center for exceeding my expectations in caring for my wife Betsy and our son, Logan.”*

– **Troy Loyd**, father of Logan

Ready to add to your family by delivering your baby at Highlands Maternity Center?

**Call 218.3600 today.**



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