

# LIVING healthy

Winter 2009

**USMD** Hospital  
at Arlington  
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**M**ammography is one of the best tools available for catching breast cancer early, when it's most treatable. According to the Centers for Disease Control and Prevention, screening mammograms can reduce breast cancer deaths by about 20 to 35 percent in women ages 50 to 69 and about 20 percent in women ages 40 to 49. With numbers like that, why are so many women skipping this potentially lifesaving test?

## On the Decline

The National Cancer Institute (NCI) recommends women 40 and older have mammograms every one to two years. For many years, women were heeding this advice. According to the American Cancer Society, the percentage of U.S. women ages 40 and older who were getting regular mammograms grew steadily between 1987 and 2000.

However, studies now show that the number is declining. While researchers don't know exactly why fewer women are getting mammograms, they believe many factors play a role, including a growing number of women without health insurance, increasing out-of-pocket medical expenses, and perhaps confusion about the effectiveness of mammography.

## Reversing the Trend

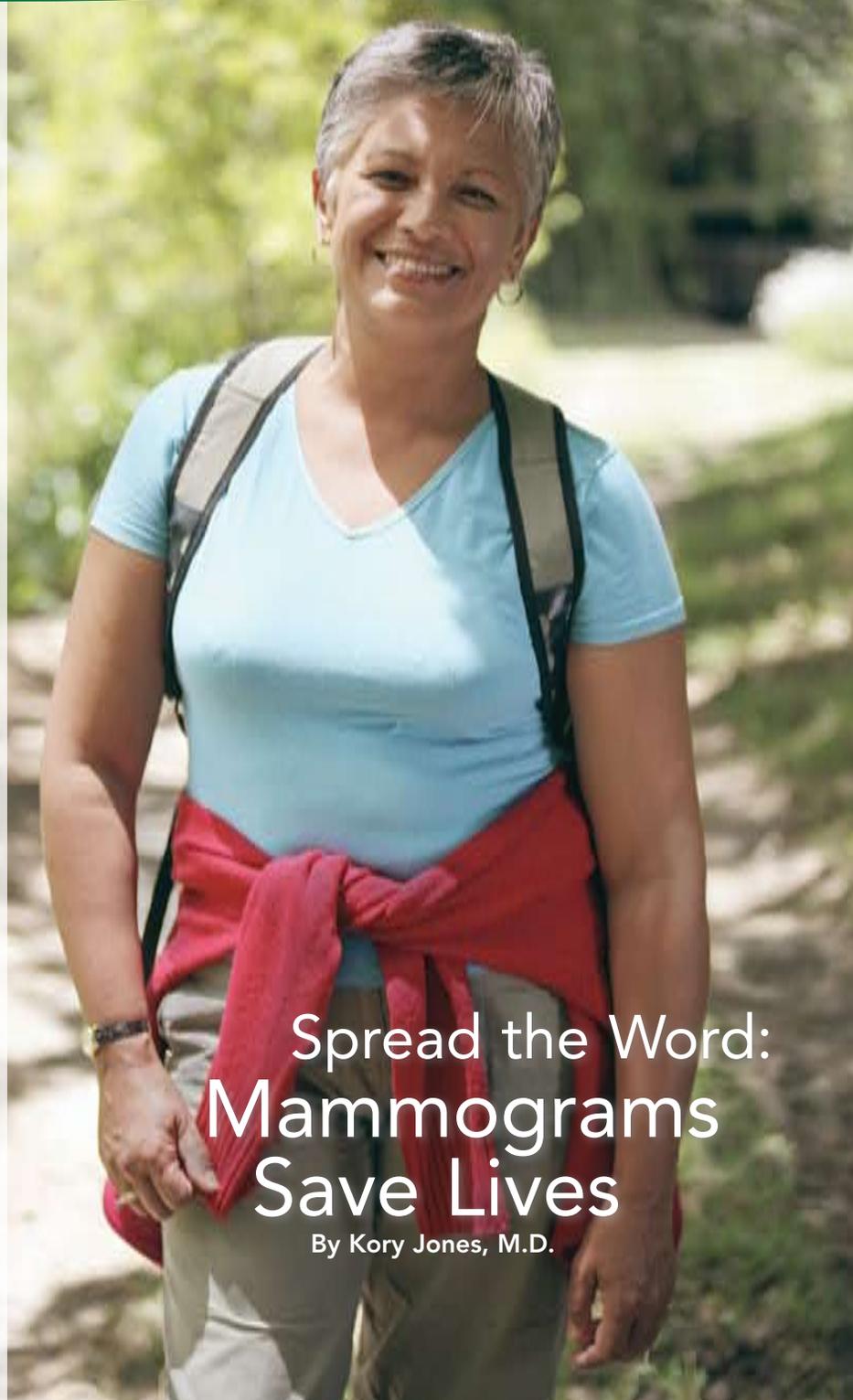
One thing is clear: If we are going to win the battle against breast cancer, this trend needs to change.

Mammography does work. That's why women need to be encouraged to get regular screenings. Remind the women you know and love about the importance of regular mammograms—it just might save their life. ■

Kory Jones, M.D., General Surgeon



Dr. Jones is on staff at USMD Hospital at Arlington and is a partner in Arlington Surgical Association. Call (817) 275-3309 to schedule an appointment.



Spread the Word:  
Mammograms  
Save Lives

By Kory Jones, M.D.



# New Approach to Hysterectomy Offers Better Options

By Ellen Parrill, M.D.

**T**he decision to have a hysterectomy isn't easy. But advances in surgical technique can mean less pain and a speedier recovery for many women.

Doctors may recommend surgery to remove a woman's uterus for a number of reasons, including:

- Noncancerous growths called fibroids that cause heavy bleeding or pain
- Endometriosis—where tissue that normally lines the uterus grows outside of it
- Prolapsed uterus, in which the uterus has dropped down into the vagina

- Uterine, cervical, or ovarian cancer
- Persistent, heavy vaginal bleeding uncontrolled by medication or nonsurgical techniques
- Chronic uterine pain that continues despite treatment

Taking the uterus out through an abdominal incision is the traditional approach, especially for cancerous conditions. But additional options may be available when a woman and her doctor decide surgery may offer relief from troubling pelvic conditions.

Ellen Parrill, M.D., OB/GYN



Dr. Parrill is board certified in obstetrics and gynecology. She is on staff at USMD Hospital at Arlington and affiliated with the Medical Clinic of North Texas. Call (817) 466-9578 to schedule an appointment.

## Vaginal, Laparoscopic Hysterectomies Are Less Invasive

Surgeons also can remove the uterus through the vagina. The procedure, called vaginal hysterectomy, may be used for prolapse and menstrual problems when the uterus is a normal size.

A newer procedure, laparoscopic hysterectomy, involves making very small incisions on the abdomen. A laparoscope—a thin, hollow tube connected to a video camera—is inserted through one incision to guide the surgeon. Instruments inserted into the other incisions are used to perform surgical tasks.

The laparoscope may be used as part of a vaginal hysterectomy. Or the entire surgery may be done laparoscopically.

## Tiny Incisions Bring Big Benefits

Smaller incisions can result in less pain and blood loss, shorter hospital stays, fewer wound infections, and quicker recovery than with abdominal hysterectomy. While it may take one to two months to return to normal activity with an abdominal hysterectomy, most women are able to recover completely in one to two weeks with laparoscopic surgery. ■

## NEED A SURGEON OR SPECIALIST?

### OUR FREE PHYSICIAN REFERRAL CENTER CAN HELP

USMD Hospital at Arlington offers a free referral service to make life easier for our patients. We can find a specialist to match your insurance and provide follow-up consultation. Plus, our R.N. coordinator will make sure you have access to the best treatment options available.

The center offers referrals for a wide array of services, including the following:

- Colorectal
- Gastroenterology
- Neurosurgery
- Orthopedic surgery
- Plastic surgery
- And much more!

Call (817) 472-3575 to speak with the R.N. and get your referral today.



# Prostate Cancer: Understanding Your Options

By Justin Lee, M.D.

**A**lthough quick actions may save lives in the emergency room, rapid decisions aren't always right for other patients—including men with prostate cancer.

## Who Gets Prostate Cancer?

Prostate cancer occurs mostly in men older than 65, although younger men can be diagnosed with it. It affects the gland located below the bladder and in front of the rectum.

Screening tests, such as a rectal exam or blood test, can check for prostate cancer before it causes symptoms. Later on, symptoms can include a frequent need to urinate and a weak stream of urine.

## Watchful Waiting Is an Option

Many treatment options are available for men with prostate cancer, including surgery and radiation. Another choice is “watchful waiting,” sometimes called observation or surveillance. Men who choose this option delay their treatment until symptoms appear or change.

Here's why waiting can be an option: Unlike some other cancers, prostate cancer usually advances slowly. It can take 10 to 30 years for a tumor to grow. Some men with early-stage prostate cancer choose to “wait and see” before starting treatment. By doing so, they avoid treatment complications—such as impotence and incontinence—that could affect their quality of life.

## What's Right for You?

Watchful waiting isn't for everyone. Some men opt for surgery to remove the prostate, which remains a common way to cure prostate cancer.

### Justin Lee, M.D., Urology



Dr. Lee is a urology specialist on staff at USMD Hospital at Arlington. To schedule an appointment, call (817) 748-UANT (8268).



Here are questions to consider when reviewing the options:

- Would I feel stressed knowing that I had cancer in my body and that I was putting off treatment?
- How do I feel about the possible risks and benefits of treatment?
- If I choose watchful waiting, can I stick to a schedule of frequent testing?

Remember, there's usually no need to rush into a decision. Depending on what your physician says, you may have several months to research your options. In the meantime, try talking with other men who have faced prostate cancer. ■

## Your Partner in Prostate Health.

USMD Hospital at Arlington offers an array of men's services, from checkups to advanced urological care. Expert physicians, such as Dr. Lee, can treat many prostate conditions with minimally invasive techniques. That means you'll have a shorter hospital stay, less pain, and a faster recovery. Visit [www.usmdarlington.com/men\\_main.php](http://www.usmdarlington.com/men_main.php) to see what USMD Hospital at Arlington can do for you.

## ASK THE DR.

Bruce I. Prager, M.D., Orthopedics



Dr. Prager is an orthopedic surgeon who specializes in sports injuries. To schedule an appointment, call (817) 468-8400.

### Q: WHAT CAUSES SHOULDER PAIN?

**A:** Some sports, such as tennis or golf, can trigger shoulder pain. So can work and everyday chores, such as hauling heavy items or painting a ceiling. The cause may be a muscle tear or a sore tendon. Arthritis and other joint problems also can cause shoulder pain.

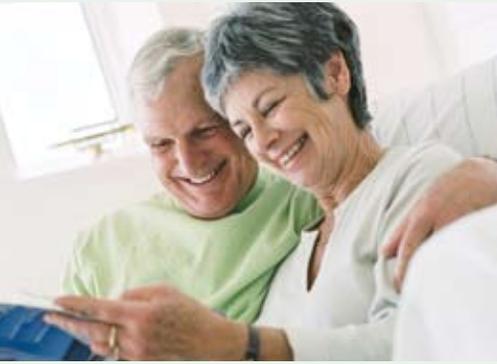
### Q: HOW CAN I CARE FOR A SORE SHOULDER?

**A:** Call your doctor if the pain is intense or if it does not go away in a few days. Otherwise, try these steps:

- At the first sign of pain, place an ice pack where it hurts for 15 to 20 minutes. Repeat as needed. When the pain starts to go away, switch to using a heating pad on the shoulder to relax sore muscles. Use the heating pad for 20 minutes, several times a day.
- Take over-the-counter aspirin, naproxen sodium, or ibuprofen to reduce pain and swelling.
- Try gentle exercises. Bend slightly forward so you face the floor. Let your sore arm dangle, and draw small to large circles in the air with your arm. Do this five to 10 times a day.
- When the pain is better, move on to strengthening exercises with light weights. By building stronger shoulders, you may prevent future problems.

**Whether you're an everyday athlete or a weekend warrior,** the orthopedic and sports medicine specialists at USMD Hospital at Arlington can help you stay in the game. Call (817) 472-3575.

# CALENDAR



USMD Hospital at Arlington offers seminars and events throughout the year on a variety of conditions and treatment options. Registering is easy! Visit [www.usmdarlington.com/seminars\\_events.php](http://www.usmdarlington.com/seminars_events.php) or call (817) 472-3575.

## Erectile Dysfunction and Incontinence Seminar

**GET HONEST ANSWERS.** Learn about treatment options for erectile dysfunction and urinary incontinence, from new medications to penile implants. Some treatments are temporary, while others provide a more permanent way to resolve your particular condition. Urologist V. Gary Price, M.D., will provide you with the information you need to find a solution that satisfies you and your lifestyle. You are welcome to bring your spouse, partner, or other guests to this **FREE** event. Take-home information will be provided, and the seminar will last about one hour. Space is limited, so call Simitri at (817) 465-8715, ext. 109 to enroll, or visit [www.uant.com](http://www.uant.com).

**Location:** USMD Hospital at Arlington

**Date:** January 29

**Time:** 6:30 p.m.

## LIVING healthy

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**E**ach year, cancer of the colon or rectum kills more Americans than any other cancer except lung cancer. But the outlook is bright: Experts are discovering many ways to lower your risk of dying from this cancer.

### Six Lifelong Habits

Research shows that the following tactics can lower your risk for colon cancer:

1. Maintain a healthy weight. Excess pounds around the waist are especially risky.
2. Limit your intake of red meat, particularly fatty or processed varieties.
3. Eat a diet rich in fruits, vegetables, and other plant foods, such as whole-grain breads and cereals. These often contain substances that can help prevent cancer.
4. Take a multivitamin that contains folic acid. Long-term use may decrease colon cancer risk. Foods rich in folate, such as oranges, broccoli and leafy green vegetables, also offer protection.
5. Exercise regularly. It can cut the risk for colon cancer in half.
6. Get enough calcium. Ask your doctor if you should be taking a supplement.

### The Seventh Strategy: Screenings

Colon cancer may cause symptoms, including blood in or on the stool, recurrent stomach pain or cramping, and unexplained weight loss.

But more often, colon cancer does not produce symptoms. That's why experts recommend regular screenings for people at high risk for the disease. These include:

- Men and women ages 50 and older
- People with a personal or family history of colon cancer or polyps
- Anyone with inflammatory bowel disease, such as ulcerative colitis or Crohn's disease

Talk with your doctor about when to begin screening and which tests to take. ■

Ronald S. Kline, M.D.,



**Colon and Rectal Surgery**  
Dr. Kline specializes in surgery of the colon and rectum. To schedule an appointment, please call (817) 419-8748.