

# Healthy Lifestyles

Health and wellness news from Methodist Medical Center | 865.835.4662 | www.mmcoakridge.com | My CARE. My Methodist.

## COPD: It's No Longer Just a "Man's Disease"

Wheezing, shortness of breath, coughing. Do these symptoms sound like asthma? They can actually be the warning signs of a much deadlier lung condition: chronic obstructive pulmonary disease, or COPD. Once considered a man's disease, COPD is now a serious health burden for women.



The American Lung Association cites several reasons. One is the growing popularity of smoking among women during the 1920s through the 1970s. Smoking was traditionally a man's habit. But changes in society and tobacco marketing encouraged more women to smoke. Those women who chose to light up when they were young may now be suffering from COPD.

### What is COPD?

COPD refers to two different but related lung diseases: chronic bronchitis and emphysema. Both of these conditions affect breathing. And most people with one often suffer from the other.

With chronic bronchitis, the lung's airways become inflamed. Mucus then builds up and restricts air from entering and leaving the lungs. In a person with emphysema, the lung's alveoli, or air sacs, are damaged. As blood flows through these sacs, oxygen moves into your blood and carbon dioxide is filtered out. If the sacs don't function properly, this exchange can be hindered, limiting the amount of air you breathe out.

There is no cure for COPD. Symptoms of the disease gradually worsen, so you may not initially realize you have it. Once you notice the signs, they may include:

- A chronic cough, often with mucus
- Shortness of breath, particularly when exercising
- Wheezing
- Chest tightness

### Why more women?

COPD ranks behind only heart disease and cancer as the third leading cause of death in the U.S. Historically, it has afflicted more men than women — particularly adults older than age 65. But since 2000, COPD has been more common in women. Compared with men, more

women die from COPD every year. What's more, they are 37% more likely to develop the disease. One study found women were more susceptible to COPD even if they started smoking later and smoked fewer cigarettes.

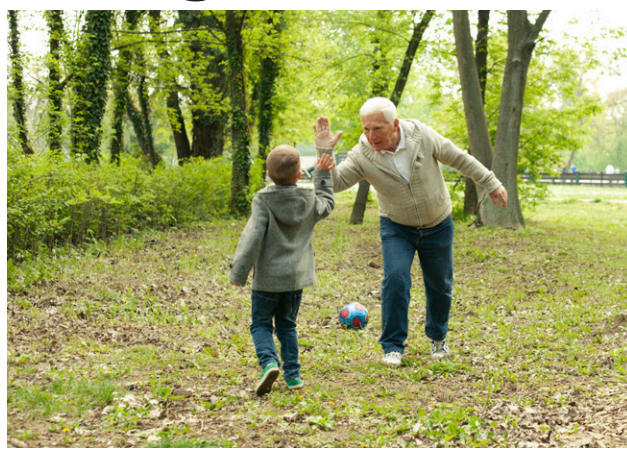
Biology may also factor in. Women tend to have smaller lungs than men. As a result, irritants enter the lungs in higher concentrations. That may explain why more nonsmoking women than nonsmoking men develop COPD. Experts suspect women may be more susceptible to developing lung damage from irritants, such as air pollution and workplace fumes.

Why the change? A recent report from the American Lung Association

In women who smoke, the female hormone estrogen may further contribute to lung damage. Estrogen breaks down nicotine faster than the lungs can expel it. Over time, nicotine builds up and worsens lung damage.

## Pulmonary Rehab Can Be a Game-Changer

Lung disease often creates a significant impact on a person's ability to perform routine daily tasks because of increased shortness of breath. Chronic obstructive lung disease (COPD) includes emphysema, chronic bronchitis and asthma. Restrictive lung disease includes interstitial fibrosis, sarcoidosis, and occupational or environmental lung disease.



Pulmonary rehabilitation can help people with lung disease manage their chronic illness through supervised exercise, education on respiratory care, oxygen therapy, smoking cessation programs, nutritional counseling, and psychosocial support.

**Disease education**  
 Included are discussions about how lifestyle choices — such as smoking and diet — affect the patient's health.

### Exercise

The exercise part of rehab is designed to strengthen your muscles and improve your endurance. Leg exercises, such as walking or riding a bike, help you get around more easily. Arm exercises can help improve your ability to do things, such as carry groceries, clean your house, and take a shower. If you haven't been active for a while, don't worry. Your rehab team will design an exercise program geared to your abilities. Your team can also provide guidelines on how often to exercise, for how long, and at what intensity.

### Emotional support

Coping with COPD can be stressful. Not everyone experiences emotional distress, but many do. Common problems include depression, anxiety and lower self-esteem. Some people also feel cut off from others because of their illness. Many rehab programs offer emotional and social support to those who need it. For instance, you might take part in a support group or learn new relaxation skills.

**Benefits of Pulmonary Rehab**  
 Patients may expect to experience the following benefits:

- Less shortness of breath
- Ability to resume some hobbies and activities they once enjoyed
- Less fatigue after performing daily chores
- Greater strength and endurance
- Less depression and anxiety
- A better understanding of ways to manage their disease
- Fewer hospitalizations
- Greater independence
- Improved quality of life

A doctor's referral is required for participants in the Pulmonary Rehab Program at Methodist Medical Center. For more information about the program, call (865) 835-5235.

### Being a team player

You are the most important person on your rehab team. The other people on your team may vary. Typically, they might include a doctor, a nurse, a respiratory therapist, an exercise specialist, a dietitian, and other professionals.

### The Pulmonary Rehab Program at Methodist Medical Center

Through exercise and education, patients in the Pulmonary Rehab program at Methodist Medical Center of Oak Ridge learn how to manage the daily limitations faced when dealing with chronic lung disease. The program's staff evaluates each patient and works with the patient's doctor and the patient to develop a plan of care. By working together, attainable rehab goals are developed.

The plan of care generally includes educating the patient and family about the patient's disease, exercising, psychosocial counseling, nutritional counseling, and group support from other patients in Methodist's pul-

## WHERE THERE'S SMOKE... THERE COULD BE CANCER.

Cigarettes bring together more than 50 chemicals that are known to cause cancer. In fact, lung cancer is the leading cause of cancer deaths in both men and women worldwide, and accounts for more U.S. cancer deaths than those from breast cancer, colon cancer and prostate cancer combined.

### But now those at high risk, have a new weapon in the fight against lung cancer.

It's called Low Dose CT screening and because of early detection, studies have shown it can lower the risk of death from lung cancer by 20% in people who are at high risk.

LDCT lung screening is one of the easiest screening exams you can have.

- The exam takes less than 10 seconds.
- No medications are given, and no needles are used.
- You can eat before and after the exam.
- You do not even need to get changed as long as the clothing on your chest does not contain metal.

And now, you can breathe even easier knowing Medicare covers the cost of the Low Dose CT lung cancer screening exam.

To see if you are eligible for this life-saving exam, call 865-835-5223.

# Sleeping Too Little, Too Much Linked to Heart Disease

Even as an adult, you can learn a lot from fairy tales. Remember Goldilocks? When it comes to heart health, she would have slept "just right." Too little or too much sleep has been linked to heart disease, according to a recent study. What's considered just right? Seven to nine hours of shut-eye.

## Heart-damaging duration

In the journal *Sleep*, researchers reviewed the results of an annual nationwide survey. More than 54,000 adults ages 45 and older were asked about their overall health—specifically, if they had a chronic condition, such as diabetes or coronary heart disease.

They also disclosed their average amount of sleep in a 24-hour period.

The survey showed that the majority of adults slept an average of seven to nine hours a night. Yet, too many Americans—more than



one-third—reported six or fewer hours of slumber. An additional four percent said they typically snoozed more than 10 hours.

For those adults who slept too little or too much, researchers found they

were more likely to have coronary heart disease, diabetes, or a stroke. They also tended to be obese. Those who slept too much were particularly prone to these heart-related conditions. Why? They may be

sleeping longer, but not necessarily better.

## Health-promoting sleep

When you sleep, your body doesn't simply shut down. It enters a series of sleep stages. During these stages, your body may restore energy, solidify memories, or boost immunity. If one of these stages is cut short, you may miss out on sleep's full rejuvenating potential.

With your heart, the quality of your sleep matters just as much as the quantity, as past research proves. One study found insufficient sleep was tied to high blood pressure, as well as other chronic conditions like asthma and arthritis. In another study, people who suffered from the worst cases of insomnia—a sleep disorder marked by the inability to fall or stay asleep—had a higher chance of having a heart attack.

Inflammation may be

central to the sleep and heart connection. When your body reacts to infection, disease, or injury, it releases chemicals that can cause redness and swelling. Experts suspect poor sleep may promote this inflammation, too. It may even lead to atherosclerosis—the buildup of fatty substances along your artery walls. Disrupted sleep may also stifle the production of hormones that regulate energy use and cell repair. Together, these responses may undermine your heart health.

## Poor Sleep More Likely to Harm Women's Hearts

Women may be especially prone to heart problems related to poor sleep. In a recent study, almost 700 men and women with pre-existing heart disease were followed for five years. Their sleep quality and inflammation levels were measured at the beginning and end of the

study. Women who slept less than six hours a night had more inflammation, compared with men who reported the same amount of shut-eye. Hormonal changes during pregnancy and menopause may partly account for women's sleep troubles.

## Learn More

Talk with your primary care physician if you feel you are getting too much or too little sleep. Sleep disorders can be diagnosed and treated at the Methodist Sleep Diagnostic Center. The center's medical director, Cherridan Rambally, MD, is board certified in neurology and sleep medicine. She has a special interest in treating sleep disorders that affect women and children ages 12 and older. To learn more about what the Methodist Sleep Diagnostic Center can do for you, visit [www.mmcoakridge.com/sleep](http://www.mmcoakridge.com/sleep) or call (865) 835-3810.

## Should You Be Screened for an Aneurysm?



Blood travels throughout your body on a highway of sorts. Arteries transport oxygen-rich blood from your heart to the rest of your body; veins return oxygen-depleted blood back to your heart. Like a car accident, an abdominal aortic aneurysm (AAA) can disrupt this normal flow. Screening for this potentially fatal condition may save your life.

## Understanding AAAs

Your arteries have thick, flexible walls designed to handle the force of normal blood pressure. But they can become weakened. If they do, you may develop an aneurysm — a bulge in the artery wall. If that bulge grows too big, it may rupture, causing a life-threatening situation.

An aneurysm can develop in any artery. But an AAA forms in the lower part of your aorta, the largest artery in your body. The aorta extends from your chest down into your abdomen. It carries blood to smaller arteries that sup-

port your lower extremities. Men are more prone to AAAs, particularly past or present smokers older than age 65. Some people are born with the condition. Most often, though, an AAA is the result of atherosclerosis, when the artery walls harden because of too much cholesterol or other fats in your blood. Other common contributors: an older age and high blood pressure.

## Screening for a silent killer

An AAA rarely causes symptoms — until it bursts. When it bursts, or ruptures, you may feel a sudden, severe pain in your abdomen or lower back. Once that happens, you could die from internal bleeding.

Screening can help detect an AAA before it ruptures. Experts currently recommend that only men ages 65 to 75 who have ever smoked undergo AAA screening. But a recent review of past research suggests that all men ages 50 to 80 may benefit from this

testing. One study that followed more than 67,000 men for more than a decade found those who were screened were 50 percent less likely to die from an AAA.

To screen for an AAA, a doctor uses ultrasound, a test that sends sound waves through your abdomen and converts them to an image on a computer screen. With this picture, your doctor can see if you have an aneurysm. Depending on the aneurysm's size, treatment may include a watch-and-wait approach, medication, or surgery.

Insurance companies don't always cover testing for an AAA. Talk with your doctor to see if screening makes sense for you. You should consider it if you have a family history of aneurysms, if you are a smoker, or if you have a condition that may weaken artery walls, such as high blood pressure.

To find a physician to meet your needs, call (865) 835-4662 for personalized referral service.

## The Walking Wounded ... A helpful reminder for people with diabetes

It's not high blood sugar, heart disease, or stroke that most often puts people with diabetes in the hospital. It's their feet.

Foot wounds are the most common diabetes-related cause for hospitalization. Foot wounds in a person with diabetes can also lead to amputation.

Fortunately, people with this disease often can prevent these serious wounds with daily foot examinations and by following these simple "commandments" for good foot care.

1. Never go barefoot.
2. Never assume that circulation and sensation is normal. Sensation is often blunted and minor injuries are not appreciated and become major injuries.

3. Never soak your feet. This leads to maceration and ulceration.
4. Never apply heat to your feet.
5. Never cut toenails, always file. Cutting your toenails can lead to ingrown nails or broken skin, causing infection.

6. Never use strong medicines on your feet. Epsom salts, iodine, betadine, etc. are irritants that can cause breaks in the skin.
7. Never wear shoes that don't fit properly. Never buy shoes that need "breaking in;" always buy shoes that fit properly at the time of purchase.

8. Never allow corns or calluses to go untreated by a professional.
9. Never perform "bathroom surgery" on your feet. Using razor blades, knives, or scissors can be very dangerous and lead to serious infection.
10. Never keep feet too moist or too dry. Change your shoes twice daily to prevent excess moisture and allow feet to breathe. Feet that are too moist can become macerated; feet that are too dry can develop cracks.

Remember to ask your doctor to check your feet every time you go for a visit. If you do have a foot wound, contact the Methodist Wound Treatment Center at (865) 835-3740 to schedule a consultation.



## Give the Gift of Life this Holiday Donate at the MEDIC Blood Drive

Friday, December 16

11 a.m.- 6 p.m.  
Pine Valley Room

Methodist Medical Center  
990 Oak Ridge Turnpike



Covenant HEALTH

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ALL blood types are needed including O positive and A positive.



# SPECIAL DELIVERIES: October Births at Methodist's Family Birthing Center



**Leanna Reid**, Jacksboro, a girl, **Everlie Jo Dean**. Born October 2, 6 lbs. 5 oz. Grandparents: Jerri Foust and John Foust.

**Audrey and Kevin Carter**, Briceville, a girl, **Audrey**. Born October 3, 6 lbs. 14 oz. Siblings: Anthony, Anna and Skylar. Grandparents: Rochelle Sommerfeldt and Mark Sommerfeldt; Ruby Sailsbury and William Carter.

**Natasha Garrett and Caleb Munoz**, Oneida, a boy, **Zander David**. Born October 3, 7 lbs. 15 oz. Sibling: Eyian Isaiah. Grandparents: Sue and Scott Garrett; Karla Munoz and Ron Williams.

**Karla and DeMarcus Garner**, Oak Ridge, a girl, **Sophia Jannell-Marie**. Born October 4. Sibling: Dasean. Grandparents: Arnuifo and Maria Silva.

**Whitney Garrett and Chris Redmon**, Lancing, a girl, **Kara Brooke**. Born October 5, 9 lbs. 3 oz. Siblings: Colton and Emery. Grandparents: Gloria Redmon.

**Daezhanae Moore**, Oak Ridge, a boy, **Joziah Jean**. Born October 7, 7 lbs. 6 oz.

**Crystal Wells**, Oakdale, a boy, **Kaidon Kellie**. Born October 10, 6 lbs. 10 oz. Siblings: Devin and Kayleigh. Grandparents: Terry Tinch and Lisa Lively.

**Emily Randolph and Michael Bradford**, Oak Ridge, a girl, **Harley Eileen**. Born October 11, 8 lbs. 13 oz. Grandparents: Melanie Randolph; Sara Baker and Todd Baker.

**Rita A. and Shawn M. Brouillette**, Harriman, a boy, **Phoenix Alexander**. Born October 12, 7 lbs. 8 oz. Siblings: Fiona and Victoria. Grandparents: Ellen Fargeorge, Dudley A. Alling; Patricia McCarthy and Bruce Wells.

**Amy Sherman and Blake Scott**, Oak Ridge, a girl, **Callie Marie**. Born October 13, 7 lbs. 3 oz. Grandparents: Doug Sherman and Sharla Cobb; Steve and Lena Scott.

**Cecilia and Joseph Ward**, Knoxville, a boy, **Carter Joseph Dylan**. Born October 14, 8 lbs. 9 oz. Siblings: Cayden and Cierra.

**Carrie and Dustin Hatley**, Lenoir City, a girl, **Baylee Raidyn**. Born October 14, 8 lbs. 3 oz. Siblings: Summer and Aaron. Grandparents: Brenda Chesser, Jason Chesser; Robin Hatley and Johnny Hatley.

**Tabitha and Jacob Harness**, Oneida, a boy, **Eli Gabriel**. Born October 14, 6 lbs. 14 oz. Sibling: Luc. Grandparents: Vernon and Tammy Davis; the late Leamon Harness and Tina Harness.

**Jamie Branam and Russell Stooksbury**, Andersonville, a girl, **JayLynn LouEller**. Born October 14, 6 lbs. 8 oz. Sibling: Isaac Russell; Grandparents: Pat Branam, Lonnie Branam; James Hunley and Rachel Hunley; Russell Stooksbury, Glendora Stooksbury and Vickie Stooksbury.

**Jamie and William Bullock**, Kingston, a boy, **William Brayden**. Born October 18, 7 lbs. 13 oz. Grandparents: Laura and James Pierce; William and Brenda Bullock.

**Jennifer Mae Lowe**, Wartburg, a girl, **Nevaeh Grace Cheyenne**. Born October 19, 6 lbs. 14 oz.

**Summer and Rusty Ellis**, Helenwood, a boy, **Brody Miles**. Born October 20, 7 lbs. 14 oz. Grandparents: Jared Sexton, Jennifer Stephens; Bill and Sherrie Ellis.

**Jordan and Jonathon Durand**, Andersonville, a girl, **Jolene Quinn**. Born October 20, 6 lbs. 15 oz. Siblings: Kaitlyn and Kaidence. Grandparents: Mark Morrison, Becky King; Robert and Vanessa Durand.

**Jessica and Skylar Sampsel**, Wartburg, a girl, **Emmarie Sky**. Born October 21, 6 lbs. 2 oz. Sibling: Kinsley. Grandparents: Luke and Trish Ward; Scarlett and Scott Clark.

**Jessica and James Smith**, Andersonville, a boy, **Kayden James**. Born October 21, 9 lbs. 8 oz. Grandparents: Paul and Lisa Miller; James and Jennifer Smith.

**Jennifer Daugherty and Wayne Fross**, Harriman, a boy, **Waylon Tyler**. Born October 23, 8 lbs. 1 oz. Siblings: Cadence and Michelle. Grandparents: Donna Hayes, Uliss Daugherty; Heide Fross and the late Jerold Fross.

**Heather Turner and Kendall Bowman**, Sunbright, twins, **Maverick K. and Wyatt K.** Born October 24, 6 lbs. 2 oz. and 6 lbs. 6 oz. respectively. Siblings: Madison and Abilene. Grandparents: Sally Brown and Wayne Hamby; Margaret Bowman and Kenneth Bowman.

**Jessica and Jonathan Shepherd**, Wartburg, a boy, **Kimber Colt**. Born October 25, 8 lbs. 0 oz. Siblings: Briar and Miles. Grandparents: Lori Elkins; Lena Shepherd, Gary "Footsie" Ledford.

**Makayla and John Dixon**, Oak Ridge, a boy, **John Michael**. Born October 25, 6 lbs. 10 oz. Grandparents: Marlana and John Tino; John and Rosilee Dixon; Randy and Della Gilliam.

**Ebony Gallaher**, Oak Ridge, a boy, **Kysen Markell**. Born October 26, 7 lbs. 12 oz. Grandparents: Lakaisha Gallaher and Fred Jones.

**Courtney McBride and William Lowe**, Clinton, a girl, **Willow Christine**. Born October 25, 7 lbs. 3 oz. Grandparents: Christy McBride; Donna and Allen Lowe.

**Manilyn M. and Michael B. Kolar**, Rocky Top, a girl, **Michele Millones**. Born October 26, 8 lbs. 14 oz. Sibling: Marlene. Grandparents: Marcelino Millones and Elsa Millones; Linda Keller.

**Nancy Grown and Donovan Allen**, Rocky Top, a girl, **Lucinda Lee**. Born October 27, 7 lbs. 7 oz. Grandparents: Alicia Joyce Brown and Michael Paul Brown; Lani Lynn Brooks, Chris Brooks and Chad Allen.

**Hayleigh Beach and Michael Idles**, Clinton, a boy, **Emerson Steed**. Born October 27, 9 lbs. 6 oz. Grandparents: Eva McMahahan, Jamie Beach; Nancy Wilson and Bobby Idles.

**Jessica and Spencer Williams**, a boy, **Evan Spencer**. Born October 27, 8 lbs. 8 oz. Sibling: Laurel. Grandparents: Jeff and Nancy Kile; Doug and Kim Williams.

## The Gift that Keeps Giving HOLIDAY LIGHTS *for* HEALTH



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Houses**  
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*Whether you are looking for gifts for coworkers, teachers, coaches, or friends, a donation in their honor to Holiday Lights for Health is always the right size, never goes out of style and won't need dusting, watering, or re-gifting.*

*Celebrate the season of giving with a gift that will shine long after the tinsel is gone.*

*To learn more and to donate, call (865) 835-5261 or visit [mmcoakridge.com/lights](http://mmcoakridge.com/lights).*

## Special deliveries - and experiences - happen every day at Methodist



At Methodist Medical Center of Oak Ridge, our staff is dedicated to nurturing families as they grow—beginning at the Family Birthing Center.

Each aspect of training, technology, and comfort has been put in place with the goal of helping the entire family get the most out of the unique experience of having a baby.

"At our facility, we strive to make mom and the rest of the family as comfortable as possible during this special time," says Kathryn Hayes, MD, board-certified OB/GYN at Methodist.

"All of our private birthing suites offer showers, a Jacuzzi bath, television, a sleeper chair for dad or another fam-

ily member, and even a baby warmer so mom can have her baby with her as much as she wants."

Physicians and nurses on staff at the Family Birthing Center at Methodist want families to feel comfortable, so they've made it possible to schedule a personal tour of the Center. The facility also offers a nursery so new mothers can have some time to themselves to rest after the birth, knowing that specially trained nurses are providing care for their babies nearby.

For mothers who choose to breastfeed, an International Board-Certified Lactation Consultant is on staff to ensure that moms and babies have the right support to

make it a successful experience. Though many hospitals staff nurse practitioners to look after newborns, Methodist has a pediatrician on staff to take care of babies after they're born.

"The amenities at Methodist make it possible for us to keep this experience personal for each family," says Dr. Hayes. "Having nurses available who are specially trained in mother/baby care helps each mom feel supported, and it also ensures that if an emergency does arise, the staff is prepared to provide the best care for mother and baby."

*Load up Santa's Sleigh with the  
Holiday Season's Best Deals at*

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## **METHODIST MEDICAL CENTER'S \$5 AROUND THE CLOCK JEWELRY SALE**

Doors open at 7 a.m. on Thursday, December 15  
and won't close until 4:30 p.m. Friday, December 16

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Ridge Conference Room off hospital's  
Main Lobby at 990 Oak Ridge Turnpike

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Sale sponsored by the  
Methodist Medical Center Volunteer Organization.  
Proceeds will be reinvested for patient care services.

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 **MEDICAL CENTER  
OF OAK RIDGE**

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