A Message from Our CEO

Dear Friends:

For many of us, the beginning of a new year offers a time to reflect on our past and our future. As I reflect on the past year at Methodist North, I am reminded of the many changes and improvements that we have made to better meet the needs of our community.

In 2009, we renovated many areas of the hospital including our respiratory therapy department, case management department, dialysis area and our chapel, as well as a renovation and expansion of our Advanced Wound Care Center. We advanced our healthcare capabilities even more by adding the latest technological equipment in areas such as radiology, with our new SPECT/CT diagnostic tool and digital mammography equipment, and in areas such as cardiology with our new telemetry system and cardiac cath lab. These renovations and equipment investments help us continue to provide exceptional care for our community.

Looking forward to the coming year, we have many new additions planned. In 2010, we’ll complete renovations on our entire emergency department and introduce a new way of making sure you’re seen faster when you visit. We also plan to kick off our first annual community health fair. This will be a free event open to the entire community. We will offer health screenings, information on how you can improve your health, food, games, music and much more. Look for more information on these and other exciting changes in future editions of Health and Wellness Connection.

In closing, I would like to wish you and yours a happy and prosperous year full of health and happiness. I am excited about the opportunities that 2010 present for all of us, and I thank you for the privilege of serving you at Methodist North Hospital.

Sincerely,

Michael Ugwueke
DHA, FACHE
CEO/Administrator

Take Care of Your Heart!

Schedule a CARDIOSCAN® Today

Now only $99 (regularly $169).

CARDIOSCAN is a revolutionary pain-free, noninvasive procedure that gives an early look at plaque buildup in your coronary arteries and helps determine if you’re at risk for heart disease. Don’t delay – this offer is only good for a limited time.

Call 901.516.5550 to schedule your CARDIOSCAN today.
New Technology Helps Physicians Diagnose Heart Disease and Cancer More Quickly and Accurately

Methodist North Hospital recently held a ribbon-cutting to celebrate the addition of a powerful new diagnostic tool, the Infinia™ Hawkeye™ 4 SPECT/CT scanner. This cutting-edge nuclear scanner gives physicians a much clearer image of the human body, because it combines nuclear imaging with computed tomography imaging (CT). This combination produces higher-quality images that allow physicians to see the nature and precise location of disease like never before – all while delivering a smaller X-ray dose to the patient.

**State-of-the-Art Tool**

With the SPECT/CT, physicians can more accurately detect disease that may not be revealed by other means, such as with CT scans alone. It is especially beneficial in diagnosing heart disease and cancer more quickly and accurately. Images from heart exams help physicians locate areas where the heart muscle is not receiving enough blood. Images from cancer exams show physicians the exact location of active tumors so that they can effectively plan surgery or other treatments.

The SPECT/CT also makes the exams much quicker and more comfortable for patients. A typical exam takes as little as 10 minutes. Before the scan, the patient is injected with a safe radioactive substance, which travels in the bloodstream. During the exam, a detector records the radioactive emissions, and the CT scanner takes pictures of the patient’s anatomy. Because the exam table is more comfortable, patients can easily hold still, providing doctors with the best possible images.

**Welcome to Our New Physicians**

Methodist North Hospital is proud to announce the following new physicians who practice with us:

**Internal Medicine**

Alagiri Palani Swamy, M.D.
Bell Internal Medicine Associates
11180 Hwy. 51 North, Ste. 3
Atoka, TN 38004
901.837.9910

**Emergency Medicine**

Christopher Meduri, M.D.
Emergency Department
1300 Wesley Dr.
Memphis, TN 38116
901.516.3711

**Orthopedics**

Christopher Pokable, M.D.
Memphis Orthopedic Group
3980 New Covington Pike, Ste. 200
Memphis, TN 38128
901.382.2606

We do it For You

Methodist North Hospital is pleased to bring this leading diagnostic technology to our community as part of our commitment to providing excellent patient care. You can count on Methodist North Hospital for leading-edge technology and an uncompromising level of care.

The new SPECT/CT was welcomed with an open house and ribbon-cutting ceremony. Ribbon-cutters from left to right are Dr. Michael Fleming, Dr. Michael Ugwueke, Gary Britt and Dr. James Mitchum.

The SPECT/CT helps physicians determine the nature and precise location of disease and is more comfortable for patients.

Embracing the Miracle of Life
February Is American Heart Month

Heart-Healthy Habits: Good for the Body and Soul

Taking care of your heart doesn’t have to be all sweat (exercise) and sacrifice (avoiding foods you love). It’s true that physical activity and weight management are main ingredients of a heart-healthy recipe for life. But recent research suggests adding a pinch of pampering and a splash of socializing to the mix.

It’s Quiz Time!
Think you already know all there is to know about what does a heart good? You may be pleasantly surprised by some of the answers below.

1. Which proverb is better to remember when someone does something you don’t agree with:
   A. You can’t control what other people do. You can only control how you respond.
   B. You can’t control what other people do. You can only control how you get even.

2. A Friday night flick can be a great way to de-stress after a long week. Which movie genre is an award-winner for heart health?
   A. Heart-wrenching drama.
   B. Action-packed thriller.
   C. Knee-slapping comedy.

3. Saturday mornings are perfect for:
   A. Cleaning the house.
   B. Finishing the work you brought home with you.
   C. Sleeping in.

4. You want to get something special, heart-healthy and unique for your Valentine this year. How about a:
   A. Box of chocolate.
   B. Bottle of wine.
   C. Potato.

5. Who is Juan Mann?
   A. Inventor of the first artificial heart.
   B. Free Hugs campaign founder.
   C. A popular natural foods chef.

Quiz Answers
1. A. Letting go of hostility and reducing stress can help you live longer (and happier). Women who are habitually optimistic are 30% less likely to die from heart disease, according to a new Women’s Health Initiative study.

2. C. Sad or intense movies have a negative effect on blood flow, according to a study published in the medical journal Heart. Funny movies have a positive effect on blood flow similar to that of aerobic exercise.

3. C. People who don’t get enough sleep are more likely than those who do to develop heart disease, according to a 2008 study in the Journal of the American Medical Association. One hour more of sleep per night helped decrease the odds of developing calcium deposits in the coronary arteries. Calcium deposits build up like plaque and can increase heart attack risk. You can’t “catch up” by sleeping in once a week. But you don’t have to feel guilty about it either!

4. C. Some chocolates and wines may have some heart benefits, but they also have drawbacks such as fat and alcohol. A potato has potassium, a nutrient that can reduce the risk of high blood pressure and help maintain lean body mass and bone density. One medium potato with the skin has more potassium than a banana. Just make sure you don’t load up this vital veggie with fatty toppings. Trade butter and sour cream for salsa or lemon juice.

5. B. Juan Mann gained recognition after appearing on “The Oprah Winfrey Show” for giving free hugs to people in public places. Researchers attribute the feeling of well-being inspired by hugs to the hormone oxytocin, which can lower heart rate and blood pressure. Not the huggy type? Cuddling with a pet can create similar soothing effects.

Pampering That Pays Off
Exercise, diet and avoiding cigarette smoke get top billing in a heart-healthy lifestyle. But peppering in some pampering can pay you back for all your effort.

American Heart Month: Are You Living the Big 4?

Heart disease – including heart attack and stroke – is the No. 1 killer of American men and women. American Heart Month is a concentrated effort at changing that.

Since 1963, every president has proclaimed February American Heart Month and urged all Americans to join the battle against the heart diseases that claim their loved ones’ lives too often and too soon.

National Wear Red Day – the first Friday in February – promotes heart disease awareness. Wear red to show support for adopting the Big Four heart healthy lifestyle habits:
• Eat a heart-healthy diet.
• Get regular physical activity.
• Maintain a healthy weigh.
• Avoid tobacco.
Under/Uninsured Workshop
On Saturday, Feb. 6, the Congregational Health Network will be conducting a free workshop for anyone in the community who is either underinsured or uninsured. Representatives from several organizations will discuss options available to those who may not qualify for traditional insurance. The workshop will be held at 10 a.m. in the Administration Conference Room at Methodist North Hospital. For more information, please contact Sheilah Easterling-Smith at 901.516.5617 or email her at easterls@methodisthealth.org. The workshop is open to the public.

Hip and Knee Replacement Classes
The Total Joint Center offers free Hip and Knee Replacement classes on the second and fourth Wednesday each month. If you are considering joint replacement surgery, this is a good opportunity to learn more about the procedure and what to expect during recovery. Space is limited, so please call to reserve your seat at 901.516.5639.