

*Your*

A PUBLICATION OF  
YUMA REGIONAL  
MEDICAL CENTER

Spring/Summer 2011

# Health

Get Healthy,  
**Yuma!**

HEALING  
HEARTS

HOW 2 DOCTORS =  
BETTER HEALTH  
FOR YOU



## Lose Weight, Live Better

Area Walmart stores have joined the Healthy Yuma 2011 initiative with targeted information to entice shoppers and employees to participate. Healthy Yuma 2011 pledge forms and recipes are available — along with all the items needed to prepare a featured dish — in each store.

# \* Healthy Yuma 2011 **CHOOSE**

# WHAT A *Community* **CAN DO**



Obesity rates in the United States have reached epidemic proportions, and healthcare costs are rising at an unsustainable rate. Healthy Yuma 2011 has coordinated resources throughout the community to help residents make positive changes to reverse these trends.

Healthy Yuma 2011 has challenged the community to lose a total of 140 tons of fat in one year. In partnership with founders Yuma Regional Medical Center and the *Yuma Sun*, coordinators of Healthy Yuma 2011 are providing tools and support to help residents establish healthier habits for life. If everyone in Yuma County loses just 10 percent of their excess weight, Healthy Yuma 2011 will reach its goal of 140 tons of weight loss.

“By reducing our risk for costly conditions, such as diabetes, heart disease and stroke, through lifestyle changes, we can drive down healthcare costs,” says Carl Myers, M.D., retired oncologist and coordinator of Healthy Yuma 2011. “Individuals who change their lifestyle with improved nutrition and exercise can feel amazingly better in just one month. Our mission is to create the understanding and commitment that can continue healthy living for a lifetime.”



# HEALTH FOR LIFE

## Leading the “Weigh”

Healthy Yuma 2011 includes four areas of focus: exercise, nutrition, weight loss and management and freedom from addiction including smoking, alcohol and street drug use.

There are several ways to monitor progress. Goals can be filled out and progress updated online at [www.HealthyYuma2011.com](http://www.HealthyYuma2011.com) or on the Healthy Yuma 2011 Facebook page. Gyms and even some companies are acting as weigh stations.

“Local gyms are providing educational material about exercise,” Dr. Myers says. “Participants can also take advantage of free body-fat analyses or baseline fitness testing. Follow-up testing is also available to monitor progress.”

## Get Inspired

Healthy Yuma 2011 is a chance for residents to join together and aim for a higher level of fitness for themselves and the community. Dr. Myers suggests forming dream teams of two or more people to rally around a shared goal, activity or interest to improve their health.

Some dream teams he’s known in the past have trained together to run a 5K or held weekly healthy-cooking potlucks to share recipes and ideas.

“I am very concerned that unless we make changes, we will lose our standard of living and the American way of life,” Dr. Myers says. “By focusing on what we can do ourselves, we can start a chain reaction that will benefit our community as a whole.”

*For more information about Healthy Yuma 2011, visit [www.HealthyYuma2011.com](http://www.HealthyYuma2011.com). Sign up to track your progress or view the calendar of events.*

# Healthy Yuma 2011 Community Objectives

Americans are caught in the middle between knowing the importance of a healthy lifestyle and the reality of living in an unsupportive culture. The prevalence of junk food, binge drinking and drug use has made a tremendous negative impact on our nation’s health.

Many trends are going the wrong way — smoking is no longer on the decline, sedentary lifestyles are increasing and obesity rates are rising. Healthy Yuma 2011’s seven objectives to help turn our community around will also produce medical and personal savings.

	OBJECTIVE	SAVINGS
1	Lose 140 tons of fat	\$5.6 million
2	Eat more vegetables and fruits and less fat, salt and sugar	\$5 million
3	Motivate 5,000 new exercisers	\$1 million
4	Inspire 2,000 families to adopt the 5-2-1 Almost None Program	Priceless
5	Assist 4,000 people to quit smoking	\$3 million
6	Enable 2,000 people to decrease drinking	\$1 million
7	Create a culture that enables 500 drug users to succeed in quitting	\$1.25 million



## Healthy Yuma 2011

### Countdown to Better Health

A program initiated by Nemours Health & Prevention services, **5-2-1 Almost None** helps families bring the basics of a healthier lifestyle into their family life. 5-2-1 Almost None was designed to address childhood obesity. Healthy Yuma 2011 has adopted the program to help families in Yuma County improve their health.

The basic formula to promote healthier habits:

- 5** — Eat five or more servings of vegetables and fruits each day.
- 2** — Limit non-school-related screen time to two hours or fewer per day.
- 1** — Participate in one hour or more of physical activity each day.
- Almost None** — Restrict sugary beverages to almost no daily consumption.



# The Best of *Both* WORLD



**Your primary care physician (PCP) acts as your medical manager — the person who follows your care with a variety of specialists — and can provide the foundation for good overall health. If your winters and summers involve a trip to a second home, consider the advantages of having a PCP in both locations.**

You may already see a PCP near your primary residence, but if you spend a significant amount of time at a winter home, you should establish this same relationship there, as well. Your PCP is the conductor of your general health care — if one aspect of your health isn't operating normally, a PCP can address the problem and refer you to the appropriate specialist. Routine visits can verify your body is functioning properly and detect issues such as high cholesterol, high blood pressure and diabetes.

"People should find a PCP who can facilitate care during their winter stays," says Kristina Diaz, M.D., a family practice physician on the Medical Staff at Yuma Regional Medical Center. "We can pick up where your main PCP left off to keep you as healthy as possible."

## Coordinated Care

For winter visitors who spend time between two homes, submitting complete and accurate medical information to both PCPs is extremely important. Talk with your physicians about appropriate steps for consolidating your records at both locations. This may include signing releases and following up to ensure all records are updated.

"Don't wait until you're sick to find a physician," Dr. Diaz says. "For our patients visiting for the winter, we make every effort to manage their health and prevent future issues so they can enjoy their time in the area."

*Looking for a primary care provider? Visit [www.yumaregional.org](http://www.yumaregional.org) and click on "Find a Doctor."*

## → Don't Forget

Spending time at more than one location during the year can be challenging in regard to managing your health. Pack the items on this checklist to stay healthy and be prepared as you transition between homes.

- Complete medical records
- Family history information
- Medical supplies, such as a blood glucose meter for diabetes management or an EpiPen® for allergic reactions
- Prescription information

## Now Accepting New Patients

The following physicians are currently accepting new patients. For a complete listing of physicians on the Medical Staff at Yuma Regional Medical Center, visit [www.yumaregional.org](http://www.yumaregional.org).

### Family Practice Physicians on the Medical Staff at Yuma Regional Medical Center

Kristina Diaz, M.D.  
Adelbert Evangelista, M.D.  
Jemylene Evangelista, M.D.  
Mitch Freeman, M.D.  
Roberto Garcia, M.D.  
John N. Gietzen, D.O.  
Basem Meri, D.O.  
Ricky Ochoa, M.D.  
Hazem Shehata, M.D.

### Internal Medicine Physicians on the Medical Staff at Yuma Regional Medical Center

Alaa Babiker, M.D.  
Vernon Chavez, M.D.  
Clarence Clark, M.D.  
Ruben Coriano, M.D.  
Henry Florez, M.D.  
Syed Hussain, M.D.  
Augustine Lau, M.D.  
Adarsh Luthra, M.D.  
Renu Magu, M.D.  
Manith Mann, M.D.  
Leona Martin, M.D.  
Ammar Mian, M.D.  
Manjunath Nathan, M.D.  
Loc Nguyen, M.D.  
Sergio Penaherrera, M.D.  
Ray Silao, M.D.  
Mahesh Subbu, M.D.

### Internal Medicine/Geriatrics Physician on the Medical Staff at Yuma Regional Medical Center

Wissam Fayad, M.D.

# Keeping the Beat

After surgery for a cardiac condition, the real work of rebuilding strength and heart function begins. That's where cardiac rehabilitation at Yuma Regional Medical Center comes in.

The goals of cardiac rehab are to increase the stamina of patients who have had a heart attack, or cardiac surgery, and educate them about heart disease risk factors to prevent future events. Patients typically begin the inpatient phase of cardiac rehab while hospitalized after surgery and start the outpatient phase four to six weeks after surgery. During the latter phase, patients attend sessions three times per week for up to 12 weeks. A multidisciplinary team — including a registered nurse, two exercise physiologists, a respiratory therapist and a physician medical director — monitors each patient's heart function on an electrocardiogram during sessions and works with these patients to help them achieve their goals.

Cardiac rehab at YRMC is offered in three phases.

- **Phase I** takes place during hospitalization following surgery, when therapists work with patients to get out of bed and walk to begin building strength.
- **Phase II** is a medically monitored program during which patients perform

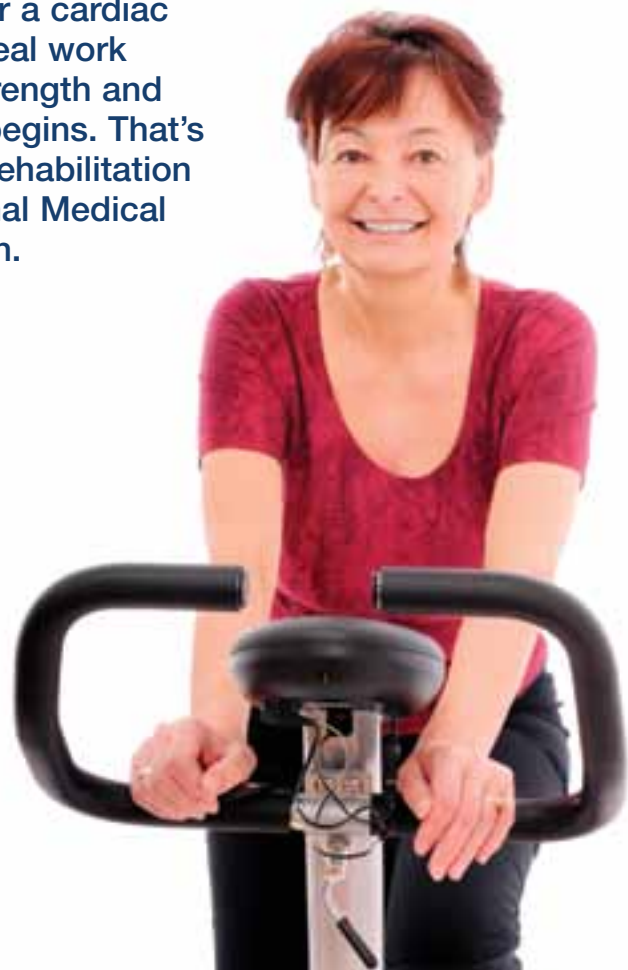
an exercise regimen prescribed by the medical director and physiologists.

- **Phase III** is a self-pay, medically monitored program for “graduates” of Phase II and people who haven't experienced a cardiac event but are at high risk for one. Phase III participants continue exercising as outlined in their individual treatment plans and meeting with members of the team about risk factor modification.

## Grand Opening

In December 2010, YRMC opened a new 4,500-square-foot cardiac rehabilitation space on the second floor of the YRMC Medical Plaza. The new location makes having to wait to use equipment a thing of the past for patients.

“We have room for nearly 30 pieces of equipment in our new home, whereas our old location could only fit eight,” says Kristen Nichols, exercise physiologist, cardiology resource coordinator at YRMC. “It's great to be in a location that allows our team to make even more of a difference in people's lives.”



*For more information about cardiac rehab at YRMC, visit [www.yumaregional.org](http://www.yumaregional.org), select “Heart” and click on “Cardiopulmonary Services.”*



## Benefiting Much More Than His Heart

When 67-year-old Yuma Realtor J.B. Shrader underwent stent placement in May 2010 to restore blood flow to a blocked artery, he never dreamed the cardiac problem would lead him to leave his sedentary lifestyle behind.

Three weeks after being discharged from Yuma Regional Medical Center following surgery, J.B. began returning to the hospital three times per week for cardiac rehabilitation. Like all patients, he started slowly, performing lots of stretches at the beginning of each session, followed by exercise on a treadmill and rowing machine. As his program progressed, J.B. realized it wasn't just his heart that was benefiting.

“I lost weight, and my whole body started feeling better,” J.B. says. “I didn't realize how sedentary I'd become. I felt so well at the end of my 32-session program that I continued to go three times per week. The new facility has so much more equipment that I'm going to have to branch out from the treadmill and rowing machine soon!”

# Light-Blinding, Head-Throbbing *Migraines*

You can feel it creeping on — a consistent pounding in your head that steadily grows more intense and debilitating. As you draw the shades and lie down, you think to yourself, “Not another migraine.”

For the more than 29.5 million Americans who suffer from migraines, this scenario is all too familiar. A migraine is a painful vascular headache related to contractions of blood vessels and other changes in the brain. Ranging from moderate to severe, migraines can last anywhere from a couple of hours to several days.

Common migraine symptoms include:

- Sensitivity to light and/or sound
- Pain on one or both sides of the head
- Throbbing or pounding pain on one or both sides of the head
- Visual disturbances, such as wavy lines, dots or flashing lights

## What Causes a Migraine?

The exact cause of a migraine is unknown, but recent studies have linked some cases to genetic causes. Migraine headache is caused by vasodilatation (enlargement of blood vessels) that causes the release of chemicals from nerve fibers that coil around the large arteries of the brain. Enlargement of these blood vessels stretches the nerves that coil around them and causes the nerves to release chemicals. The chemicals cause inflammation, pain and further enlargement of the artery, and the increasing enlargement of the arteries magnifies the pain.

Several triggers can prompt a migraine, including anxiety, certain foods or beverages, lack of sleep, skipping meals and stress. Triggers differ from person to person and can result from a combination of factors.

“Although migraines can affect both men and women, approximately 70 percent of sufferers are women,” says Romila Mushtaq, M.D., a neurologist on the Medical Staff at Yuma Regional Medical Center. “Experts typically relate this statistic to family history of migraines, hormone-level changes in estrogen during a woman’s menstrual cycle and/or premenopausal years, and alterations in levels of a chemical known as serotonin in the brain.”

In order to properly treat migraines, an individual’s triggers, migraine frequency and patterns must first be identified.

“Because migraine pain and causes vary, learning a patient’s lifestyle choices and migraine characteristics allows us to create a personalized treatment plan. Treatment may include over-the-counter or prescription medication therapy and/or holistic approaches, such as avoiding certain trigger foods, massage, acupuncture and stress-relieving techniques,” Dr. Mushtaq explains. “The qualified staff at the Neurology and Epilepsy Clinic is specially trained to help patients uncover the origins of their migraines and implement effective treatment for a better lifestyle.”

*If you’re suffering from migraines, speak with your primary care provider about a referral to the Neurology and Epilepsy Clinic.*

## All Headaches Are Not Created Equal

Headaches can mean different things for different people. While a variety of headaches exist, some of the most common include:

**TENSION HEADACHES** — occur when muscles contract and cause mild to moderate pain in the head, neck and/or shoulders. The vast majority of headache sufferers experience tension headaches.

**MIGRAINES** — moderate to severe pain typically described as throbbing or pounding as a result of blood vessel contractions or other changes in the brain.

**MIXED HEADACHE SYNDROME** — a combination of tension headaches and migraines.

**CLUSTER HEADACHES** — the most severe and also the least common, cluster headaches have a burning or piercing attribute that is constant or throbbing. Pain is often located behind one eye or in the general region of the eye. These may occur one to three times a day.

**SINUS HEADACHES** — typically affect the cheekbones, forehead or bridge of the nose and are usually the result of a sinus infection or allergy attack. Pain typically intensifies with sudden movement or while straining.

According to Romila Mushtaq, M.D., a neurologist on the Medical Staff at Yuma Regional Medical Center, treatment for headaches varies, and it may include over-the-counter or prescription medications, identifying and avoiding triggers of headaches and holistic approaches such as acupuncture.





**Don't forget to  
nominate an  
inspirational  
woman now!**

Nominations for the Yuma  
Inspirational Woman of the  
Year award close  
April 15. Visit  
[www.yumaregional.org](http://www.yumaregional.org) to  
submit your nomination. The  
winner will be announced  
during the Women's Expo  
on Saturday, May 14.



## *Women's Expo* **2-FOR-1 COUPON**

Saturday, May 14 • 9 a.m. to 2 p.m.  
Quechan Casino Resort

Spa & Beauty Lounge  
Shopping with more than 70 vendors  
Demo Divas Area & Entertainment  
"Doc Talk" Round Table Discussions

**THE FIRST 1,000 WOMEN WHO  
ATTEND WILL RECEIVE TOTE BAGS  
FILLED WITH FREE GOODIES!**

**Bring a friend to the  
Women's Expo!**

*Print coupon & present at the door for discount.*



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# Take a Break for Better Health

**Life can sometimes be hectic, especially while juggling family and professional responsibilities. Take some time for yourself — and your health — and join Yuma Regional Medical Center and the American Business Women's Association (ABWA) at the Women's Expo event on Saturday, May 14.**

The Women's Expo will welcome thousands of women as they take a break from their busy schedules and enjoy a day of wellness, pampering, fashion and fun. This year's event will be held in a new location, the Quechan Casino Resort in Yuma, to accommodate the growing number of guests and vendors. For the affordable admission price of \$2, women can spend the day shopping, participating in activities and learning about health. Redeem your 2-for-1 coupon and bring a friend.

In the event's Demo Diva Room, women can complete hands-on projects and activities. Cooking demonstrations will feature culinary techniques and dishes to spice up your kitchen and maintain

health for the whole family. A highlight of the event will be the recognition of Yuma's Inspirational Woman of the Year award winner. This woman is chosen by the community for her outstanding contributions to the community. Giveaways will also be held for women in attendance, including a goodie bag for the first 1,000 women through the doors.

### **Your Event, Your Issues**

Between sessions of shopping and massage therapy, women can receive free health screenings. YRMC physicians and specialists will also be available to discuss women-specific health issues in a roundtable format.

"The Women's Expo is a great opportunity for women to do something enjoyable for themselves and with friends. Take the time to make your health a priority," says Rebecca Larson, community relations specialist at Yuma Regional Medical Center.

**For more information about the Women's Expo or to find out how to get additional 2-for-1 coupons, call 336-7005.**



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*Caring for the growing needs of our communities*

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This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. Questions regarding *Your Health* should be directed to Kaitlan Schick, 336-7545.

# I chose Yuma...

"The sense of community in Yuma reminds me of the small, Midwest town that I grew up in. People still say hello to one another and take the time to get to know their neighbors. It's evident that people here care about their families, health and town. With that in mind, it is an honor for me to share my expertise on the latest advances in the evaluation and treatment for epilepsy. Yuma Regional Medical Center and the community have warmly welcomed me and made me feel truly at home."

**...and I'm glad I did!**

*Romila Mushtaq, M.D.*



**Need help finding a physician?**

Call the  
**CareLine**  
**336-CARE**



YUMA REGIONAL MEDICAL CENTER

*Caring for the growing needs of our communities*

## **Yuma Regional Medical Center Welcomes**

**Romila Mushtaq, M.D.** received her Medical Doctorate from Fatima Jinnah Medical College in Pakistan. She completed her residency at the Medical University of South Carolina. Dr. Mushtaq did her Neurophysiology fellowship at the University of Pittsburgh Medical Center and her Epilepsy fellowship at the University of Michigan Health System.