

# LIFE & HEALTH<sup>®</sup>

A JOURNAL DEVOTED TO HEALTHFUL LIVING

SUMMER 2009

## Better care for you

### PHYSICIAN LIAISON CONNECTS DOCTORS WITH ADMINISTRATION

**T**HE BUSINESS of medicine has changed significantly during the past 15 years. When Scott Holman, DO, arrived in Maryville, Mo., to begin his obstetrics and gynecology (OB/GYN) practice in 1994, there were only 14 physicians on the medical staff at St. Francis Hospital. Today, St. Francis has more than doubled its medical staff to 29 members, with at least four more expected to join the staff by the end of the year.

Many of the changes have not only been in the number and type of specialists at St. Francis, but also in practice management, regulatory direction and the health care environment. This transformation from a small group of doctors to a larger, more diverse and complex professional organization created a need for physician leadership at the highest level of the St. Francis structure.

#### TAKING ON A NEW CHALLENGE

Dr. Holman, who had served in various capacities on the medi-

cal staff, decided to accept a newly created physician-executive position at St. Francis in the summer of 2007. As vice president of medical affairs, Dr. Holman serves as a liaison between the administration and physicians. Other duties include compliance of medical staff with bylaws, rules and regulations; quality initiatives; Joint Commission standards compliance; peer review; and other activities to support quality improvement.

Scott Holman, DO, is dedicated to ensuring you get the best possible care.

More recently, he was appointed practice administrator of St. Francis Family Health Care, the physician component of the hospital's organization. His practice administration function is primarily to provide business oversight of the following physician clinics:

- St. Francis Family Health Care.
- St. Francis Hardin Clinic (in Bedford, Iowa).
- St. Francis Grant City Clinic.
- St. Francis Orthopedic & Sports Medicine.
- West Nodaway Health Center.

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**TWO JOBS, ONE GOAL:** As vice president of medical affairs and a practicing OB/GYN at St. Francis Hospital & Health Services, Scott Holman, DO, is helping doctors take better care of patients.

# HEALTH NEWS UPDATE

## EVERY LITTLE THING



Many of us have a favorite song that lifts our spirits, but that song may have additional health benefits too. **MUSIC THERAPY**—which can include listening to, creating and talking about music—has been shown to lower heart rate and reduce blood pressure.

—American Cancer Society

**BAM! BODY AND MIND** is a website designed for kids ages 9 to 13. Kids can go to [www.bam.gov](http://www.bam.gov) to learn how to make healthy lifestyle choices using quizzes, games and other interactive tools.

—Centers for Disease Control and Prevention

Olive oil is a healthier alternative to many other fats, but it is still high in calories. When **COOKING**, choose extra virgin olive oil, which is low in acid and more flavorful than other varieties, so you can use less for a tasty, healthful result.

—American Dietetic Association



### Take heart, take action

It's a great time to run—or even walk—away from heart disease. And that applies even to young women.

A woman's risk of heart disease does go up as she gets older. But this disease also develops gradually and can begin at a young age, even in the teen years, according to the National Heart, Lung, and Blood Institute (NHLBI).

"Younger women need to take steps now, like eating a healthy diet and being physically active, to help prevent heart disease later," says Elizabeth G. Nabel, MD, director of the NHLBI.

No matter your age, start today to take steps to help protect your heart and health. To find out more about your risk for heart disease, talk to your doctor. ♦

## It's your life—protect it: Heart-smart steps for all women

It's a sobering fact that gets to the heart of the matter: One in four U.S. women will die from heart disease.

According to the National Heart, Lung, and Blood Institute (NHLBI), heart disease remains the leading cause of death and disability for American women. Some risk factors for heart disease, such as getting older or having a family history of heart problems, can't be changed.

But you can control many factors that put you at risk by making small changes in your daily life, according to JoAnn Manson, MD, DrPH, professor of medicine and women's health at Harvard Medical School.

**Savvy steps for life.** To give your heart a healthy boost:

■ Exercise regularly. Try for at least 30 minutes of brisk walking or more vigorous exercise every day.

■ Eat a healthful diet that is built around whole grains, fruits, vegetables and low-fat dairy products.

■ If you smoke, quit. During the year after you quit, your risk of heart disease will drop by more than half.

■ Ask your doctor to help you keep track of your blood pressure and cholesterol. Try to keep them in a healthy range.

■ Maintain a healthy weight. If you are overweight, even a modest weight loss can reduce your risk for developing heart disease.

**Be in the know.** If you haven't already, bring up heart health with your doctor. Discuss your risk factors and what you can do.

And for more information and advice on heart health, you can visit the NHLBI's Heart Truth for Women campaign at [www.hearttruth.gov](http://www.hearttruth.gov). ♦



## Fruit juice for kids: Make it 100 percent

Health experts have pointed a finger at sweet drinks, such as soda and juice, as a factor in the rising rate of child obesity.

But we shouldn't be quick to blame 100 percent fruit juice for making children overweight. It may actually help children stay healthier, according to a study in the *Archives of*

*Pediatrics & Adolescent Medicine*. The study shows that children who drink 100 percent juice are no more likely to be overweight, and may get better nutrition, than kids who don't drink 100 percent juice.

This study included more than 3,600 children ages 2 to 11 years. The researchers found no association between drinking juice and being overweight. They did find that kids who drank juice had much higher intakes of potassium, vitamins C and B<sub>6</sub>, iron, and other nutrients than children who didn't drink juice.

Kids who drank juice also tended to consume less fat and more whole fruits.

While 100 percent fruit juice can be a valuable part of a nutritious diet, drinking too much may contribute to diarrhea, tooth decay and other problems. The American Academy of Pediatrics recommends limiting juice to 4 to 6 ounces daily for children 1 to 6 years old and 8 to 12 ounces daily for children ages 7 to 18 years. ❖

## Can your memory go up in smoke?

You can now add poor memory to the long list of health problems linked to smoking, say researchers.

A study in the *Archives of Internal Medicine* showed that smoking was associated with increased risk of poor memory in middle-aged adults.

But researchers also found that kicking the habit not only did a body good but helped protect brainpower as well.

Researchers based their findings on a study of 5,388 London-based civil servants ages 35 to 55. Participants were tested on memory, reasoning and vocabulary.

Current smokers were more likely to perform in the bottom 20 percent on the tests when compared to people who had never smoked. Former smokers also performed better than current smokers.

For information about quitting



smoking, you can call a nationally organized quitline at 800-QUIT-NOW (800-784-8669). ❖



## Don't let diabetes and arthritis slow you down

It's a tricky combination: having both diabetes and arthritis.

Your doctor tells you to exercise regularly to help keep your blood sugar down and to reduce diabetes-related risks, such as high blood pressure and heart disease. But you're afraid physical activity may hurt your already painful joints.

It's a common problem. According to a study by the Centers for Disease Control and Prevention (CDC), slightly more than half of adults with diabetes also have arthritis. And those with both conditions tend to be less physically active than adults with diabetes alone.

So, what can you do? First of all, don't give up.

Most people with arthritis and diabetes can—and should—exercise, advises the CDC.

Not only will keeping fit help your diabetes, it also is good for your arthritis. Exercise helps build muscles to support sore joints. It also helps maintain flexibility.

The key is to find activities appropriate for you. Consult your doctor or a physical therapist for help with a program that meets your needs. Suggested activities may include swimming, walking and strength training. You might expect sore muscles from exercise at first, but this doesn't mean you're making your arthritis worse.

Ask your doctor about how much and how frequently you should exercise. Every little bit helps and can make a big difference to your overall health. ❖



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It may help to surround yourself with people you love. Talk about your loss to family and loved ones. Like many others have, you may find comfort in a support group.

Be kind to yourself—and take care of yourself physically with exercise and a healthy diet.

**When time doesn't heal.** As time goes on, mourning should gradually diminish. If you are unable to function with some degree of normality or you find yourself dwelling on thoughts of death or suicide, reach out for help. Talk to your doctor, a spiritual advisor or a grief counselor.

It may seem hard to imagine now, but eventually, you will adjust to living in a world without the person you lost. It may help to remind yourself that your loved one would want you to feel better. ❖

Source: National Hospice and Palliative Care Organization

## Grief—a personal journey

**I**NTENSE FEELINGS of sadness are a nearly universal reaction to the loss of a special person in life.

But how we each deal with our grief is a very personal matter, and it comes with no hard-and-fast rules.

Grief has no timeline. If you have lost someone, it may take months or even years to accept what has happened.

You may find that your thoughts, emotions and behaviors are not always under control. Feelings of anger, guilt, despair and yearning for the lost one may rise to the surface unexpectedly.

These feelings can be painful, but they should be respected as part of the grieving process. In most cases, they will pass.

Grief has no schedule;  
respect your feelings  
and give it time.

## Cancer prevention: Eating healthy works

**C**AN TAKING vitamin and mineral supplements help prevent cancer?

Probably not, according to the American Institute for Cancer Research. There is no clear evidence to show that supplements help in any way. And taking too much of certain supplements can be risky.

Some foods, on the other hand, may be the ticket when it comes to lowering the risk of cancer. Experts aren't sure why whole foods seem to offer greater protection than supplements. It may be that other substances in the foods are part of the preventive process. Or it may be that eating more of these

healthy foods leaves less room in a person's diet for foods that would increase cancer risk, such as red and processed meats.

Here are some examples of specific foods and the nutrients they contain that may help prevent some types of cancer:

- Carrots, cantaloupe and spinach provide carotenoids and beta-carotene (may be protective against mouth, throat and lung cancers).
- Tomatoes, watermelon, red bell peppers, and pink or red grapefruit are sources of lycopene (may be protective against prostate cancer).
- Beans, broccoli, oranges and papaya contain folate (may be protective against pancreatic cancer).



- Brazil nuts, fish, whole grains and sunflower seeds are sources of selenium (may be protective against prostate cancer).

Your doctor may recommend supplements for good reasons, such as folic acid to help prevent certain birth defects or calcium to boost bone health. ❖

# Making peace with your scale

FOCUS ON HABITS YOU CAN STICK WITH FOR A LIFETIME



OUR CLASS reunion is coming up. Or maybe it's a wedding or a long vacation.

There's nothing like a special occasion to serve as a temporary motivator when you want to lose weight.

The desire to lose weight, though, shouldn't be tied to a particular event or rely on a quick-fix solution. Experts say it should instead be part of a lifelong plan to get healthier and stay that way.

Some people who want to lose weight opt for a structured program, one that may feature a support group or a dietary counselor. Other people are more comfortable working on weight loss on their own.

## PROGRAMMED FOR SUCCESS

If you're considering a weight-loss program, keep in mind that not all programs are created equal.

The National Institutes of Health recommends programs that include regular physical activity as well as balanced, healthy and easy-to-follow eating plans that you can stick with for the long haul.

For example, a good weight-loss plan should:

- Promote slow and steady weight loss, perhaps ½ pound to 2 pounds per week.

- Include an eating plan that cuts calories without banning specific

foods or entire food groups.

- Encourage you to increase your physical activity level. Health experts recommend at least 150 minutes of moderate physical activity a week

for good health and to help prevent weight gain.

To lose weight and maintain that weight loss, many people may need to do more than 300

minutes (five hours) a week.

- Offer solid ideas on how to keep the weight off once you've worked so hard to lose it.

**What about medication or surgery?** Some people with a lot

of weight to lose may need to go beyond diet and exercise plans to meet their overall health goals. Ask your doctor for advice about which weight-loss options are likely to work best for you. ♦

Forget quick fixes. Slow, steady weight loss—and a plan to maintain it—should be the goal.



## Beware of bogus products

With so many Americans desperate to lose weight, it's not too surprising that there are many weight-loss products and programs claiming to be just the ticket.

Unfortunately, some of these offers do little to whittle your waistline. In fact, the only thing they're likely to leave lighter is your wallet.

Weight-loss scams soak consumers out of billions of dollars each year, according to the Federal Trade Commission.

The bottom line: If it sounds too good to be true, it probably is. Among other things, beware of promises that a product will:

- Cause weight loss of 2 pounds or more—for a week or more—without diet or exercise.

- Safely allow you to lose more than 3 pounds a week for more than four weeks.

- Cause weight loss if you wear a certain thing or rub a product on your skin.

For help learning about legitimate programs, go to the Weight-control Information Network website, [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov).

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# Better care for you

—Continued from front page

“I went from directing one or two nurses on a regular basis to becoming responsible for over 125 employees,” Dr. Holman says.

Dr. Holman relies on a well-educated and experienced staff to help him run the physician offices. Marcia Beason, nurse manager; Amy Derr, billing manager; and Tammy Thompson, registration and file room manager, all play key roles in maintaining and improving the operations of the clinics, both in Maryville and the outreach locations.

## BETTER COMMUNICATION EQUALS BETTER CARE

Dr. Holman continues to spend half of his days taking care of patients in his OB/GYN practice. He also takes a full share of the obstetrical call schedule for the clinic. Every third night, he responds to all obstetric needs at the hospital.

Dr. Holman’s practice has also seen changes during his tenure in Maryville. “The babies I delivered when I first came here are now in high school,” Dr. Holman says.

Good communication leads to higher-quality patient care.



Scott Holman, DO, works at his desk, surrounded by photos of many of the babies he has delivered throughout his career.

According to Dr. Holman, there are challenges to maintaining a practice while serving as liaison and supervisor to a staff of highly trained

professionals in a high-stress atmosphere. However, he sees that better communication between doctors and administration creates an organization that provides higher-quality patient care.

“Doctors are busy being doctors,” Dr. Holman says. “They don’t have

time to interact with administration. That’s where I come in—I provide that connection.”

Fortunately, physicians are accustomed to continuing education, so the learning curve Dr. Holman has experienced and continues to undergo is all part of the job. His growth as a physician leader serves a dual role.

“I see my purpose as helping the organization be a high-quality health care facility and helping doctors provide exceptional patient care,” Dr. Holman says. ❖