

HOW TO LIVE A HEART-HEALTHY LIFE

Teche Regional Medical Center

6
LIFESAVING
IDEAS!

Winter 2016

HealthPoint

TECHEREGIONAL.COM

Conquering Cholesterol!

*Entertainment
Tonight Host*

**NANCY
O'DELL**

**SHARES HER
SECRETS TO HEART-
HEALTHY LIVING**

**TEST YOUR
CHOLESTEROL**

IQ

**DO YOU
HAVE A
DANGEROUS
LIFESTYLE?**

*Know the
Risk Factors
for High
Cholesterol*

MEET

**DR. DAVID BENSON,
UROLOGIST**

**MAKE A
STATEMENT ON
FEBRUARY 5**

*Go
Red*

FOR WOMEN

TECHE
Regional
Medical Center



HIGH
Cholesterol
EARLY
DETECTION PLAN

AN INTERVIEW WITH ET'S
NANCY O'DELL
Small Changes,
Big Results

NANCY Shares Secrets on Her Fight to Lower Cholesterol & Blood Pressure

Q What steps did you take to lower your cholesterol?

A My doctor told me if I didn't decrease my cholesterol levels, I might need to start taking a statin drug, which lowers your cholesterol. That was not an option I wanted to take, so I was extremely motivated to do what my doctor recommended: increase my aerobic physical exercise even more and make some healthy changes to my diet.



Left: Nancy shares the red carpet with LL Cool J during the 2015 Primetime Emmy Awards in Hollywood. Above: Nancy lends her support as a volunteer during the Special Olympics Opening Ceremony in Los Angeles. Right: Rob Lowe and Nancy at the 67th Annual Primetime Emmys.

NANCY O'DELL is one busy woman. In addition to being the co-host for the syndicated television show

Entertainment Tonight since 2011, she's also a journalist, wife, mother, author and entrepreneur. She recently added designer to her list of credits



debuting her clothing line, The Nancy O'Dell Collection, with EVINE Live. A huge passion of Nancy's is her philanthropy work; she currently serves as the spokesperson for ALS.net, a Global Ambassador for the Special Olympics, and an Honorary Board Member for Best Buddies. But even with her busy schedule, Nancy finds time to exercise regularly (she's an avid runner) and eat a healthy diet. She has always been very active, so it came as a big surprise when Nancy was diagnosed with high cholesterol. *HealthPoint* recently talked to the Daytime Emmy Award winner to find out how she's fighting back against high cholesterol, and winning!

Q When did you first learn you had high cholesterol?

A The first time I ever heard I had high cholesterol was in high school. It was such a surprise as I played every sport under the sun, I was a beanpole, and I was so young. I knew my mom and dad both had high cholesterol so I knew it was a possibility, but I just didn't expect it because of my lifestyle. Because I was a teen and it wasn't that high, my doctor said he wasn't worried about it back then. But then I got my cholesterol results from a 2013 routine physical. My total blood cholesterol was 228, which means I have a higher risk for heart disease. Ideally, your total cholesterol should be less than 200.

Q What was your reaction when you found out?

A I was really shocked because I thought I had my cholesterol under control. As I mentioned, high cholesterol runs in my family. My cholesterol levels were slightly high when I attended college. My sister, Karen, also has high cholesterol. As a result, I have always been very conscientious about doing the right things to keep my cholesterol low—eating a healthy diet and getting plenty of exercise. Obviously, I needed to do more.



PHOTOS COURTESY OF NANCY O'DELL / COVER PHOTO ANTHONY CARBAJAL



BUTCH FRAZIER
CEO

Life-Saving by the Numbers

DO YOU KNOW your cholesterol numbers? If you don't, you could be risking your life. High cholesterol can cause your arteries to narrow, restricting blood flow and eventually producing heart and circulation problems—even a heart attack or stroke! Take the first step in fighting high cholesterol. Schedule an annual physical exam with your personal physician, who will check your four critical heart health numbers: cholesterol level, blood pressure, blood sugar levels, and your resting heart rate. After completing this initial exam, further tests may be required. And that's where we come in. Our hospital has the expertise and the diagnostic technology—everything from an electrocardiogram to an MRI—to give your heart and circulatory system a thorough examination. We can also create a customized diet and exercise program to reduce your risk of heart disease. Having a healthy heart can start right now, right here, at Teche Regional Medical Center. ©

Q How did you change your diet?

A I really increased my intake of fiber, eating more whole-grain bread and pasta, fruits and vegetables. I even added fiber capsules to my diet, taking four a day. Oatmeal, fish, avocados, walnuts, almonds and nuts are also important parts of any diet if you want to lower your cholesterol. I don't eat a lot of fish so I never forget my Fish Oil capsule in the morning either. I think that has helped a lot and I also take a flax seed supplement. So these are all natural things I have done.

Q What about exercise? How do you find the time given your busy schedule?

A For me, early morning is the best time to exercise. I'm just too busy during the day. And if I wait until evening, I'm just too tired and I'd much rather spend that time with my family and prepare a healthy dinner. I'm on the treadmill for an hour starting at 5:00 a.m. when my family is asleep. Of course, there are mornings when exercising is the last thing I want to do. But by watching a television show or a movie, the time goes by quickly.

I also use a heart rate monitor when I exercise. I make sure I keep my heart rate up to at least 130, but I try to go even higher than that and usually I keep it up more towards 150. That way I know I am getting the aerobic exercise I need for the cholesterol. The heart rate monitor is a great tool to know how long I've worked out and how many calories I've burned. I've discovered that simple pleasures like playing tag with my children can burn just as many calories as a workout.



Q Have these lifestyle changes made a difference?

A Yes! When I went back to see my doctor, my cholesterol levels were significantly lower. My total cholesterol was at 206, down tremendously. I had also increased my good cholesterol (HDL) up to 68 in the excellent category and I had lowered my bad cholesterol down to 117 from 148!

My doctor and I were both very excited with the progress I had made... naturally. Still, I realize that I can't let up now. So I've made a commitment to practice heart-healthy habits for the rest of my life. It's so important for all women to take the time to take care of themselves. A few years ago, when I was caring for my mother as she battled ALS (Lou Gehrig's disease), I failed to take care of myself as well. I didn't exercise regularly and my diet wasn't very healthy. I realized then that I needed to take care of myself if I wanted to really be there to help and support my family.

Q Do you have any final thoughts?

A First, I encourage people to have their cholesterol checked on a regular basis—every five years is recommended.

High cholesterol can really sneak up on you if you're not careful because there are no warning signs for high cholesterol. When I learned I had high cholesterol, my blood pressure and glucose levels were healthy.

Finally, many women don't realize that heart disease is the number one threat to their health, killing 31 times more women in the United States than breast cancer. But the good news is that 80 percent of heart disease is preventable. Just making a few lifestyle changes can make a big difference in your cholesterol numbers. It sure did for me! ©

HIGH Cholesterol EARLY DETECTION PLAN



Action
Plan



YOUR TEST will give you your Total Blood Cholesterol Levels.

- **Below 200:** Desirable—lower risk for heart disease
- **Between 200 and 239:** Borderline high—higher risk for heart disease
- **240 and higher:** High blood cholesterol—more than twice the risk of those at the desirable level (200 or below)

Your cholesterol test will also measure your LDL, HDL and triglycerides. LDL, often called “bad” cholesterol, can cause the buildup of plaque on the walls of the arteries. HDL is considered the “good” cholesterol because it takes the “bad” cholesterol from the bloodstream to the liver for disposal. Triglycerides are another type of fat carried in the bloodstream. Higher levels increase your risk for heart disease.

Here’s the good news.

FORTUNATELY, high cholesterol can be effectively treated. A few simple lifestyle changes can make a big difference.

Avoid foods with saturated fats and trans fats.

Check the labels of what you eat.

- Include more fruits, vegetables, whole grains, fish and nuts in your diet.
- Start moving. Walk, swim, bike—anything that gets your heart pumping just 40 minutes a day, three or four times a week, is enough to reduce your cholesterol.
- Stop smoking.

If lifestyle changes don’t work, medications are available that have consistently proven to be very effective. So talk to your doctor. Lowering your high cholesterol is possible, but only if you decide to take action today. ©

Source: American Heart Association

Live It Out!

Treating high cholesterol is very effective, but only if you take action.

Before you order your next cheeseburger and fries, think about your cholesterol level.

CHOLESTEROL is a natural fat-like substance produced by the liver. It’s also found in certain foods such as meat, poultry, fish and dairy products. Your body needs cholesterol to work properly—but not too much. Excess cholesterol can form plaque, a thick hard deposit on the walls of the arteries, causing them to narrow and harden, eventually stopping blood flow to the heart.

Why checking your cholesterol is so important to your health.

THERE ARE NO SYMPTOMS for high cholesterol. The only way to know if you have the disease is to have it checked. The test is easy, quick and inexpensive. Starting at age 20, people not diagnosed with heart disease should have their cholesterol checked at least every five years. You may need to be checked more often if you have a higher risk for heart disease.

Quiz

TEST YOUR CHOLESTEROL

IQ

Test your knowledge about cholesterol, one of the major risk factors for heart disease, heart attack and stroke. Answer these six questions True or False and find out how you did below.

The Questions

- T F** 1. Thin people don't need to worry about high cholesterol.
- T F** 2. Smoking can raise your cholesterol level.
- T F** 3. Cholesterol levels can never be too low.
- T F** 4. Women who have been through menopause have healthier levels of cholesterol.
- T F** 5. High blood pressure is one of the symptoms of high cholesterol.
- T F** 6. A 10 percent reduction in cholesterol can decrease your risk for heart disease by 20 percent.



Answers

1. *False.* Any body type can have high cholesterol.

2. *True.* Smoking increases the likelihood of blood clots.

3. *False.* We need a certain amount of cholesterol to be healthy.

4. *False.* After menopause, women usually have higher cholesterol levels.

5. *False.* High cholesterol has NO symptoms. That's the reason it's so important to have it checked.

6. *True.* A small decrease in your cholesterol can make a BIG difference.



6 Ways to SAVE YOUR OWN LIFE

TO-DO-LIST

In addition to having your cholesterol checked, talk to your doctor about these important health screenings.

Weight and Height

Losing as little as five to 10 percent of your body weight can lower your blood pressure and reduce your risk for heart disease and diabetes.

How Often: Once a year or more often if overweight.

Body Mass Index (BMI)

Your BMI measures the relation between your height and your weight. A healthy BMI is considered between 18.5 and 24.9.

How Often: Once a year.

Blood Pressure

Anything over 140/90 is considered high blood pressure, increasing your risk for heart attack and stroke.

How Often: Once a year or more often if high.

Mammogram

This exam checks for breast cancer in women.

How Often: Once a year starting at age 40 as long as you are in good health.

Prostate Exam

Checks for prostate cancer, the most common non-skin cancer in America, affecting 1 in 7 men.

How Often: Talk to your doctor to determine which prostate exams are right for you.

Colonoscopy

This procedure looks inside the large intestine for cancer or pre-cancerous growth.

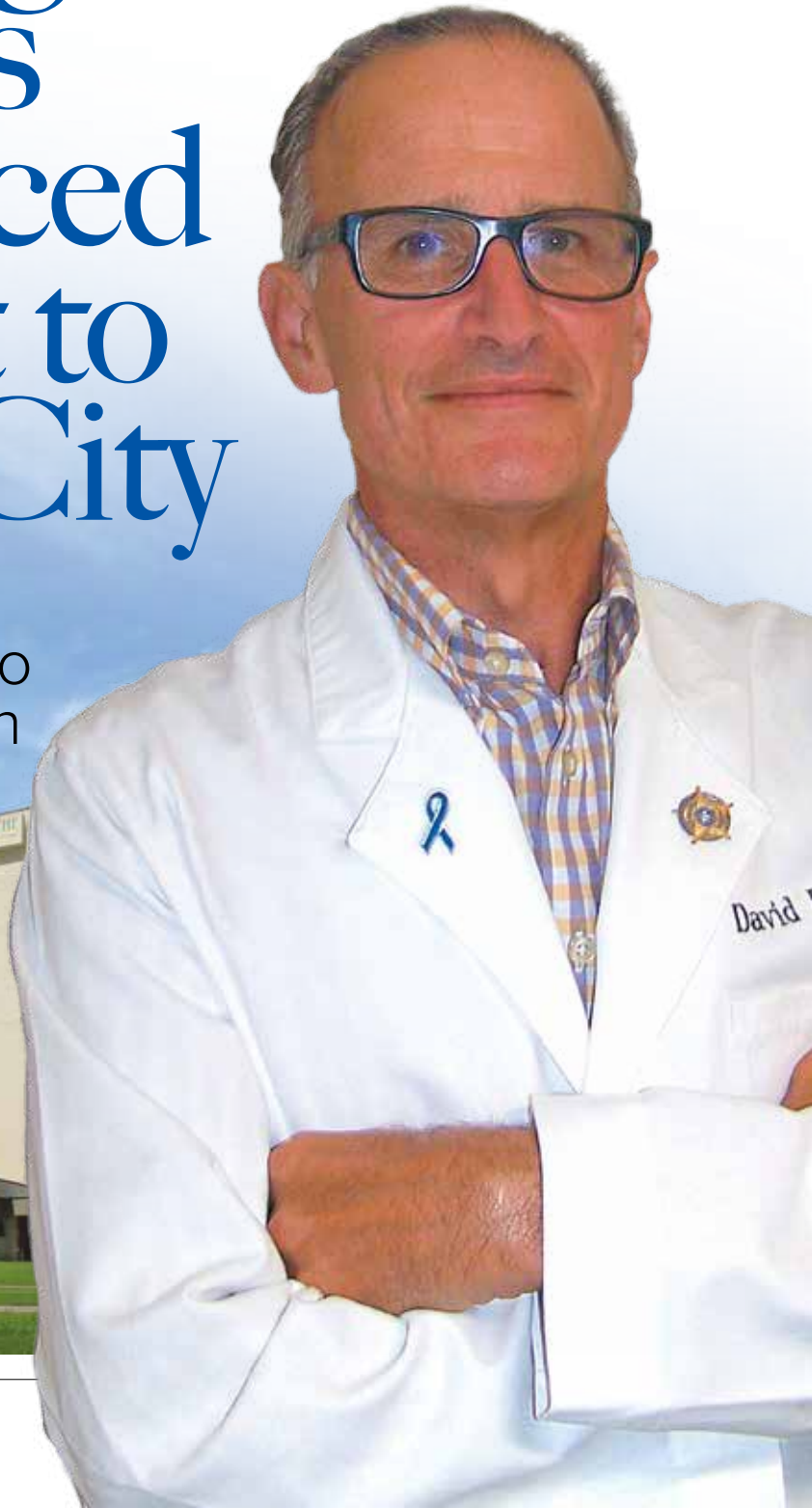
How Often: Once every 10 years starting at age 50. ©



TECHE REGIONAL MEDICAL CENTER

Teche Regional Welcomes Experienced Urologist to Morgan City

Dr. David Benson Brings 28 Years of Experience to Our Convenient Location



CONTINUING THE EXPANSION of its hospital medical staff, Teche Regional Medical Center announced the opening of the Urology practice of David C. Benson, MD, FACS.

Dr. Benson is board-certified in Urology, a specialty that focuses on the medical and surgical management of diseases of the male and female urinary tract and the male reproductive tract. In addition to providing comprehensive urologic care to his patients, his specialty focus areas include:

- Cryosurgical treatment of prostate cancer and kidney tumors
- Management of urologic malignancies
- Up-to-date treatment of low testosterone
- Botox™ injection and Interstim™ for refractory overactive bladder
- Treatment of complex kidney stones

Dr. Benson has practiced Urology for over 28 years. He is a native of Shreveport, Louisiana, and earned his Doctor of Medicine degree from Louisiana, State University Health Sciences Center in New Orleans. He completed his General Surgery and Urology residency at Medical College of Georgia in Augusta. Dr. Benson is a member of many professional associations such as a Fellow of the American College of Surgeons, a member of the American Urologic Association, and a member of the Louisiana Urologic Society, just to name a few.

Dr. Benson's practice fills a much needed area in the field of healthcare, helping fulfill our ongoing commitment of bringing necessary and accessible healthcare services right here close to home.

Dr. Benson is a member of the active medical staff of Teche Regional Medical Center and is seeing patients in his office, Teche Regional Urology. It is located at 1302 Lakewood Drive, Suite 100, in the Teche Regional Medical Center new Medical Office Building. He is now accepting new patients and welcomes his former patients. ©

TECHE
Regional
UROLOGY

**Appointments can
be made by calling
985-380-4833.**



Teche Regional's Emergency Department Receives Patient Satisfaction Award

Teche Regional Medical Center was recently recognized with an Excellence Through Insight award for "Most Improved Overall Emergency Department Patient Satisfaction" of all hospitals surveyed by HealthStream, Inc.

The award was based on HealthStream's client databases representing more than 1,100 healthcare facilities nationwide. Teche Regional was awarded this honor for its commitment to excellence in patient care. To qualify for an award, a hospital must have been a patient satisfaction-tracking client of HealthStream in 2014, scored in the 75th percentile or higher, and surveyed a minimum of 100 patients. Teche Regional was chosen for receiving the highest ratings as Most Improved Overall Emergency Department Patient Satisfaction from among HealthStream's clients, as well as exceeding industry standards.



(Standing L to R) Barbara Landry, Jacki McCain, Paul Lousteau, Gail Barnes, Brooke Lemoine, Jill Dubois, Kelly Vinet, Dr. Scott Domingue (Sitting L to R) Mallory Becnell, Melissa Pizani, Jay King, Amber Zorn (Not pictured) Melinda Baye, Jesse Holley, Brooke Landry, Sidonia Guillot, Holly Flint, Britani Boudreaux, Elizabeth Sample, Joann Folse, Sean Perera, Adriane Angeron, Nicole Breaux, Kelly Billiot, Mitzi Tregre, Ashley Hebert, Jerry Douget, Tanya Harvey, Michelle Taylor, Mary Loupe, Crystal Boudreaux, Sheresha Washington, Kelly Robison, Brad Scully, Cheryl Castello, Cole Romero, Kelsi Theriot, Shelby Spinella, Caitlin Morgan.

INSIDE THIS ISSUE

- 2 Small Changes, Big Results,
An Interview with Nancy O'Dell
- 3 Lifesaving by the Numbers
- 4 Live It Out: Cholesterol Action Plan
- 5 Test Your Cholesterol IQ
- 5 Save Your Own Life Checklist
- 6 Teche Regional Welcomes Experienced
Urologist to Morgan City
- 7 Teche Regional's Emergency Department
Receives Patient Satisfaction Award
- 8 Make a Lifesaving Fashion Statement

Make a Lifesaving Fashion Statement

February 5, 2016 is the 13th anniversary of Go Red for Women, a nationwide campaign sponsored by the American Heart Association to help raise awareness among women about the dangers of heart (cardiovascular) disease.

Heart disease is the #1 threat to a woman's health.

Here are some more surprising facts:

- Only 1 in 31 women will die of breast cancer, but heart disease causes the death of 1 out of every 3 women.
- 90 percent of women have one or more risk factors for developing heart disease.
- About 43 million women are already affected by heart disease.
- Since 1984, more women than men have died from heart disease each year.
- Every year, more women die of stroke than men. In fact, almost 60 percent of stroke deaths are women.

Go Red For Women empowers all of us with the knowledge we need to take positive action, reduce our risks for heart disease, and live stronger and healthier lives. So on February 5, make a fashion statement that could save lives. Wear something red and show your heartfelt support for Go Red For Women.®

Source: American Heart Association

