



*Community Hospital*

# Health Watch

summer 2008  
[www.chal.org](http://www.chal.org)



*National KidsDay®  
Celebrate Childhood  
Sunday, Aug. 3, 2008*



Drew

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Anna and Aly



Third

# National KidsDay<sup>®</sup> — **Celebrate the Children in Your Life**

*There's a Mother's Day. There's a Father's Day, and there's a National KidsDay. What is it, you say, another gimmick to spend money on? No, it doesn't have to cost you one red cent!*

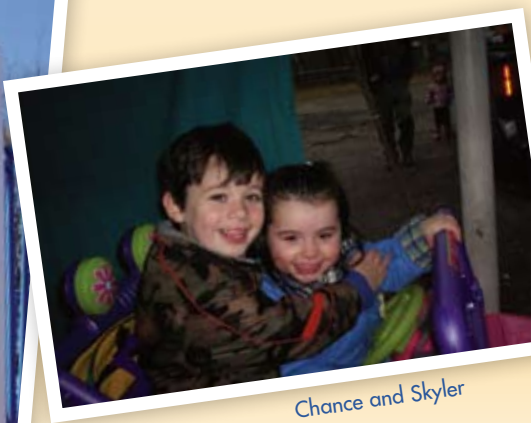
**National  
KidsDay<sup>®</sup>  
Sunday,  
August 3, 2008**



Gabe



Jett



Chance and Skyler



BJ





National KidsDay is a congressionally recognized, nationwide day set aside to build valuable bonds and priceless memories with the children in your life. The goal is to inspire parents, grandparents and caregivers to take time out of their busy schedules and "make a date" to spend time with their kids. National KidsDay is all about celebrating childhood and building bonds of trust, love and growth for the future – a future in which every child can feel safe and loved.

Caring for a child can be tough sometimes. The stress of everyday life takes over and we forget to enjoy ourselves and our children. Simplicity is a great stress buster, and nothing is simpler than hanging out with the kids. A child can take you far away from your troubles without ever leaving your own backyard.

So, turn off the cell phone, the TV, the computer and all those other electronic brain-drains. Make the children in your life your main priority. Relax and set aside time for fun. Laugh it up with the kids! It will be fun now – and maybe even more fun in years to come – when you and the kids talk about the good ole days.



Kaden and Madelynn

## Staff Physicians (listed by specialty)

The physicians comprising the medical staff at Community Hospital have offices located on or near the hospital campus and throughout the tri-county area. These physicians work closely with our courtesy and consulting staff to complete the depth of medical specialties available.

### Anesthesiology

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### General Surgery

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### Gynecology

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### Ophthalmology

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### Orthopaedics

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### Pediatric Care

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### Ear, Nose & Throat

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### Gynecology & Obstetrics

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### Psychiatry

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David Harwood, M.D.  
(334) 288-9009

### Neurology

P. Caudill Miller, M.D.  
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### Urology

David McKenzie, M.D.  
(888) 749-8146



# Preventing and Treating An Accidental *Health Threat*

*Accidents and injuries occur anywhere. The most common causes of injuries seen in emergency departments include motor vehicle accidents, falls, poisoning, drowning, fires and burns, violence, sports-related injuries and animal bites or stings.*



Mike Peaden, M.D.  
Family Practice

Injuries are all too common – the fifth-leading cause of death in adults, and the leading cause of death in children between the ages of 1 and 21.\* Although many emergency situations cannot be prevented, it's still important to take precautionary steps and arm yourself with basic safety tips.

## **Crash Course in Common Injuries**

**Motor vehicle accidents.** More than 41,000 people in the U.S. die in motor vehicle crashes each year, and crash injuries result in about 500,000 hospitalizations and 4 million emergency department visits annually.\*\* Safety tip: The best protection is to follow the rules of the road. Always insist that everyone wear seat

belts, properly restrain children in car seats and assume zero tolerance for drinking and driving. It is estimated that seat belts save 9,500 lives each year in the U.S.\*\*

**Falls.** A hip fracture or other serious injury can take away a person's mobility and independence, and lead to other health complications. Safety tip: Install hand railings in bathrooms, hallways and other slippery places where falls are likely to occur in your home. Use safety gates near stairways when young children are present, and help elderly relatives and friends identify and deal with dangerous areas in their homes.

**Poisoning.** U.S. poison control centers handle one poison exposure every 15 seconds.\*\* If you suspect someone has been exposed to poison, seek immediate medical attention. Safety tip: Read and understand the labels on medications and food products. Always store medications and potential poisons in a safe place, away from children.

**Drowning.** Infants and children under 1 year of age are at risk for drowning in bathtubs, buckets and toilets; children ages 1 to 4 are most likely to drown in residential swimming pools. Alcohol use is involved in about 25% to 50% of adolescent and adult deaths associated with water recreation.\*\* Safety tip: Insist on responsible adult boating behavior, wear life preservers during water activities and supervise all children's activities near or in water.

**Fires and burns.** In 2003, fire departments responded to 402,000 home fires in the U.S.\*\*\* Seek emergency help in the case of fire. For minor burns, cool the affected area with cold water for at least 10 minutes. Seek medical attention if the burn is larger than the size of your hand, located on the face or the skin is broken. Safety tip: Develop a family fire escape plan, and make sure each family member knows what to do in an emergency.

**Violence.** Domestic violence leads to nearly 2 million injuries and 1,300 deaths nationwide each year.<sup>†</sup> In 2002, 906,000 children in the U.S. were confirmed by child protective service agencies as being maltreated.<sup>†</sup> Safety tip: Help keep your family and those around you safe by reporting violence and getting physical and emotional help.

**Sports-related injuries.** More than 600,000 people are treated in emergency departments for bicycle-related injuries.<sup>\*\*</sup> Safety tip: Always wear protective gear when playing sports, including a helmet, supportive shoes and other sports-specific gear.

**Animal bites and stings.** More than 300,000 dog bite injuries are treated in emergency rooms annually.<sup>\*\*</sup> Animal bites require urgent medical attention, as they may become infected if not treated. Clean animal bites thoroughly with soap and water, and cover with a sterile dressing until you receive medical treatment. For insect bites or stings, apply a cold compress and seek medical care if you have a known allergy to stings or you experience shortness of breath. Safety tip: Teach children to stay away from unfamiliar dogs.



Teach family members about safety issues so you can act quickly when injuries happen.

### **Make Safety No. 1**

Keep a list of emergency numbers in your home, including the police, fire department, poison control center, local hospital and family doctor.

\* Source: Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov).

\*\* Source: National Center for Injury Prevention and Control, [www.cdc.gov/ncipc](http://www.cdc.gov/ncipc).

\*\*\* Source: National Fire Protection Association, Fire Analysis and Research Division, 2004.

† Source: Department of Health and Human Services, Administration on Children, Youth and Families, 2005.

## Safeguard Your Home *While on Vacation*

An empty house is a tempting target for burglars. Use this checklist to help safeguard your home while you're away.

- ☑ Have good locks on all doors and windows and USE THEM!
- ☑ Don't broadcast your plans, but do tell a trusted neighbor that you will be away. It is also a good idea to leave your vacation address and telephone number so you can be reached quickly in case of an emergency.
- ☑ NEVER leave your house key hidden outside your home.
- ☑ Arrange to have your mail and newspaper either stopped or picked up daily.
- ☑ Have someone mow your lawn, rake leaves and maintain the yard to give the home a "lived-in" look.
- ☑ Use automatic timers to turn lights, a radio or television on and off at different intervals.
- ☑ Turn the ringer on your telephone down low. The sound of an unanswered, ringing phone is a dead giveaway that no one is home.
- ☑ Don't announce your absence on an answering machine message.
- ☑ Leave your blinds, shades and curtains in the normal position. Don't close them unless that is what you do when you are at home.
- ☑ Ask a neighbor to occasionally park in your driveway. If you leave a vehicle at home, park it as you normally would. Vehicles parked outside should be moved occasionally to appear they are being used.
- ☑ Secure storage sheds, attic entrances and gates.

Relax and enjoy your vacation! By following a few simple safety precautions, you and your family can enjoy a stress-free vacation.

# 4

## facets of *Healthy Aging*



*The old adage, "You're as young as you feel," has some truth to it. Keeping your mind, body, heart and soul feeling youthful can actually help you stay young – no matter how many candles will be on your birthday cake this year!*



Alexander Robbins, M.D.  
Family Practice

### **1** *Engaging the Mind*

One key to healthy aging is keeping a sharp mind. Training your brain every day can help you avoid the gradual loss of memory that sometimes accompanies aging. Try doing a crossword or Sudoku puzzle to keep your brain engaged. Learn a new skill or hobby.

### **2** *Staying in Shape*

Regular exercise helps you maintain a healthy weight, keeps your skin looking tighter and younger, and also helps stave off depression, fatigue and anxiety. Aim for 30 minutes of exercise, five times per week.

### **3** *Taking Care of Your Heart*

Heart disease is the No. 1 killer of men and women, so following a heart-healthy diet and exercise plan is crucial to your overall health. To keep your heart healthy, eat a diet low in saturated and trans fats, refined sugar, processed junk foods and sodium. Increase your intake of Omega-3 fatty acids, found in foods such as salmon, and eat a diet full of fruits, vegetables, low-fat dairy and lean protein. Following an exercise routine is also key to your heart's health.

You should also stop smoking and avoid second-hand smoke. Not only does smoking contribute to heart disease, but it can age your skin, hair and nails faster, too.

Staying calm and reducing stress keeps your heart healthy. Too much anxiety can lead to high blood pressure.

### **4** *Nourishing Your Soul*

Research shows that those who have strong relationships have improved health. Spend some time with a child or grandchild, who will have you running around like a kid again. Or make a lunch date with a friend who always makes you laugh – which can help lower blood pressure. A social support group is important to help ease the stress of difficult times, so make it a priority to foster those connections.

### **Don't Act Your Age**

By taking care of every aspect of your health and wellness, you can age gracefully while feeling good. For more information about how to help wind back the clock, talk to your health care provider.



# Enjoy the Outdoors

## *Yard Safe Yard*



Jimmy Durden, M.D.  
Family Practice

*The grass may be greener on the other side of the fence, but is it **safer**? Warm summer days beckon many outdoors to tend to lawns, grow gardens, host cookouts and play yard games. But to truly enjoy all the benefits your yard can provide, it's important to keep it safe for you, your loved ones and visitors to your home.*

### **Cut the Grass, Not Yourself**

Whether or not you like mowing the lawn, it's important to remember that a lawnmower is a dangerous machine. Children younger than 16 should not use ride-on mowers, and those under 12 should not use walk-behind mowers. Before you start the mower, remove stones or toys from the yard to prevent injuries from flying objects. Make sure children are indoors or playing at a safe distance, and instruct them to stay away from the mower. Always wear sturdy shoes and eye and ear protection. When cleaning the mower or removing clogs, make sure it is turned off and that the blades have stopped moving.

### **The Dirt on Safe Gardening**

Treat your gardening tools with the same TLC you give your plants and flowers. Don't leave rakes, shovels or hoes where children can trip on them – instead, keep them in a secure cabinet along with any chemicals, pesticides or fertilizers. When planting and maintaining your garden, wear gardening gloves and protective eyewear.

### **It's Hot: Injury-free Grilling**

Before you fire up the grill, check that it is on a sturdy surface in a well-ventilated area. Keep children and pets away from the grill when it is in use, and store fuels and cooking utensils out of their reach. If possible, create a three-foot "safe zone" around the grill to ensure there are no hanging branches, deck railings or siding nearby that could be accidentally ignited.



### **Fun and Games — Safety Wins**

Playing outdoors is fun for all ages – until someone gets hurt. Keep your yard safe for fun in the sun by maintaining play equipment such as swing sets and slides. Repair jagged or broken pieces, and provide a spot for safe landings with loose sand, mulch or special rubber mats designed for playgrounds. If you play croquet, horseshoes, lawn darts or other outdoor games, make sure everyone knows the rules to play carefully.

### **Yard Smarts**

With more outdoor activity during warmer weather, it's also important to be mindful of garage doors, driveways, decks, porches, clotheslines, gates and fences. Give your home a thorough safety check at the beginning of the season. When outdoors, keep a wireless phone with you at all times to call 911 if an accident should happen.



# Visiting *Tanzania*



Michael Courtney, M.D.  
General Surgery

*During the last week of February 2008, Dr. Michael Courtney traveled to Tanzania, Africa, with a 14-member Christian group to support Baptist missionary efforts. The local pastor has been working with a tribe of herdsmen who speak Masai and Swahili to develop a Christian congregation.*

This rural African community has very poor access to medical treatment. For this reason, in addition to pastors and lay evangelical leaders, a group consisting of two physicians, an optometrist, three registered nurses, a laboratory technician and a respiratory therapist was assembled.

The medical clinic, located under the banyan trees, was six hours by truck from the nearest town. The truck was stuck in mud seven times, twice on the interstate road. Malaria, AIDS, bacterial infections, fungal and allergic conditions were common. Treatments, purchased by the church

community back home, were brought on a truck from the capital.

Christ's message was brought and the local congregation baptized 17 new believers.

It is our hope that the impact of this ministry will be eternal, as will the memories of new friends on another continent.



## Dr. Robert Story Receives the Alpha Omega Alpha *Volunteer Clinical Faculty Award*



Robert Story, M.D.  
Family Practice

Dr. Robert Story, a family medicine physician at Tuskegee Medical & Surgical Clinic, who trains Morehouse School of Medicine's Rural Primary Care Clerkship fourth-year medical students, was recently awarded the Alpha Omega Alpha Volunteer Clinical Faculty Award at the Morehouse School of Medicine MSM Class Day in Atlanta, Ga.

The award, given annually, recognizes a community physician who contributes with distinction to the education and training of clinical students. Clinical students nominate a community physician who generously donates his or her time, skill and experience to teach clinical skills. The award recipient is chosen by student members of the Alpha Omega Alpha Chapter.

Volunteer clinical faculty members are often inadequately appreciated and rarely recognized. Please join us in expressing our sincere congratulations to Dr. Robert Story.

Thank you Dr. Story for helping train future physicians!