

New walk-in family care



Read *MedLife
and Health*
online!

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➤ A familiar name in local health care has joined the College Station Medical Center (CSMC) team. Care Plus is now called MedPlus, but with the same caring, compassionate doctor and staff that residents have come to trust.

Led by board-certified family medicine doctor Paul Roquet, M.D., MedPlus remains located in the Physicians Centre at 3201 University Drive. Dr. Roquet and his staff of talented physician assistants remain dedicated to seeing you when you need them. "I guess it's a spiritual calling," he says when asked why he chose medicine as his career. "I enjoy the interaction with patients and helping them solve their health problems."

Convenient care

Dr. Roquet attended both the U.S. Air Force Academy and Texas A&M University before heading to the University of Texas Medical Branch, Galveston, for medical school. In 1986, he opened Care Plus in Bryan-College Station because of the need he saw in the community. "People need access to health care at all times of the day," says Dr. Roquet. "It's not easy for

some families to take time off from work or school to go to a doctor's appointment in the middle of the day. We provided an alternative." And from the beginning, the practice's scheduling flexibility proved to be a big hit with area residents, as last year alone the clinic saw more than 11,000 patient visits.

Part of the past success of MedPlus is that no appointment is needed, in addition to the convenient hours, now expanded to:

- Monday–Friday, 8 a.m.–7 p.m.
- Saturday, 8 a.m.–4 p.m.
- Sunday, 1–7 p.m.

After 25 years in family practice medicine, Dr. Roquet says he's excited about the new affiliation with CSMC and the opportunities it provides. "I've been very impressed with the teamwork at CSMC and I'm happy to be a part of it," he says. "With CSMC's support, we'll continue to provide comprehensive care to our patients." ●



Here when you need us!

If you have a minor emergency in need of immediate attention, call Paul Roquet, M.D., at MedPlus, at (979) 774-7587.

Healthbriefs



tip

Balance

your protein choices. Lean animal, fish and vegetable sources can help lower cholesterol.

› Pick cholesterol-lowering foods

When it comes to bringing down LDL (bad) cholesterol, it appears foods like soy protein, nuts and plant sterols (found naturally in plants) have the upper hand. According to a study in *The Journal of the American Medical Association*, people with high cholesterol who combined such foods and incorporated them into their diets had a greater reduction in LDL cholesterol than those who followed low-saturated-fat diets that focused on high fiber and whole grains alone.

The study followed 351 people over the course of six months. Researchers found that the cholesterol levels of those who followed the low-saturated-fat diets dropped 3 percent, while those consuming the cholesterol-lowering foods saw a decrease of up to 13.8 percent. These results don't mean you should ditch a heart-healthy, low-saturated-fat diet. Instead try adding the cholesterol-lowering foods to an already heart-healthy regimen.

› New moms: 5 ways to prevent back pain

Back pain is a common complaint of new moms. Here are some tips for keeping your back in good health, courtesy of the American Academy of Orthopaedic Surgeons:

- 1 With your obstetrician's OK, try to begin exercising shortly after you have your baby (women who've had C-sections usually have to wait at least six weeks). This will help rebuild tone in your abdominal and back muscles.
- 2 When lifting your baby, don't stretch your arms. Bring him or her close to your chest before picking the child up. Bend at your knees—lifting with your legs.
- 3 Carry your child in a front pack for longer walks. Avoid carrying him or her on your hip.
- 4 Kneel on the back seat when placing your child in the car seat. Don't attempt to load the baby when standing outside the car.
- 5 Use a chair that offers back support, not a soft couch.



› Aerobic exercise key to banning belly fat

Looking to get rid of that spare tire or paunch? Then it's time to get your heart pumping. A recent study in the *American Journal of Physiology* found that aerobic activity burned 67 percent more calories than resistance training (such as weight lifting). The eight-month Duke University Medical Center study followed 196 overweight, inactive adults who either performed aerobic exercises equivalent to jogging 12 miles a week or did three sets of eight to 12 weight-lifting repetitions, three times a week. The researchers discovered that aerobic exercise greatly reduced liver fat and deep-lying abdominal fat (called visceral fat), which increases the risk of heart disease, diabetes and certain types of cancer. The aerobic activity improved insulin resistance, triglyceride levels and liver enzymes—risk factors for disease—while the resistance training didn't.

Your best bet? Aim for a balanced exercise regimen that incorporates weight training, which can improve your strength and build lean muscle, and aerobic exercise.



Facing migraines head-on

➤ You're sitting at your desk at work when you feel it coming—that throbbing pain in your head. With dread, you prepare to face the nausea that will soon follow.

What you're experiencing, most likely, is a migraine, and you're not alone—28 million Americans get them.

What's a migraine?

Simply put, migraines are severe headaches that usually come back, whether it's weekly, monthly or only every few years. They may be preceded by visual disturbances such as zigzagging lines or flashing lights; last several hours or a whole day; occur on one side of the head; trigger nausea or vomiting; and they're usually disabling.

Migraine triggers include stress, hormonal changes (such as pregnancy, menstruation and menopause), certain types of food (alcohol, aged cheeses, too much or too little caffeine, food additives such as MSG, processed meats and citrus fruits), environmental factors (bright lights, excessive heat, allergies and perfume), irregular eating and sleeping habits, smoking and certain medications.

How can I control them?

The first step to managing migraines is to take note. When did your migraine happen? What were you doing? What did you eat in the past 24 hours? How long did it last? On a scale of one to 10, how bad was your migraine?

Keeping a migraine journal and answering such questions each time you experience one can help you avoid triggers and assist your doctor in tailoring an effective treatment plan.

Some people may benefit from medications, which can either knock out pain or prevent a migraine from occurring in the first place, while others may only need lifestyle adjustments:

- **Food substitutes.** For example, if blue cheese is a trigger, choose another type of cheese.
- **Stress.** Avoid stressful situations or engage in relaxing activities, such as yoga and meditation.
- **Sleep.** Aim for six to eight hours each night.
- **Exercise.** Remain active every day with activities such as brisk walks or laps at the local indoor pool.
- **Eating.** Eat regularly scheduled meals. Skipping meals can send your blood sugar crashing.
- **Smoking.** If you smoke, quit. Also avoid secondhand smoke.
- **Medicine.** Blood pressure medications and birth control pills are two types of medications that may aggravate migraines. If you think this is happening, talk with your doctor about possible substitutions (but don't just stop taking medicine).

If you experience symptoms such as a sudden headache (like a thunderclap) or a headache accompanied by other symptoms, such as fever, a stiff neck or trouble speaking, seek immediate medical attention, as these can indicate more serious conditions. ●

If you experience symptoms such as a sudden headache or a headache accompanied by other symptoms, seek medical attention.

tip

Keep

a journal to track your migraines and help you learn more about what triggers them.





A message FROM THE CEO

TOM JACKSON
Chief Executive Officer

A unique opportunity

Destination points and enterprise zones, if planned properly, can bring their cities significant economic and quality-of-life benefits. Recognizing the role

health care plays in our nation's gross national product, it only makes sense to leverage the developments currently under way in south College Station.

A medical corridor

The city of College Station just completed a 14-month study to create a medical corridor encompassing approximately 400 acres along the intersections of Longmire, Rock Prairie and Highway 6. Consulting firms collected input from area businesses, conducted numerous consumer focus groups, met with area landowners and shared examples where similar developments have yielded economic success. Among the important characteristics of successful medical districts are supporting demographics as well as the influence and strategic relationships of a major research university such as Texas A&M, with its nationally recognized health sciences programs. The exemplary College Station Independent School District adds to the richness of the opportunity. The consultant team concluded that College Station is uniquely positioned to establish a highly successful medical corridor with the strong public-private partnership that is a hallmark of all successful medical districts across the nation.

Investing in the infrastructure to create the medical corridor will encourage businesses to collaborate across competitive lines. In fact, significant investment from the public and private sectors is already occurring in the proposed corridor. The end result will yield an impressive and enduring engine of economic development, jobs, income, tax revenue and wellness for our community. The consultants challenged us to minimize competitive distractions and stay focused on a progressive vision and planned growth based on the health care needs of our regional community. With the potential of more than a billion dollars in medical and commercial facilities, appropriate residential properties and the creation of a unique and special place, it seems the greatest risk may be in missing the opportunity.

The private sector is already demonstrating its ability to support a medical corridor. With a progressive vision and disciplined planning, the medical corridor has the potential to make a significant difference in the city's economic future and have a tremendous impact on our region's delivery of health care. It will be the kind of special place that will be enjoyed for generations to come.

Warm regards,

Tom Jackson

*Chief Executive Officer
College Station Medical Center*



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A welcome homecoming

Dr. Gray returns to her roots

It was during her college years at Texas A&M University (class of 2004) that internal medicine physician Elizabeth Gray, M.D., decided she would one day like to make Bryan-College Station her permanent home. Little did she know that her dream would come true in just a few short years.

Dr. Gray met her future husband, Kyle, at Texas A&M, but she also felt a close bond to the Bryan-College Station community. "You just don't find this type of place and people anywhere else," she says.

Dr. Gray's background

Dr. Gray attended medical school at Texas Tech University, where she simultaneously earned an MBA. After graduation in 2008, she was off to Washington, D.C., where she completed her primary care and internal medicine residencies at The George Washington University. As the program came to an end, there was no shortage of hospitals trying to recruit her, but the call of Aggieland was still burning. When a position became available at College Station Medical Center (CSMC), she accepted.

In August 2011, Dr. Gray, her husband, Kyle, and their 1-year-old son, Oliver, moved to Bryan-College Station. She opened her new primary care and internal medicine practice at 1602 Rock Prairie Road, Suite 2600.

Patient philosophy

When it comes to patient care, Dr. Gray has a simple but timeless philosophy. "I treat patients as I would my own family members. A lot of people go see their doctors, receive their diagnoses, get their medications and the relationships end there. I try to empower my patients with knowledge about what's happening to them. I want them to ask questions and

take active roles in managing their health," she notes.

As an internist, Dr. Gray's primary focus is on the management of chronic diseases like high blood pressure and diabetes. However, patients with these health conditions aren't the only ones she sees. "We offer a wide variety of services, like Pap tests, that you would typically find at a family practice. We try to be as inclusive as we can."

In just a few months, Dr. Gray has already won the hearts of many with her warm smile, cheerful humor and compassionate care. "I've wanted to be a doctor since I was a little girl," she says. "Now that I'm back here, I'm getting to do what I always wanted to do in the community where I wanted to live." ●



**ELIZABETH
GRAY, M.D.**



The right doctor for you!

If you need a primary care doctor or have a history of chronic illness and need care, call Elizabeth Gray, M.D., at (979) 693-2037 to schedule an appointment. The office is located at 1602 Rock Prairie Road, Suite 2600.

HealthWise QUIZ

How much do you know about dementia?

> TAKE THIS QUIZ TO FIND OUT.

- 1 The most common type of dementia is:**
 - a. Alzheimer's disease
 - b. Lewy body disease
 - c. vascular dementia
 - d. none of the above
- 2 Which of the following conditions can cause or mimic the symptoms of dementia?:**
 - a. Lyme disease
 - b. thyroid problems
 - c. low blood sugar
 - d. all of the above
- 3 According to the Alzheimer's Association, the risk of developing Alzheimer's after age 85 is about:**
 - a. 10 percent
 - b. 25 percent
 - c. 50 percent
 - d. 75 percent
- 4 One known risk factor for dementia is:**
 - a. getting too much vitamin D
 - b. having diabetes
 - c. regularly using a cell phone
 - d. exposure to everyday sources of aluminum
- 5 While there's no surefire way to prevent dementia, experts recommend which of the following measures to possibly lower your risk of developing it?:**
 - a. taking high doses of vitamin C
 - b. lowering your blood pressure
 - c. keeping up to date on vaccinations
 - d. both (b) and (c)

Answers: 1. (a) 2. (d) 3. (c) 4. (b) 5. (d)

A dangerous trio

Sorting out stroke, heart attack and cardiac arrest

> What do stroke, heart attack and cardiac arrest have in common? They're all possible complications of heart and blood vessel diseases that affect millions of Americans.

Read on to learn more about each of these conditions and their unique causes and symptoms.

Heart attack

When fatty deposits called plaque build up in the arteries, it can narrow them or cause a blood clot to form. When this occurs, blood flow to the heart is blocked, damaging heart muscle.

> **Symptoms:** Signs of a heart attack vary, but may include: tightness, a feeling of heaviness, pressure or a squeezing sensation in the chest; indigestion; anxiety; fainting; dizziness; nausea or vomiting; irregular heartbeats; shortness of breath; and sweating. Women may also experience less common symptoms, such as fatigue. Silent heart attacks, where no symptoms are present, can also occur.

Stroke

A stroke occurs when a blood vessel leading to the brain becomes blocked (usually by a clot) or ruptures. This deprives the brain of oxygenated blood, causing parts of the brain to die.

> **Symptoms:** Stroke symptoms come on suddenly and include: numbness or weakness in the

face, arm or leg (particularly on one side of the body); confusion; speech and comprehension problems; vision difficulties; problems walking; and severe headache with no known cause.

Cardiac arrest

Sudden cardiac arrest is a condition in which the heart abruptly stops beating without warning, depriving the body of oxygenated blood. If not treated immediately (with CPR and a defibrillator), a person in cardiac arrest usually dies within minutes. Heart attacks can sometimes trigger cardiac arrest.

> **Symptoms:** Cardiac arrest symptoms include sudden collapse, lack of pulse, no breathing and loss of consciousness.

If you or a loved one experiences symptoms of any of the conditions listed, call 911 or seek immediate medical help. ●



Breaking cabin fever

Five ways to beat the indoor blues

Rainy days, snowy days, bitterly cold days—whatever's going on outside can test the patience of adults and kids alike who are trapped inside.

While it's tempting to flip on the TV or let your children play video games, neither of these keeps them physically active or their brains engaged. Try these healthier boredom busters instead:

1 Create family time. Bond with your children over a board game or plan a family outing to places you may not visit in nicer weather, such as a museum.

2 Let your children's imagination run wild. Check your closets and discount stores to put together a trunk of clothes for dress-up; build a fort using sheets and furniture; or create a craft

box by adding items such as paper, crayons, glue, glitter, string, beads and buttons.

3 Keep your children active. Make an obstacle course in your living room with couch cushions and laundry baskets. Or, try classic childhood games such as Duck, Duck, Goose. Old-time favorites like Simon Says and the hokeypokey are great ways to teach toddlers about following commands and different parts of the body.

4 Get in touch with nature. Have a set of binoculars? Help your children spot the many different types of birds or other wildlife in your backyard.

5 Get them involved. Planning a big vacation? Lay out travel materials and let your children help plan the itinerary. ●



Reclaim your colon

The right food can keep things running smoothly

Do you have a happy colon? If you're regularly battling constipation or diarrhea, chances are the answer is no. But there are foods that can help get you back on "tract."

Yogurt

Yogurt contains "good bacteria" called probiotics, which some research suggests may curb diarrhea and tackle the symptoms of irritable bowel syndrome (IBS).

It's also a good source of calcium, which, along with vitamin D, may protect against colon polyps and colon cancer.



Veggies, whole grains and legumes

These are all sources of insoluble fiber, which can ease or prevent constipation by bulking up and softening your stool. On the flip side, fiber can add substance to loose stool, relieving diarrhea, and may ease IBS symptoms. Fiber may reduce the risk of diverticular disease, a condition that causes small pouches in the colon.

Don't forget that legumes, potatoes, brown rice and whole grains are also good sources of vitamin B-6, which some research has shown may help prevent colon cancer in women.



Low-fat foods

Eating a lot of fat—especially saturated fats from red meat and foods such as hot dogs—can increase your colon cancer risk.

Increasing low-fat or nonfat dairy and vegetable intake are great additions to your diet. Reduce the fat by making other substitutions: lean poultry, pork or fish instead of red meat; frozen fruit instead of ice cream; or tub margarine instead of stick margarine or butter. Since not all margarines are created equal (some can be worse than butter), it's important to check the nutrition label for the amount of saturated and trans fats. ●



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70CSM



CSMC officially opens its new private room NICU wing. L-R: CSMC Board Chair and College Station Mayor Nancy Berry; CSMC Chief Executive Officer Tom Jackson; Director of Maternal Child Health Natalie Zamulinski; neonatologist Craig Steiner, M.D.; CSMC Board Member and Ob/Gyn Justin Gayle, M.D.



Mom and dad enjoy an in-room gourmet meal on their special day.

New moms enjoy new comforts!

Any mom will tell you that having a baby is an intensely profound and personal experience. That's why choosing the right hospital for this life-changing event is so important.

College Station Medical Center (CSMC) has recently completed several new additions to its labor and delivery floor, designed to ensure maximum comfort and privacy for expectant moms and their families.

The most noticeable addition is in the neonatal intensive care unit (NICU). For the first time in the Brazos Valley, private NICU suites are now available for babies who need special care. A total of 13 new NICU rooms have been added, providing mothers and family members a level of privacy previously unavailable in the Brazos Valley. So whether it's using a breast pump at the baby's bedside, breast-feeding, bonding or visiting quietly with

family and friends, all these experiences can be enjoyed in the intimate surroundings of a private room.

More room and a special treat

But the new amenities don't end with the NICU. CSMC also added four antepartum patient rooms, four additional labor rooms, two new nurseries and new postpartum and waiting areas. "Our goal is to make sure all our expectant moms have the most wonderful experience possible," says Natalie Zamulinski, director of maternal child health. "Every mom and every baby is precious to us, so we want to make sure our care and our facilities reflect that."

Another way CSMC pampers its new moms is with a very special meal. As an added treat, each mom gets a candlelight dinner, specially prepared by a staff chef, served in her room. ●



**We welcome
your new
family!**

To learn more about
College Station
Medical Center's
maternity services,
visit www.CSMedCenter.com.