

We're here for you

Reproductive endocrinology center opens at CSMC



Michael Allon, M.D.,
FACOG, R.E.I.
Board-Certified
Reproductive
Endocrinologist and
Infertility Specialist



Stephan P. Krotz, M.D.
Reproductive
Endocrinologist and
Infertility Specialist

The Advanced Fertility Center of Texas (AFCT) is excited to announce its newest location in College Station Medical Center (CSMC).

WIDE RANGE OF SERVICES

The AFCT offers advanced, comprehensive fertility services. The team helps couples and individuals experience the joy of parenthood by providing the entire range of fertility services on-site, including artificial insemination, injectable gonadotropins, in vitro fertilization, an egg donor program, fertility preservation and surrogacy.

The difference with the AFCT is that the team identifies and treats complex disorders associated with infertility, including severe male infertility, endocrine disorders, severe endometriosis, polycystic ovarian syndrome and other congenital anomalies that require medical or complex surgery.

EXPERIENCED MEDICAL STAFF

Infertility specialists Michael Allon, M.D., FACOG, R.E.I., and Stephan P. Krotz, M.D., have more than 20 years of experience combined and have been recognized for excellence in their work on infertility. They take pride in an individualized approach to patient care with comprehensive fertility testing for both men and women.

At the core of the AFCT are fully accredited reproductive laboratories directed by Dmitri Dozortsev, M.D., Ph.D.,



HCLD, board certified in embryology and andrology. Dr. Dozortsev is one of the pioneers of intracytoplasmic sperm injection and preimplantation genetic diagnosis (PGD). He established an in vitro fertilization program at the AFCT, which includes the advanced techniques of egg freezing and Same Day PGD™.

Through national and international collaborations, the AFCT is able to transfer technology from world experts in egg freezing and ovarian tissue transplantation to offer the current method of fertility preservation for women undergoing cancer treatments and those who are interested in postponing childbearing.

The AFCT takes the time to get to know each patient individually and will address all your concerns on the road to parenthood. To learn more, visit the AFCT at www.infertilityanswers.com and on Facebook and Twitter.

! Do you need help?

For help with infertility, call CSMC at (713) 467-4488, ext. 42, to schedule your appointment. Our offices are at 1602 Rock Prairie Road, Suite 400 in College Station.



The vein truth

How to keep your blood flowing

Normally, you don't think about them much. Your veins are just there, transporting blood to your heart from other organs and tissues on a daily basis. But when veins become visible, painful or begin affecting your health, you can't ignore them any longer.

WHEN GOOD VEINS GO BAD

Two conditions that you may encounter are:

- **Varicose veins.** When one-way valves in the veins fail to keep blood moving forward, the blood pools, causing swelling. That leaves you with bulging, twisting veins located just under the surface of the skin. While they rarely cause symptoms, varicose veins can lead to pain, blood clots and skin ulcers. You have a greater chance of developing varicose veins if you have a family history of varicose veins or are older, a woman, pregnant, overweight or obese or inactive. Varicose veins can be treated by procedures or surgery, including laser surgery, where laser light energy fades veins.
- **Deep vein thrombosis (DVT).** DVT is a blood clot that forms in a vein deep within the body, usually in the lower legs or thighs. It can cause a serious problem called pulmonary embolism, which occurs when the clot breaks free and travels to the lungs. Sitting for a long time can increase your risk of getting a blood clot, as can having

surgery and taking hormone therapy or other medications. Symptoms of DVT include pain, swelling, skin redness and warmth and tenderness over the vein. Your physician may prescribe anti-clotting medications to treat DVT.

PREVENTING PROBLEMS

You can take steps to help reduce your risk of vein problems, or help you manage if you already have them. To keep veins in their place:

- **Get moving.** Exercise can help blood move through veins.
- **Avoid sitting or standing for too long.** Don't cross your legs, and if you can, raise your legs above the level of your heart when sitting or resting. If you've had surgery, get moving as soon as possible afterward.
- **Lose weight.** This will help blood flow and take some of the pressure off your veins.
- **Toss your tight clothes.** Don't wear anything that's tight around your waist, groin or legs, as it can cut off blood flow.
- **Skip the stilettos, ladies.** Low heels can help tone calf muscles, which can get blood moving through your veins.
- **Ask your physician about compression stockings.** They can help keep blood from pooling and reduce leg swelling.
- **Get up and walk around while traveling.** If traveling by car, try to stop every hour for a walking break.

Medicine cabinet makeover

Taking stock can keep your family healthy

Is your medicine cabinet a disaster area, a catchall for old medications, unlabeled bottles and other hazards? If you answered yes, a good cleaning at least once a year is recommended.

So where do you start? First, move all your medicine out of the medicine cabinet, since it's not recommended that you store medicine in the bathroom. Bathrooms are humid places, and that humidity can make your medicines less effective, or, in extreme cases, toxic. Instead, find a cool, dry place to keep your medicines.

Next, get rid of any medication that's expired. However, don't throw it down the toilet, which poses an environmental risk. Instead, throw old drugs in the trash, taking care to mix them with kitty litter or coffee grounds to make them less attractive to children and pets.

Also, make sure to keep medication in its original container, which contains important information like when the drug expires, how much to take, possible drug interactions and who it was prescribed for. Don't leave that cotton plug in any bottles either, as it can draw moisture into the bottle.

Here are some things you may have in your cabinet that deserve a closer look:



Clean out your medicine cabinet at least once a year to keep your family healthy and safe.

SYRUP OF IPECAC. It used to be recommended to make a child throw up if he or she had swallowed poison. However, there's no evidence it works and it may actually cause other treatments to fail. Throw it out! Instead, call poison control in an emergency.

COUGH AND COLD MEDICINE. It's not recommended for kids younger than age 4. And never give a child an adult-strength medication, as it could cause a serious reaction.

ASPIRIN. It's safe for most adults, but if you have kids, be extra careful. Aspirin's been linked to a rare

condition called Reye's syndrome, which can cause brain damage and liver function problems in children and teens, especially those taking the drug to treat chickenpox or the flu. Instead, keep other pain relievers and fever reducers, like acetaminophen and ibuprofen, on hand.

UNUSED ANTIBIOTICS. Don't save them for later or give them to another person. Get rid of them.

THERMOMETERS. If they break, old mercury thermometers can expose you to toxic mercury. Use an oral thermometer for older kids; choose an axillary (under the armpit) or rectal one for younger children.



Tom Jackson
Chief Executive Officer

Dear neighbor,

To say health care is changing is obviously an understatement these days. We know it's expanding on a federal level, and we can see it changing here at home as well. Beginning in 2014, more Americans will begin to have health insurance, resulting in more primary care physicians all across America. One of the messages I continue to hear in all of this change is

that we all need—and quite frankly deserve—a primary care physician, a healthy lifestyle and a medical home.

Establishing a medical district allows College Station to benefit economically from all the changes occurring within health care. A medical district will stimulate the private sector to invest capital and enhance consumers' ability to have a choice in their health care, while minimizing travel time.

From an economic perspective, thousands of dollars in new taxes will be generated for our local school district, city and county. To put this in perspective, for every \$10 million investment, the tax benefit is: City of College \$43,940, Brazos County \$48,000 and College Station Independent School District \$125,341.

When College Station Medical Center (CSMC)

partnered with the Brazos Valley Community Action Agency, we funded the initial investment to create a federally qualified health center for College Station. This development is allowing more physicians to be recruited and is establishing a medical home for hundreds of women and children. It continues to be a great example of the private sector playing a vital role in the expansion of health care.

LOWER WAIT TIMES

Our emergency room (ER) continues to set new expectations for wait times, averaging less than 20 minutes for a patient to be evaluated by a board-certified emergency medicine physician. Few hospitals in the country can make such a claim, and it's a unique designation within our region. While some ERs may reference triage times by a nurse or move you needlessly across town for definitive care, very few ERs have quality processes in place to support a 20-minute commitment!

We're honored to serve our community, and I appreciate your continued interest in CSMC.

Warmest regards,

TOM JACKSON
Chief Executive Officer
College Station Medical Center

HEALTHY WOMAN
has moved ONLINE



Connect now
to communicate
with friends,
neighbors and
other women
like you - in a
whole new way!

Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25-65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
- connect with other Healthy Woman members
- receive information about your health, relationships and life issues

To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at

www.csmedcenter.com

FOR QUESTIONS, E-MAIL US AT HEALTHY_WOMAN@CHS.NET

Newly remodeled pediatric wing provides smiles



Every parent dreads when his or her child is sick. That anxiety is compounded by the sterile white walls and drab surroundings of hospitals. With nothing to distract a child from fears and uncertainty, parents are left scrambling to entertain him or her. College Station Medical Center's (CSMC) newly remodeled pediatric wing can bring those fears and difficulties to an end.

HELP FROM THE AUXILIARY

CSMC devoted more than \$1 million to renovate the second-floor wing of the hospital, which includes the pediatric unit. With the help of the Sunshine Auxiliary raising \$10,000 to donate specifically to the pediatric unit, the unit now hosts



Sunshine Auxiliary members present a \$10,000 check to Chief Executive Officer Tom Jackson.



The newly remodeled pediatric wing makes patients smile.

eight character-specific, kid-friendly rooms, designed to make a young patient's stay as comfortable as possible. It's been a longtime dream of former auxiliary president Kris Walker to donate enough money to transform the pediatric unit into a place for peaceful, recuperative healing. "I remember having a small child in the hospital, and it's a terrible feeling," says Walker. "It doesn't help when the room is dull and sterile. I envisioned a place where every room has a theme with bright colors—a place where a child won't feel frightened, which makes a big difference for parents as well."

THE GRAND REOPENING

Construction crews, plant operation employees and nurses worked diligently so that the pediatric unit would be ready for a grand reopening event on June 15. CSMC staff, chamber of commerce members and other community leaders attended the open house. Here's what guests experienced: A brightly colored rainbow directed them from one room to the next, complete with a pot of gold at the end of the hallway. Every room was freshly painted and filled with vibrant characters, clouds on the ceilings and pastel striped sheets. The Nemo room was a favorite among guests!

Nurses from the pediatric unit are thrilled with the changes and can't wait to see their patients' faces when admitted. The nurses from the pediatric unit hold special places in the hearts of their charges. Now, patients will also fondly remember their surroundings and the compassionate care they receive. It's the desire of every hospital to make a patient's stay as welcoming and comfortable as possible, and CSMC is proud to bring this special unit to the Brazos Valley area.

! Visit us online!

To learn more about the services available at CSMC, visit www.csmedcenter.com.

HEALTHWISE QUIZ

How much do you know about **diabetes**?

Take this quiz to find out.



CURB YOUR CHOLESTEROL

Every year, more than a million Americans have heart attacks, and about 500,000 die from heart disease. One of the major risk factors for such heart trouble is high cholesterol. This fatlike substance builds up in your arteries and slows or blocks blood flow to the heart.

Some experts recommend that you start cholesterol testing by age 20; others say to start at age 35. Using a simple blood test called a lipoprotein profile, your physician can determine if your cholesterol levels are too high. Here's what's considered healthy:

>**Total cholesterol:** less than 200 mg/dL

>**LDL (bad) cholesterol:** less than 100 mg/dL is optimal; 100 to 129 mg/dL is near optimal/above optimal

>**HDL (good) cholesterol:** 60 mg/dL or higher may protect the heart; less than 40 mg/dL for men (less than 50 for women) puts you at a greater risk for heart problems

>**Triglycerides (another type of blood fat):** less than 150 mg/dL

WORK ON IT

Are your levels higher than they should be? You can often make a big impact on your cholesterol by making a few small changes:

- **Cut back on saturated fat and cholesterol.** The American Heart Association recommends that you keep your saturated fat consumption to less than 7 percent of your total daily calories. So if you consume about 2,000 calories a day, no more than 140 of them should come from saturated fat, or about 16 grams a day. Avoid trans fats and stock up on fruits, vegetables, whole grains and foods rich in omega-3 fatty acids (salmon, walnuts, almonds).

- **Get active.** Engage in physical activity for at least 30 minutes daily.

- **Lose weight.** Being active and revamping your diet can help. Dropping even 5 to 10 pounds can lower cholesterol.

- **Quit smoking.**

- **Follow your physician's advice.** That includes taking medication, if needed.

1 Which of the following is not a symptom of type 2 diabetes?

- a. fatigue
- b. increased hunger
- c. difficulty urinating
- d. slow wound healing

2 Having diabetes can increase your chances of developing:

- a. glaucoma
- b. digestive problems
- c. gingivitis
- d. all of the above

3 Your physician may diagnose you with diabetes by performing a:

- a. thyroid test
- b. glucose test
- c. complete blood count
- d. none of the above

4 According to the National Institutes of Health, what percentage of people with type 2 diabetes are overweight?

- a. 60
- b. 70
- c. 80
- d. 90

5 Which of these statements about diabetes is true?

- a. You don't have to avoid sweets and chocolate.
- b. You'll eventually develop it if you're overweight.
- c. It makes you more likely to get colds or other illnesses.
- d. Eating too much sugar can cause it.

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

Flu, flu, go away!

It's fall again, and with the changing of the seasons often comes the dreaded flu. Recently, the seasonal flu has been upstaged somewhat by H1N1. Both strains are serious, may lead to complications such as pneumonia and bronchitis and can result in hospitalization and even death.

You can't always keep flu out of your home, but you can certainly reduce the risk of getting infected. Try these tips from the Centers for Disease Control and Prevention:

- **Get vaccinated.** This year, the seasonal flu vaccine comprises three strains of flu including H1N1. It's especially important for pregnant women; young children; people older than 65; people who have chronic health conditions such as asthma, diabetes, heart disease or lung disease; and others at high risk for complications.
- **Play defense.** Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue out; wash

your hands often (use an alcohol-based hand sanitizer if soap and water aren't available); keep your hands away from your eyes, nose and mouth; avoid close contact with sick people; and stay away from crowds during a flu outbreak. Stay home for at least 24 hours after your fever is gone.

- **Take your medicine.** If you get sick, your physician may recommend an antiviral drug to make the symptoms milder, shorten the time you're sick and prevent complications.



5 must-eat foods

Despite what you might read on the Internet, there's no magic food to prevent disease or cure you of all your ills. However, certain foods are high in antioxidants, vitamins and minerals and, when combined with an overall healthy diet, may help you maintain good health. Consider adding these good, and good-for-you, foods to your diet:

1 Blueberries. Blueberries have plenty of fiber and vitamins A and C, and they may improve short-term memory. Add them to cereal or yogurt for a tart kick.



2 Sardines. Those little fish canned in oil pack a powerful nutrient punch, supplying plenty of protein, calcium and heart-healthy omega-3 fatty acids and vitamins B12 and D. Try them in sandwiches, salads or sauces.

3 Almonds. Thanks to good fats, vitamin E and fiber, almonds are exceptionally good for your heart. Grab a small handful daily or sprinkle them on a salad.



4 Red beans. They're high in potassium, iron and magnesium (not to mention low in fat and an excellent source of protein), and may play a role in preventing heart disease and some forms of cancer. Try adding them to stews instead of meat.

5 Sweet potatoes. That orange color is due to loads of beta carotene, which may help slow the aging process. Sweet potatoes also provide vitamins B6, C and E; folate; and potassium. Try them baked or sliced into wedges for another take on french fries.

MedLife and Health is published as a community service of College Station Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

Copyright © 2010 College Station Medical Center

FALL 2010



CSMC offers businesses a solution

College Station Medical Center (CSMC) now offers a specialized full-service occupational medicine program for businesses in the community. College Station Occupational Medicine Clinic (CSOMC) strives to maximize the wellness of business employees and minimize work-related injury medical expenses by providing specific illness and injury prevention, treatment and rehabilitation services.

LIVING HEALTHIER

The staff and participating physicians/nurse practitioners are available to help each business create a plan to reduce workers' compensation and health care costs in addition to improving worksite safety and meeting regulatory requirements. CSOMC also encourages healthier lifestyles through a wide range of preventive health services.

Each CSOMC employer/client is provided a full range of physical exams, Department of Transportation exams, drug and alcohol testing and required Occupational Safety and Health Administration testing. In response to the client's needs, 24/7 coverage is available. Most procedures performed through CSOMC are scheduled during regular business hours for the convenience of the client's employees. If a referral to a specialist is needed, CSOMC can refer employees to physicians in their network through a case manager/coordinator. After-hours, weekend and holiday treatment is available from the emergency department at CSMC.

CSOMC encourages an aggressive approach to managing work-related injury costs through individualized care management services. The case manager/coordinator



facilitates the entire medical care process to ensure appropriate organization of medical care and open communication between employee, employer, insurers and all medical providers.



The road to recovery

CSOMC offers work-related injury care, rehabilitation, preventive health services and worksite consultation. CSOMC also provides a comprehensive system that can ease a company's health care costs. For more information about the clinic, call Nicole Kroll at (979) 680-WORK.