



AN UNPLEASANT SURPRISE

At only 35 years of age, Sabrina Angeles had a major heart attack. Her story might help you avoid one.

SEE PAGE 2 ▶

SHANNON health beat

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▲ 2015 CIRCLE OF RED MEMBERS: First row: Crystal Conner; Joanne McClish; Kristin Lasiter; Diane Duarte; Christy Ross; Samia Benslimane, MD; Dree Noble; Jill Vosburg; and Alisen Sanders. Second row: Sandra Gray, Tanoa Marsh, Candyce Pfluger, Vanessa Burkhalter, Lesa Wilson, Bette Allison, Janet Harvey, Michelle Chapa, Camille Santry and Nicole McDuffie. Third row: Kendal Jastrow; Deanne Hume; Christina Sherrod, MD; Camille Huchton; Sheila Velarde; Sue Felger; Colleen Haddad; Codi Kingman; Norma Schneemann, MD; Delilah Harper; Jackie Martin; Jill Haddad; and Michelle Chinn, FNP.

One woman every minute! That's the rate at which heart disease claims the lives of women across the country. Heart disease continues to be the No. 1 killer of women, causing 1 in 3 deaths each year.

The good news is that more women are becoming better educated about this deadly disease. They are learning the facts about how different this disease can be for men and women and how to take steps to address their risk for heart attack.

Events like Go Red For Women help women come together with their friends and join in the fight. Please join us for the 2015 Go Red for Women Luncheon on Feb. 4.

Breakout sessions will take place from 10:45 to 11:15 a.m. They will feature health professionals who will give you steps to take today for better heart health. They promise to be educational as well as fun!

Comedienne Leslie Norris Townsend will provide the keynote address. The event will also include a "Purseonality" purse silent auction and exhibit booths.

This is the ninth year for Shannon to sponsor the luncheon, which encourages women to learn about their personal risk for heart disease and to take action to reduce their risk. Rudy Haddad, MD, Shannon Clinic cardiologist, will speak during the event.

"Heart disease affects women of all ages, and even a woman who considers herself perfectly healthy can suddenly find herself experiencing symptoms," says Dr. Haddad. "It's important that women of all ages take a serious look at their risk and learn the steps they can take to keep their hearts healthy."

Get your ticket now. Tickets are \$40 each and will be available through

PLEASE JOIN US FOR THE **2015 GO RED FOR WOMEN** LUNCHEON

Wednesday, Feb. 4 | 10:30 a.m. to 1 p.m.

McNease Convention Center

For tickets, call 325-481-6300.



Go Red For Women is nationally sponsored by **macy's**

the end of January. To purchase tickets or for more information, please call 325-481-6300. All proceeds will help advance educational outreach and research programs of the American Heart Association.

HEALTH BITS

NO GAIN WITH PAIN

Exercise is good for arthritis. But if you have more joint pain two hours after exercising than before you started, you've overdone it. Ease up at your next workout.

Arthritis Foundation



FLAXSEED FACTS

The body can't digest the fiber in whole flaxseed, so grind it in a coffee or spice grinder before using. To enjoy its health benefits and nutty taste, add ground flaxseed to muffin mixes, cereals, smoothies, cooked veggies or salads.

American Institute for Cancer Research



A SOFTER TOUCH

Toothbrushes are nearly 5,000 years old. Early ones were made of things such as wood and hog bristles. The nylon-bristled ones we use today came out in 1938.

American Dental Association



DON'T WAIT

YOUR HEART MAY BE CALLING FOR HELP

CHEST PAIN. Numbness in the left arm. Shortness of breath. Nausea. All textbook indicators of a heart attack and symptoms you would expect to happen to a male in his 60s.

Sabrina Angeles experienced these symptoms and more, but she's quite the opposite of the stereotypical heart attack victim. The young mother of four is healthy overall and was only 35 when she had a massive heart attack in August.

On Monday, Aug. 11, Angeles began working out with a personal trainer. That evening, she started having chest pains, but they only lasted 20 minutes before receding. She didn't pay much attention to the pain and continued her workout routine the next two days without any issues.

Thursday, Aug. 14, was a different story.

"I got off work and began my workout routine at 9 a.m.," she says. "My chest started hurting after about five minutes on the treadmill. I stopped and waited for the pain to quit, and it did after about 15 minutes, so I tried the treadmill again and the pain came back. I decided to switch gears and lift some light weights, and that's when I lost my breath."

Call 911 immediately if you or a loved one has symptoms of a heart attack. Time is heart muscle.

Around 9:30 a.m., Angeles's symptoms were in full swing.

"I started to feel my chest tightening; my left arm and side were numb; I started feeling nauseated," Angeles recalls. "I was in so much pain, I crawled to the bathroom in case I got sick, but I never did. Then I started to have cold sweats. At this point, I was in tears because of the pain."

Angeles's oldest daughter woke up to find her mother



HAPPY TO BE TOGETHER: Sabrina Angeles, second from left, and her four children (from left): Brittany Angeles, 12; Ethan Angeles, 7; Destiny Gourlay, 15; Abigail Gourlay, 17

in excruciating pain. She called Angeles's boyfriend, who was at work an hour-and-a-half out of town.

"I'm stubborn, and I don't like to go to the doctor, but he forced me to go to the emergency room," Angeles says. "I just kept thinking if I could go to sleep, I would feel better when I woke up."

TYPICAL, BUT NOT COMMON At the emergency room, Angeles underwent an EKG, a chest x-ray and blood work. That's where she met Samia Benslimane, MD, Shannon cardiologist, for the first time.

"A sonogram of her heart revealed an artery with 99 percent blockage, so part of her heart was not moving," Dr. Benslimane says. "If she would have fallen asleep like she wanted, to try and get rid of the pain, she would not have woken up again."

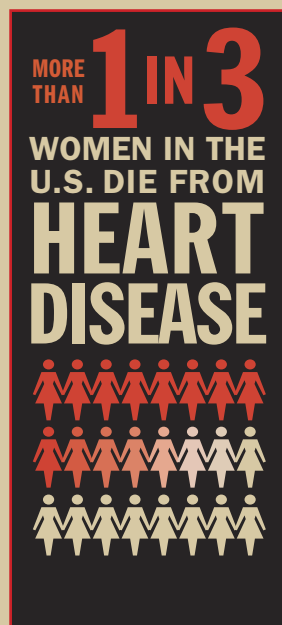
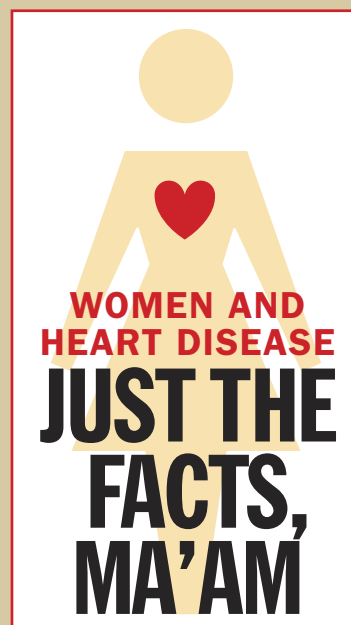
Dr. Benslimane says it is not common for people in their 30s to have plaque buildup in their arteries, so a massive heart attack like Angeles's is very uncommon for her age and gender. "Normally, symptoms of a heart attack in women are atypical, but Sabrina experienced the classic ones," Dr. Benslimane says. "She felt like an elephant was sitting on her chest; she had shortness of breath and nausea. If she was just talking and you couldn't see her to tell her age, you would think she was 30 years older, because that's the normal."

DON'T LET IT HAPPEN TO YOU Fortunately, Angeles's outcome is not grim. But her experience is proof that a heart attack can happen to anyone—regardless of age and gender—and the symptoms must not be ignored. The best part of her situation is that she was healthy before her heart attack occurred.

"She was exercising and using her heart muscle," Dr. Benslimane points out. "If you're not working your muscle, how else are you going to know there is a problem? She wouldn't have experienced the chest pain or shortness of breath by sitting on the couch. This is why at least 30 minutes of daily physical activity—even walking—is important."

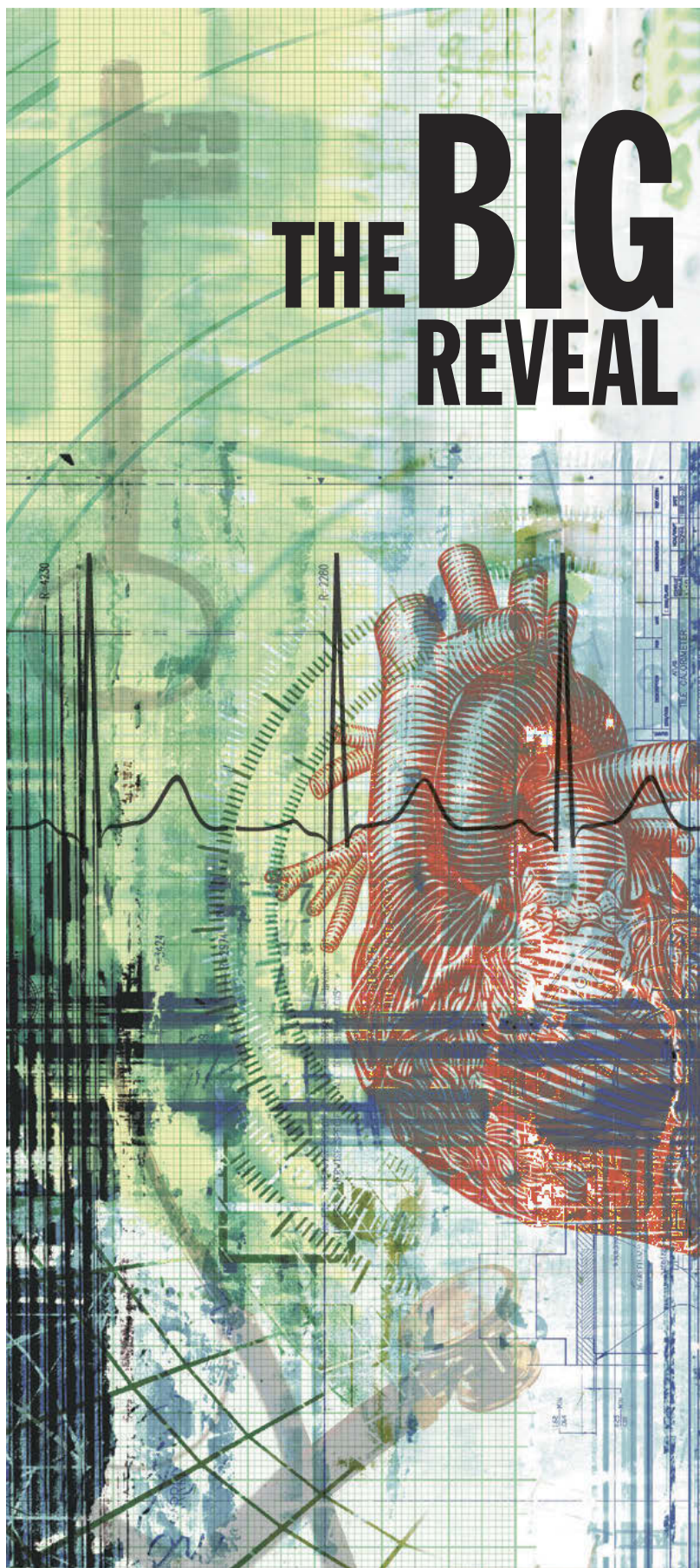
Five months after her heart attack, Angeles is still in recovery. She is on a cholesterol medicine, even though her levels are good, to help keep her arteries "smooth" and plaque-free. She also takes aspirin daily and was on a Coumadin regimen due to a blood clot in her heart. She will continue checkups with Dr. Benslimane to make sure her heart is recovering properly.

"I am still processing the fact that I had a heart attack at age 35," Angeles says. "I never thought this would happen to me, much less when I was this young. But I hope my family and friends will learn something from my experience and pay attention to the warning signs and their health."



WOMEN WHO SMOKE ARE 2-6 TIMES MORE LIKELY TO HAVE A HEART ATTACK THAN WOMEN WHO DON'T SMOKE.

HEART



THE BIG REVEAL

Why you need heart-health screenings

What you don't know can't hurt you, right? Don't believe it—not even for a heart-beat. ♦ You might be headed for heart disease or even a heart attack and not know it. That's because some of the major risk factors—like diabetes, high cholesterol and high blood pressure—often don't have symptoms you would easily notice.

But there are ways to learn where you and your heart stand: routine screenings. Many times you can get these tests at your doctor's office. And if they happen to reveal cardiovascular risks, then you and your doctor can discuss treatments that will lower those risks.

and stopping smoking. Keep in mind that these are general guidelines. Some people need more frequent or additional testing.

Shannon Medical Center is the only hospital in the Concho Valley offering total heart care. Learn about our services at www.shannonhealth.com/totalheart.

WHAT, WHEN AND WHY So talk with your doctor about the following screenings and the health of your heart. It's also important to discuss lifestyle changes that can help keep a heart going strong, such as exercising, eating a heart-healthy diet

Screening test	When to get it	Why have it
Cholesterol. Also called a fasting lipoprotein profile, this test measures total cholesterol, LDL, HDL and triglycerides (another type of fat) in the blood.	Every four to six years starting at age 20.	Having too much LDL cholesterol (the bad kind that clogs arteries) or too little HDL cholesterol (the good kind that helps remove excess cholesterol) can contribute to heart disease. High triglycerides can also affect heart health.
Blood sugar (glucose). Various tests may be used to check for prediabetes (a possible precursor to full-blown diabetes) and diabetes.	Starting at age 45; sooner if you're overweight and have at least one other diabetes risk factor—for instance, a family history of the disease. Repeat testing is often recommended about every three years.	An elevated blood sugar level can damage the body—including the heart. Bringing blood sugar down, however, can help protect the heart.
Blood pressure.	Every two years starting at age 20.	High blood pressure contributes to hardened arteries and overworks the heart, setting the stage for heart disease, stroke and other serious problems.
Body mass index (BMI). Calculated from your height and weight, this number helps determine whether you're overweight or obese.	During regular checkups, your doctor may calculate your BMI and possibly measure your waist.	Unwanted pounds, especially around the midsection, can mean trouble for your heart and boost other health risks too.

Sources: American Heart Association; U.S. Department of Health and Human Services

Putting your HEART to the test

If your doctor thinks you may have heart disease, he or she may suggest some tests, such as:

Electrocardiogram. Also known as an ECG or EKG, an electrocardiogram records electrical activity in the heart. This helps monitor changes in heart rhythm

and may determine if part of the heart is enlarged or not pumping properly.

Sometimes Holter monitoring, also called ambulatory EKG, is performed. It involves the use of a small recorder that you wear while going about your normal routine.

Computer imaging. Tests including CT (computed tomography), MRI (magnetic resonance imaging) and PET (positron emission tomography) use

computer-aided technology to gather images of the heart and how it functions.

Echocardiography. This test uses sound waves to create pictures of the heart's size, structure and motion.

Cardiac catheterization. Cardiac catheterization provides information from inside the heart's vessels. It involves the insertion of a thin tube, or catheter, into a blood vessel in your arm, groin or neck.

The catheter is threaded to the heart, where it can obtain information, such as blood pressure within the heart and oxygen in the blood.

Angiography may be performed in conjunction with cardiac catheterization.

It involves injecting dye into the heart's arteries. The dye, visible by x-ray, reveals blockages and narrowing.

Stress testing. Stress tests evaluate how your

heart functions when working hard. During an exercise stress test, heart rate, breathing, blood pressure and other aspects of heart function are monitored while you walk on a treadmill. The test can show if the heart's blood supply is adequate.

A thallium stress test is similar but involves the injection of a radioactive substance—thallium—into your bloodstream. Doctors use a special camera

to see how much thallium works its way into the heart muscle. That provides information about the heart's blood supply.

Take heart

If your test results aren't ideal, don't despair. There's a lot you can do to improve things. With your doctor's guidance, you can be on your way toward better heart health.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

10

TIMELESS HOW-TO TIPS FOR BETTER HEALTH

1

SAFELY PREPARE CHICKEN

- To keep foodborne pathogens away, thaw frozen chicken in the refrigerator, in the microwave or in a bowl of cold water.
- Before handling raw chicken (or any other food), wash your hands for 20 seconds.
- Don't wash or rinse the chicken! You might spread bacteria to your sink—and beyond.
- Cut the chicken on a clean cutting board that you use exclusively for meat and fish.
- After you're done handling the raw chicken, wash your hands for another 20 seconds.

- If the raw chicken was on a plate before you cooked it, keep all other foods off that plate.
- Cook chicken—whole or parts—to an internal temp of 165 degrees.
- Never transfer cooked chicken back to the plate you used when it was raw.
- Refrigerate leftovers within two hours.



2

MAKE A SIMPLE SALAD DRESSING

Since store-bought dressings can be loaded with calories and sodium, why not make your own? It's fast and easy to do if you start with this basic formula:

- Two tablespoons of a healthy fat, such as olive or canola oil. Or you can even opt for a fancier oil, such as

walnut or avocado.

- One tablespoon of some sort of vinegar—such as balsamic, rice or cider—or a citrus juice, such as lemon or lime.

- Seasonings such as herbs, spices, garlic, salt or pepper to taste.

For a creamier dressing, whisk in a little bit of low-fat yogurt or reduced-fat mayonnaise or sour cream.

You can safely keep a homemade dressing in the refrigerator for about a week.

3

GET A GRIP ON KITCHEN CHORES

If arthritis is cramping your culinary style, try replacing old tools with easy-on-the-joints gadgets such as these:

- Devices that help open jars.
- Knives, spatulas, spoons and other utensils with large, easy-to-grip handles.

- Pots and pans with double handles for easier lifting and carrying.
- Slicers for cutting bagels or English muffins.

Look for products that are lightweight, have textured surfaces so they're easier to grip and don't require a lot of upkeep.

When it's time to clean up, consider washing the utensils by hand. The warm water may help soothe your achy joints.



4

SPOT A BAD MOLE

New or changing moles or spots may be signs of cancer. That's why it's good to check the skin you're in once a month.

In particular, watch for the ABCDE signs of melanoma:

A = Asymmetry. The two halves of a mole are not mirror images.

B = Border. The mole's edges are blurred, notched, ragged or otherwise irregular.

C = Color. The mole has different colors—for example, black mixed

with brown and tan or patches of blue, red, pink or white.

D = Diameter. The mole is larger than 6 millimeters (about ¼ inch, or the size of the end of a pencil eraser).

E = Evolving. The mole changes in color, shape or size over time.

Other warning signs: sores that don't heal; itchiness, tenderness or pain; and changes like bleeding, oozing or scaling.

If you notice any of these, see your doctor.

When caught early, skin cancer—even melanoma—is highly treatable.





6 PROPERLY POSITION A BIKE HELMET

- 1 **Put the helmet on.** (If it's not snug, adjust the pads or the fit ring inside.)
- 2 **Look in a mirror: The helmet should be level.** You should see only an inch or less (the width of one or two fingers) between your eyebrows and the helmet.
- 3 **Adjust the straps.** They should form a V under—and just in front of—your ears.
- 4 **Center the left buckle under your chin.** (You may need to lengthen or shorten the straps.)
- 5 **Buckle and tighten the chin strap.** If you can fit more than one or two fingers under it, tighten it some more. The chin strap and both side straps must be snug.
- 6 **Check that all straps and buckles are adjusted.** Move the rubber band until it's beside the buckle.
- 7 **Now hop on your bike.** Wearing your helmet, you'll be a model of safety!



7 REMOVE GUM FROM A CHILD'S HAIR

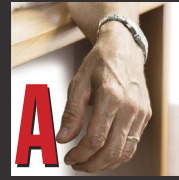
- Coat the gum with creamy-style peanut butter. You can use your fingers or an old toothbrush.
 - Wait a few minutes while the oils in the peanut butter make the gum stiffer and less sticky.
 - Remove the gum from the hair, and wash the child's hair as usual.
- If a bubble-blowing contest has left its mark on a child's eyelashes or eyebrows, swap the peanut butter for vegetable oil. It works on head hair too and is probably a safer choice in homes where kids have peanut allergies.

8 ACT FAST FOR STROKE

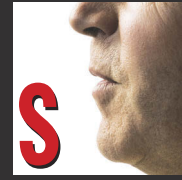
Strokes are medical emergencies. Learn these signs and what to do:



F
FACE One side droops.



A
ARMS One drifts downward when both are raised.



S
SPEECH It's slurred or strange.



T
TIME If you observe any of these signs, call 911 immediately.

You may have heard this about strokes: Time is brain. It means the sooner someone having a stroke is treated, the better the chances of reducing long-term disability. Knowing what time the first symptom began is also important. It helps doctors know what treatments to use.



9 RECOGNIZE WHEN YOU'RE TOO DROWSY TO DRIVE

The next time you feel tired behind the wheel, ask yourself:

- Am I having trouble focusing my eyes?
- Are my eyelids heavy and threatening to close?
- Have I been yawning again and again?
- Did I miss an exit sign or a traffic signal?
- Have I been tailgating or drifting into other lanes?
- Are the rumble strips growling under my tires?

If you find yourself answering "yes" more than once, you may be as dangerous behind the wheel as a drunk driver. Pull over to a safe spot, and take a 20-minute nap. Then honestly reassess your fitness to drive.



10 KNOW IF YOU'RE DEPRESSED

Depression can happen to anyone. To tell if it's happening to you, check any items below that ring true:

- I feel anxious, empty or sad all the time.
- I sleep too much or not enough, or I wake up

in the middle of the night or early in the morning.

- I eat too much and have gained weight, or my appetite is poor and I've lost weight.
- I'm not interested in things I used to enjoy, including sex.
- I feel irritable and restless.
- I have physical symptoms that don't respond to treatment (like chronic pain or tummy troubles).
- I can't concentrate, make decisions or remember things.
- I'm fatigued and out of energy.
- I feel guilty, hopeless or worthless.
- I've thought about death or suicide.

If you checked five or more symptoms—and you've had them for two weeks or longer—you might be depressed. A qualified mental health professional can help.



5 SAFELY TRIM YOUR TOENAILS

- Remove any nail polish with a nonacetone remover.
- If you have thick toenails, soak your feet for 10 minutes in warm salt water (one teaspoon of salt per pint of water).
- To soften nails for an easier trim, apply urea or lactic acid cream after you soak.
- Always use a clean,

straight-edged nail clipper to cut each nail straight across. Avoid tools with curved blades—they can raise your risk for ingrown toenails.

- With an emery board, smooth toenail edges by filing gently in one direction. Avoid scraping the nail surface. And remember: Don't round the edges as you file.

Finally, if you get an ingrown toenail, see a podiatrist.

If you or someone you know is having a stroke, call 911 right away. Our emergency department is expert at treating strokes.

Sources: Academy of Nutrition and Dietetics; American Academy of Dermatology; American Cancer Society; American Institute for Cancer Research; American Podiatric Medical Association; Arthritis Foundation; National Highway Traffic Safety Administration; National Stroke Association; National Sleep Foundation; U.S. Department of Health and Human Services

HEALTH TALK NEWS, VIEWS & TIPS

Shannon expansion to bring even better care

Shannon Medical Center and Shannon Clinic announced six expansion projects to update facilities and provide additional space to serve the growing number of patients in the Concho Valley. Totaling \$45 million, the projects will be funded by the Shannon Trust and will be completed over the next five years.

“The vision of John and Margaret Shannon was to provide a health care entity dedicated to serving the people of West Texas, which they loved so much,” says Len Mertz, chairman of the Shannon Trust. “Through the past 82 years, Shannon continues to live that mission, growing so that it is a premier health care system that can provide exceptional care here in West Texas. We are excited to see that capacity grow further with the addition of these new projects.”

The largest of the projects is a new, multistory medical office building that will be located downtown near Shannon Medical Center on Harris Street. It will include 80,000 square feet of space, along with a new parking lot on the north side of the building. The project is expected to take 2½ years and should be complete in early 2017.

Multistory medical office building

- Located near Shannon Medical Center on Harris Street.
- Will include 80,000 square feet of space, along with a new parking lot on the north side of building.



THE BETTER TO SERVE YOU: Shannon Clinic Urgent Care West, located at 4251 Sunset Drive, will open soon. It will feature walk-in care with extended hours, seven days a week.

- First floor: ancillary services, such as lab and radiology, urgent care downtown.
- Second and third floors: Shannon Clinic provider offices, consolidated specialties.
- Fourth floor (upon approval): Dedicated meeting space and conference rooms.
- Estimated completion: early 2017.
- Project total: \$23.8 million.

Shannon Ambulatory Surgery Center and Southwest Clinic on Sunset

- Two gastroenterology providers will be added over the next two years.
- Surgery Center: 3,800-square-foot addition for patient procedures, prep and recovery space.
- Southwest Clinic: 1,800-square-foot addition for office space for GI physicians.
- Estimated completion: August 2015.
- Project total: \$3.5 million.

Rehab unit relocation to St. John's Campus

- Construction underway on third floor will total 13,000 square feet of space.
- The move will create 14 additional acute care beds at the main hospital.
- Estimated completion: early 2015.

Shannon Clinic Urgent Care West

- Fourth urgent care location at corner of

Sherwood Way and Sunset Drive (former Big 5 Sporting Goods building).

- 6,500-square-foot space will include nine exam rooms, onsite x-ray and lab.
- Open seven days a week from 7 a.m. to 10 p.m.
- Staffed with two providers, including at least one physician, at all times.
- Estimated completion: early 2015.

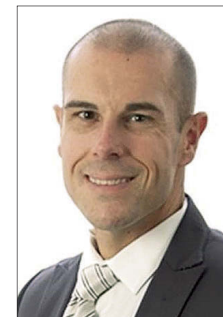
Facility modernization

- Upgrades planned at Shannon Medical Center and Shannon Clinic.
- Project includes: patient room, lobby and waiting area modernization; infrastructure enhancement; and main clinic renovation of all three floors.
- Improved wayfinding system will be implemented throughout the organization.
- Estimated completion: five years.
- Project total: \$14 million.

“With decreasing reimbursement and increasing burden of unfunded care, most hospitals cannot do projects like this,” says Bryan Horner, Shannon Medical Center president and CEO. “We are fortunate to have the Shannon Trust to provide funding for these expansion projects so we can ensure we have the capacity to serve our community as it continues to grow in the future. We are also looking at adding new services in the future so that patients will not have to seek them outside San Angelo.”

Shannon welcomes urgent care provider

Robert Lejawa, DO, has joined Shannon Clinic Urgent Care North. After receiving his bachelor's degree from the University of Illinois at Chicago, Dr. Lejawa earned his medical degree from Des Moines



Robert Lejawa, DO

University Osteopathic Medical School in Des Moines, Iowa. He completed his residency training at Carl R. Darnall Army Medical Center in Fort Hood, Texas. He was deployed to Iraq as a flight surgeon from April 2009–2010.

Dr. Lejawa is board-certified in family medicine. He will provide weekend care at Urgent Care Clinic North. Located at 2626 N. Bryant, the clinic is open seven days a week from 7 a.m. to 8 p.m.

To check current wait times and learn about Call Ahead Care, visit www.shannonhealth.com.

Coming soon: Shannon Clinic Urgent Care West, 4251 Sunset.

Check out our urgent care wait times or learn more about our Call Ahead Care service at www.shannonhealth.com. You can also download our free mobile app in the Apple or Android app stores.

My Shannon Health: Secure, mobile access to your medical records anytime you need it

Want to view the results of your lab tests from your home? Need an instant record of your vital signs? Need the ease of paying your bill from your computer?

Online access to these items and your medical information is now possible with the My Shannon Health patient portal system, powered by RelayHealth.

A single My Shannon Health account grants you access to both clinic and hospital visit information. Your account will give you convenient, secure access to your medical information, including:

- Results of lab tests.
- Medication and allergy lists.
- Discharge instructions.
- Records of your vital signs.
- Messaging capability with your provider's office.
- Online bill pay (available spring 2015).

Access to the portal is available at no charge. You will also have the ability to enter additional medication or health information.

During registration for your next stay at Shannon Medical Center or before your visit at Shannon Clinic, you will be asked to provide your email address in order to initiate access to My Shannon Health. You will receive an email from RelayHealth with further instructions and links to set up your account. You will be asked to enter your date of birth and other demographic information and to create a password and user ID. Then you are all set to access your health care information from any device with wireless Internet capability.

For more information or if you have questions about My Shannon Health, please call RelayHealth customer support at 866-RELAYME (866-735-2963) or email support@relayhealth.com.



GET HIP TO A NEW HIP

Surgery may be your best option for chronic pain

WHEN YOU'RE LIVING with a painful hip, there's a good chance you're not really living. It may be hard to stand, walk or even bend over to tie your shoes. The more challenging these simple tasks become, the harder it may be to do activities you enjoy.

If this describes your life, then it may be time to learn about hip replacement surgery.

WHY DOES IT HURT? Most painful hips are caused by arthritis, which damages the bone and cartilage in the hip. But other conditions, such as a fracture or a tumor or poor blood supply to the bone, may also be to blame.

To help hurting hips, doctors typically first recommend things like medications, exercise or physical therapy. But if those treatments don't ease the pain, then surgery is a safe and effective option.

Most people who have had a hip replaced report that the surgery made them feel better and improved their quality of life.

We can make your new hip happen. To schedule an appointment at the Shannon Orthopedic Center, call 325-481-2292.

HOW DOES SURGERY HELP? Hip replacement surgery is performed with either regional or general anesthesia. It may involve a traditional open procedure or minimally invasive techniques.

The open procedure usually involves a 6- to 8-inch incision on the side of the hip. Minimally invasive procedures use smaller incisions and specialized tools.

Even though there are some advantages to minimally invasive hip replacements—smaller incisions typically translate into a shorter recovery time, for example—these surgeries tend to work best in young, healthy people who aren't overweight.

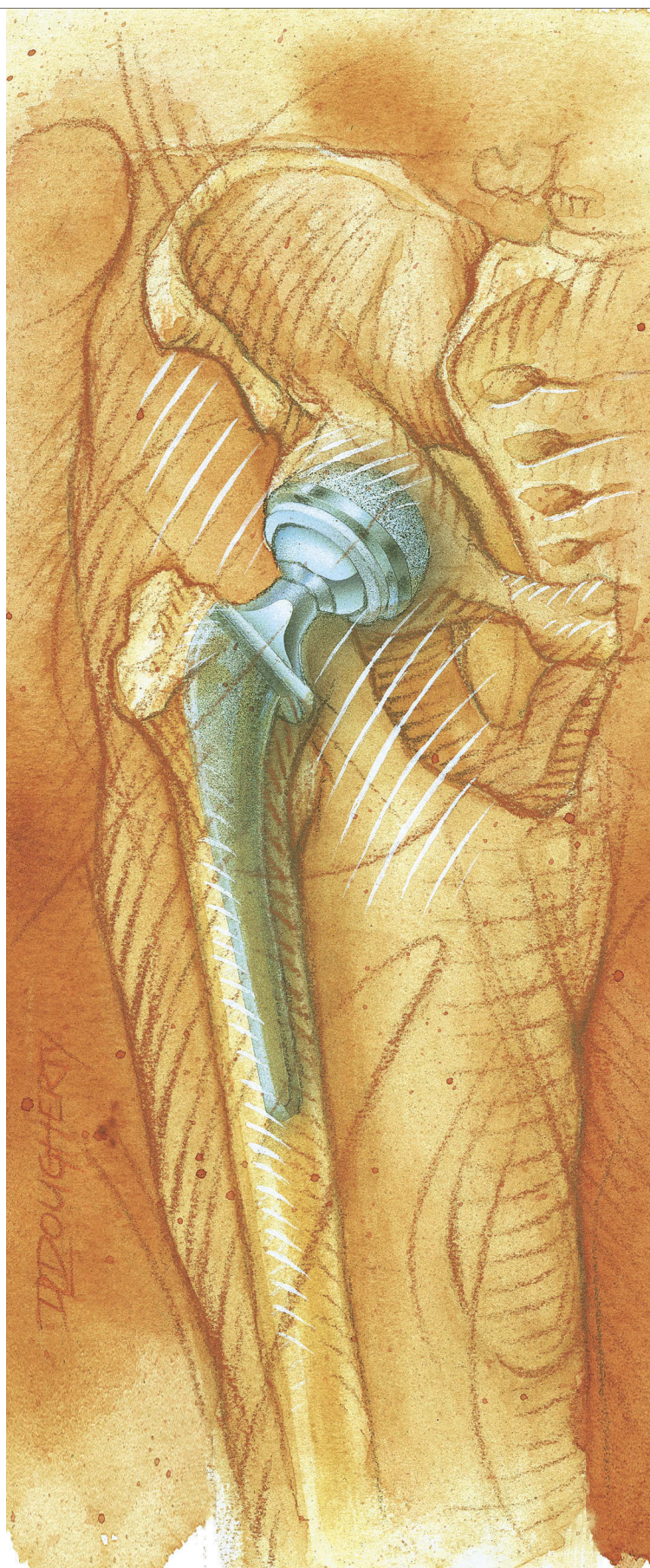
In both an open and minimally invasive procedure, the surgeon removes the damaged bone tissue and cartilage from the hip joint. He or she then replaces the head of the femur (the thigh bone) and the acetabulum—the socket in the pelvis where the femur sits—with metal, plastic or ceramic parts.

The surgeon decides which material is best to use and whether the parts will be cemented in or left so that bone can grow in around them.

Hip replacement surgery typically lasts an hour or two. And most people remain in the hospital for several days. Medication can help with the pain right after surgery and during recovery, which may take about six months. Physical therapy to help regain strength is often recommended.

IS IT RIGHT FOR YOU? If you've been dealing with hip pain that's interfering with your life and isn't getting better with other treatments, ask your doctor if hip replacement surgery is a good choice for you.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health



Too young for a new hip?

If you're younger than 60 and have chronic hip pain, you don't have to wait years for relief.

Surgeons used to be reluctant to offer hip replacement to people under 60. They were concerned that younger people, who tend to be more active than older ones, would put more stress on the prosthetic joint and cause it to wear out faster.

But you don't have to put up with the pain. When it comes to hip replacement surgery, your overall health and activity level are more important considerations than your age, according to the National Institutes of Health (NIH).

And advances in medical technology have led to replacements that are better and more durable than older versions, the NIH reports.

WE'VE GOT YOUR BACK

Tests can help reveal the source of your back pain

A LOT CAN GO WRONG with a complex structure such as your spine.

And when your lower back hurts, it may be bones, muscles, tendons, ligaments or nerves that are involved. It may take some examination and investigation by your doctor to find out just what's wrong.

Lower back pain can be triggered by something as simple as bending or reaching or by lifting something heavy. It may also be related to being overweight, smoking, sleeping in the wrong position or having too much stress.

Kids may get back pain from an overloaded backpack. Older folks may hurt from changes in the disks between bones in the spinal column. A bulging disk can put pressure on nerves in the spinal cord. A dried-out disk may be an ineffective shock absorber leading to pain.

Sometimes the spinal canal narrows, putting pressure on nerve roots inside the canal. And sometimes spinal pain is brought on by arthritis, abnormal curving of the spine or a fracture caused by osteoporosis.

PINPOINTING THE PROBLEM A physical examination can help pinpoint affected areas of the spine. Your doctor will check for sensation, strength and reflexes in various parts of your body.

Tell your doctor which motions or positions hurt and what seems to help relieve your back pain.

If the pain source is not obvious, your doctor may recommend one or more of the following:

- X-rays to check bones for wear, breaks or disease. A myelogram requires injection of a special dye before the x-ray is taken.
- A CT (computed tomography) scan to check for a disk rupture, spinal narrowing or damage to vertebrae.
- An MRI (magnetic resonance imaging) to look for damage to soft tissue, disks and nerves. MRI is also very good at showing infection, tumors and fractures.
- An electromyogram and nerve conduction studies to find out if the nerve roots and muscles are working properly.
- Discography to identify damaged disks.
- A bone scan to check for infection, fracture or other bone disorders.
- An ultrasound to look for tears in ligaments, muscles and tendons.

ON THE MEND Depending on your case, your doctor may prescribe bed rest for one or two days.

You may also be advised to:

- Apply hot and cold compresses.
- Exercise to strengthen muscles.
- Take medicines to reduce pain.

In some cases, surgery may be recommended.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health



EVENT Calendar WINTER 2015

Shannon Medical Center offers many classes and events for your good health. To find the most up-to-date list, please visit www.shannonhealth.com/calendar.

Special Events

Healthy You Health Fair

Saturday, Jan. 31
10 a.m. to 2 p.m.
Sunset Mall

Blood glucose testing, blood pressure checks, BMI information and more! Open to the public; admission is free. For more information, call **325-657-5064**.

KIXY Cares for Kids Radiothon

Thursday through Saturday, Feb. 26 through 28
Feb. 26 and 27: 6 a.m. to 7 p.m.
Feb. 28: 10 a.m. to 7 p.m.
During the three-day event sponsored by Republic Services, the 2015 Miracle Kids will be introduced, and listeners will hear

updates on past Miracle Kids on KIXY FM 94.7. The outstanding medical staff at Shannon Medical Center will be on air to explain more about needed items on our 2015 wish list. For more information, please call **325-481-6160**.

CMN Day at the Rodeo

Sunday, Feb. 22
3 p.m.
Miracle Kids and CMN staff will be in the stands to do a "bucket pass" during the performance. For more information, call **325-481-6160**.

Support Groups

Breastfeeding Community Gathering

Every Thursday
11 a.m. to noon
Women's & Children's Family Room, third floor
For more information, call **325-481-6326**.

Survivor Sisters Breast Cancer Support Group

First Thursday of every month, Jan. 8, Feb. 5, March 5, April 2
5:30 p.m.
Cancer Empowerment & Resource Center at Shannon
For more information, call **325-481-2065**.

Concho Valley Kidney Support Group

Tuesdays, Jan. 6, Feb. 3, March 3, April 7
7 to 8 p.m.
Legacy Meeting area, second floor
120 E. Harris
For more information, call **325-212-3493**.

Building Blocks Childbirth and Parenting Classes

To register, please call **325-481-8888**. For more information about these classes, please visit www.shannonbabies.com or call **325-481-6332**.

All About Childbirth

■ **Tuesdays, Feb. 17, 24**
6:15 to 8:45 p.m.

Women's and Children's Conference Room

Receive helpful information about labor and childbirth to minimize your fears and help you make informed decisions. Online classes available. Call **325-481-6332** to sign up.

■ **Saturdays, Jan. 24, Feb. 21**

12:30 to 3 p.m.

Women's and Children's Conference Room

Infant CPR, car seat safety, basics of newborn care and home safety tips are covered in this informative class.

Doting Siblings: Big Brother/Big Sister Classes

■ **Saturday, Jan. 24**
9 to 10:30 a.m.

Women's and Children's Conference Room

A class specifically for big brothers and big sisters.

Essentials for Pregnancy

■ **Saturday, Feb. 21**
9:45 to 11 a.m.

Women's and Children's Conference Room

A wonderful way to learn about your pregnancy journey.

Finding Alternatives for Labor Pain

■ **Tuesdays, Jan. 13, March 3**

6:15 to 8:45 p.m.

Women's and Children's Conference Room

Learn breathing, relaxation and massage techniques to use throughout labor.

Caring for Your Newborn

■ **Tuesdays, Feb. 17, March 17, April 7**
6:15 to 8:45 p.m.

Go Red For Women Luncheon

Wednesday, Feb. 4
10:30 a.m. to 1 p.m.

McNease Convention Center

Speaker: Comedienne Leslie Norris Townsend

Tickets are \$40 per person; \$500 to reserve a table for eight. For more information, please call **325-481-6300**.



SHANNON CLINIC

Shannon Clinic

120 E. Beauregard Ave. 325-658-1511

Shannon Clinic—Obstetrics, Gynecology & Pediatrics

225 E. Beauregard Ave.

Shannon Clinic Southwest

4450 Sunset Drive

Shannon Medical Plaza

102 N. Magdalen

Shannon Clinic—mall location

4235 Southwest Blvd. 325-481-2197

Shannon Clinic Urgent Care North

2626 N. Bryant 325-481-2271

Shannon Clinic Urgent Care West (opening February 2015)

4251 Sunset Drive 325-481-2226

Adult and Senior Medicine

3016 Vista del Arroyo 325-949-9408

Southwest Internal Medicine

4141 College Hills 325-481-2320

Shannon Clinic Urgent Care South

3502 Knickerbocker Road 325-481-2222

Shannon Occupational Medicine and Injury Clinic

2626 N. Bryant 325-481-2375

Wound Care and Hyperbaric Medicine

2018 Pulliam 325-659-7290

Family Health Center—Ozona

104 N. Ave. H 325-392-3788

Shannon Clinic at Sweetwater

201 E. Arizona Ave. 325-235-8641



Clinic Hours: Regular hours for the clinic are Monday through Friday, 7:30 a.m. to 5:30 p.m.

www.shannonhealth.com

HEALTH BEAT is published as a community service for the friends and patrons of SHANNON MEDICAL CENTER, 120 E. Harris Ave., San Angelo, TX 76903, telephone 325-653-6741.

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Information in HEALTH BEAT comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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