

# Health Connection

BROUGHT TO YOU BY BIG BEND  
REGIONAL MEDICAL CENTER

Caring for  
our community

Living well with  
heart disease

For all your  
healthcare needs  
We have the right  
medical staff for you

Meet our  
newest  
gynecologist

Are you healthwise?  
Take our quiz!





# Do you really need a primary care physician?

**S**ure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

## THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

## A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

## Who's who in the PCP world

**W**hen picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.

### • **Nurse practitioners and physician assistants.**

Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.

- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

## Screenings your PCP may provide

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> blood pressure  | <input type="checkbox"/> cholesterol       | <input type="checkbox"/> diabetes        |
| <input type="checkbox"/> breast cancer   | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity         |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression        | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia       |  |  |

# Strength-train your brain

## The mental benefits of exercise

**E**xercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

### BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

### TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

### AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

### CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

### BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



## How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.

## A MESSAGE FROM OUR CEO



Michael J. Ellis, FACHE  
Chief Executive Officer

### Dear friends,

I'm happy to report that Big Bend Regional Medical Center has begun our growth strategy with the addition of Rochelle Sohl, M.D., a board-certified obstetrician/gynecologist.

Dr. Sohl attended the University of Texas at Austin and completed medical school at the University

of Texas at San Antonio. Dr. Sohl brings more than 25 years of experience to the Big Bend region. She'll be taking over the Big Bend Women's Health Center

located in the Medical Office Building area of the hospital.

Dr. Sohl's vast experience in minimally invasive surgical procedures will complement that of our existing highly trained medical staff. I look forward to hosting a reception for Dr. Sohl to meet the community and officially welcome her back to the Big Bend region.

This is just the beginning of our efforts to meet the needs of our community.

Best regards,

Michael J. Ellis, FACHE  
Chief Executive Officer  
Big Bend Regional Medical Center

## The services you need, close to home!

Big Bend Regional Medical Center (BBRMC) continues to expand to fulfill our mission of providing healthcare for our entire community in a caring, quality-focused manner. The services we offer include:

### ACUTE MEDICAL CARE FACILITIES

- all private rooms
- telemetry unit
- external pacemaker
- fully equipped and physician-staffed emergency rooms
- same-day surgery
- endoscopy
- laparoscopy
- pediatric emergency treatment room
- cardiac monitoring
- wound care
- outpatient antibiotic treatment
- therapeutic phlebotomy

### COMPLETE OBSTETRICS CARE

- two labor/delivery/recovery rooms
- fetal heart monitoring—internal and external
- newborn care
- childbirth orientation classes
- spinal anesthesia
- non-stress testing
- "rooming in"
- newborn hearing screening

### ADVANCED SERVICES

- new X-ray and fluoroscopy units
- ultrasound and vascular ultrasound

- carotid Doppler studies and duplex scanning
- lab
- radiology
- 10-slice emergency and diagnostic CT scan
- radiologist on staff with teleradiology capability during off-hours
- respiratory therapy
- physical therapy with expanded hours

### SOCIAL SERVICES

- case management
- discharge planning
- self-pay screening
- charity and indigent care coordinator

### RURAL HEALTH CLINIC

- Marathon—Joann Lister, F.N.P.

### OUTPATIENT DIAGNOSTIC TESTS

- cardiac treadmill testing
- echocardiography
- electrocardiography
- electroencephalogram

### MONTHLY SPECIALTY CLINICS

- cardiology
- ear, nose and throat
- orthopedics
- audiology

*BBRMC also offers active auxiliary, Senior Circle and Healthy Woman programs.*

## MEET OUR MEDICAL STAFF

The experienced, dedicated physicians of Big Bend Regional Medical Center (BBRMC) can help your family stay healthy. We'd like to introduce four of them to you.



**JAMES LUECKE, M.D.**  
Family Practice

Memorial Square  
Fort Davis  
(432) 426-3217

Board certified in family practice medicine, James Luecke, M.D., has been a part of BBRMC's medical staff for more than 20 years. Dr. Luecke graduated from Stanford University in Palo Alto, Calif., and attended medical school at the University of Texas Southwestern in Dallas. He's also a member of the American Medical Association, the Texas Medical Association and Integrated Physicians Partners.



**DAVID SANCHEZ, M.D.**  
Family Practice

202 N. 2nd St.  
Alpine  
(432) 837-5505

Board certified in family practice medicine, David Sanchez, M.D., has been a member of BBRMC's medical staff since 1994. Dr. Sanchez is a graduate of Texas A&M University in College Station and attended medical school at the University of Texas Medical Branch in Galveston. He's a member of the Texas Medical Association, the American Academy of Family Physicians and the Texas Academy of Family Physicians.



**ADRIAN BILLINGS, M.D.,  
Ph.D.**  
Family Practice

708 E. Brown St.  
Alpine  
(432) 837-3433

Board certified in family practice medicine, Adrian Billings, M.D., Ph.D., has been a member of BBRMC's medical staff since 2006. Dr. Billings graduated from Texas A&M University in College Station and attended medical school at the University of Texas Medical Branch in Galveston. He's a member of the American Academy of Family Physicians, the American College of Obstetricians and Gynecologists and the American Society for Colposcopy and Cervical Pathology.



**JERRY MOELLER, M.D.**  
Radiology

Big Bend Regional  
Medical Center  
2600 Highway 118 North  
Alpine  
(432) 837-3447

Board certified in radiology, Jerry Moeller, M.D., has been a part of BBRMC's medical staff since 2001. Dr. Moeller graduated from Sul Ross State University in Alpine and attended medical school at the Uniformed Services University of the Health Sciences in Bethesda, Md. He's a member of the Radiological Society of North America, the Texas Medical Association and the American College of Radiology. He currently serves as chief of staff of BBRMC.

If you or a family member need a physician, visit [www.bigbendhealthcare.com](http://www.bigbendhealthcare.com) to find a physician by specialty, or call (432) 837-3447.

## HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.



## Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

**Master your medications.** If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

**Learn food math.** Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

**Move more.** Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

1 Your risk of developing breast cancer is increased by which of the following?

- a. radiation exposure to the chest as a child or a young adult
- b. first pregnancy after age 30
- c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
- d. all of the above

2 Which is not a risk factor for developing breast cancer?

- a. having a family history of the disease
- b. being overweight
- c. antiperspirant use
- d. excessive drinking

3 Symptoms of breast cancer typically don't include:

- a. changes in the size or contour of the breast
- b. breast pain
- c. an indentation of the nipple
- d. a clear or bloody discharge from the nipple

4 Which of the following is not true about male breast cancer?

- a. One in five men with breast cancer has a close male or female relative with breast cancer.
- b. The average male is 60 to 70 years old at diagnosis.
- c. Being overweight doesn't increase breast cancer risk.
- d. Health conditions that affect the testicles may increase risk.

5 An annual mammogram once you turn 40 is important because:

- a. your chance of being diagnosed with breast cancer increases with age
- b. you may have a small cancer that won't show up until your next annual screening
- c. the sooner you're diagnosed with breast cancer, the easier it is to treat
- d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)

# Keeping little athletes safe

**K**ids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.



- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

## Healthy eating on the run

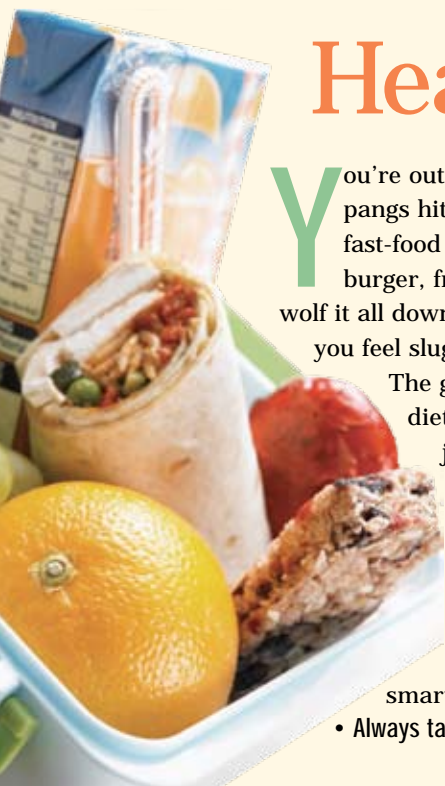
**Y**ou're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box** with fresh fruit, carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.





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# BBRMC welcomes our newest gynecologist



Rochelle Sohl, M.D.  
Gynecologist/Gynecologic Surgeon

**B**ig Bend Regional Medical Center would like to welcome Rochelle Sohl, M.D., board certified in obstetrics and gynecology (practice limited to gynecology), to our medical staff.

## ABOUT DR. SOHL

Dr. Sohl earned her undergraduate degree from the University of Texas at Austin, where she graduated magna cum laude. She then went to medical school at the University of Texas at San Antonio (UTSA), graduating with honors. She performed her internship at UTSA and was the administrative chief resident.

Dr. Sohl's special interest and experience lies in ultrasound (she's performed more than 700 scans), operative laparoscopy, pelvic floor reconstructive surgeries, urinary incontinence surgeries, endometriosis and menopause. She's a Diplomate of the American Board of Obstetrics and Gynecology and the National Medical Honor Society.

It didn't take her long to get acquainted with Alpine and the Big Bend area because she was born and

raised here. She's the daughter of Mary Jo and Bill Sohl and a graduate of Alpine High School.

Dr. Sohl has lectured on subjects like menopausal hormone therapy, teen sexuality and teen pregnancy prevention, ectopic pregnancy, postpartum depression, contraception and menopause. She's written numerous papers and garnered many awards over her career.

With a passion for the arts, Dr. Sohl is a fan of classical and opera music. She loves to sing and has participated in many community choral ensembles.

Dr. Sohl's practice will begin seeing new patients on October 1.

## ! Make an appointment

**R**ochelle Sohl, M.D., is accepting new patients. For an appointment, call (432) 837-0779.