

OUR
SUCCESS
IS IN THE
NUMBERS

focus

UPFRONT



On Course for Success

The HSF Golf Tournament raises scholarship funds for local students

The Humble Scholarship Foundation Golf Tournament has become a rite of spring that physicians, staff and community leaders look forward to every year. For the fifth consecutive year, they turned out to enjoy a day of friendly competition for a good cause.

All funds raised go to the Humble Scholarship Foundation, which awards scholarships to local high schools seniors who are going to college with plans for a healthcare career.

This year, attendees enjoyed another beautiful day at the Oakhurst Golf Club. After

Continued on back



Straight from the Heart

Patients of HSH-affiliated cardiologists get fast stress test results with HOPD

When dealing with matters of the heart, Humble Surgical Hospital encourages early intervention for optimal cardiac health.

HSH recently established a hospital outpatient department (HOPD) that offers a wide array of services — including stress tests to monitor changes or irregularities in the heart's electrical activity.

“We want to make sure we catch patients before they have a heart attack,” says Debbie Cormier, chief nursing / administrative officer at Humble Surgical Hospital. “We look for shortness of breath, reduced heart rate and general feelings of being unwell.”

The process is fairly straightforward. After completing a medical evaluation, the cardiologist will then perform an exercise stress test to examine vital signs including heart rate and blood pressure.

“Patients will start walking on the treadmill and we see how they handle that,” she says. “If they can’t get their heart

rate up on the treadmill, the physician will do a medication test.”

Many hospitals and medical centers have opened an HOPD to improve care coordination and provide more advanced services in a convenient location. What separates HSH's department from others is the level of expertise involved.

“Most other places use an ER doctor or primary care physician, but we do ours with a board-certified cardiologist,” she says. “Working hand in hand with Dr. Barry Willens and his practice, our cardiologist Dr. Shakeel Uddin, performs the stress tests and knows all the signs to watch for.”

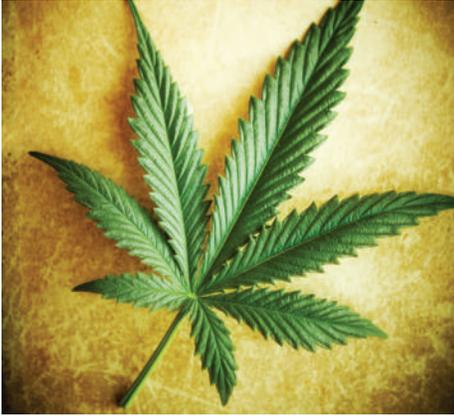
FILLING A MAJOR NEED

HSH helps patients throughout the entire process of getting a stress test, contacting insurance companies and scheduling follow-up treatment when necessary. Cormier says the average

Continued on back

Marijuana and Heart Health

A study raises questions as legalization of the drug becomes more common



Many supporters of marijuana legalization have cited the drug's health benefits among the most important reasons for their support. Marijuana is often used to provide pain relief associated with chronic conditions like multiple sclerosis, glaucoma and HIV. But now there is more to the debate.

French researchers say they have found a possible link between marijuana use and cardiovascular complications in younger adults.

The study, published in the *Journal of the American Heart Association*, examined 1,979 cannabis-related reports in a five-year period. Researchers identified 35 users who suffered heart disease. About one-quarter (25.6 percent) of these complications resulted in death.

Previous studies on smoking marijuana had shown a significant impact on heart rate, as well as fluctuations in blood pressure. These health factors may lead to heart attack or stroke.

Many patients know about the dangers to their heart and lungs from smoking tobacco but the effect of marijuana has gone largely unreported. Because the drug has been illegal throughout the U.S. until recently, research studies about its health effects had been scarce. Medical marijuana is now legal in 23 U.S. states and the District of Columbia. Recreational use is legal in four states.

The researchers concluded that more investigations are necessary to further define the possibility of long-term side effects.

Source: MedPage Today

FACTSHEET



Do Not Mix

Some foods and herbal supplements may interfere with your medication

It's only logical. Medication works because it causes some sort of reaction in your body. Herbal supplements and food do the same thing. And sometimes, the combination creates conflict that will cause medicine to lose its effectiveness.

The American Heart Association (AHA)

lists some common drug/food/herbal supplement interactions to avoid:

If you take Coumadin (Warfarin), a blood thinner that many heart patients take to avoid dangerous clots

Be careful about: Ginseng, touted as a means to boost the immune system, improve mood or increase concentration, and Vitamin E, also seen by many as a way to build immunity. Both may interfere with blood thinner medication.

If you take Lipitor, Zocor or certain other cholesterol-lowering medications
Be careful about: Grapefruit, pomegranate and the herbal supplement St. John's Wort. Each can affect the way medication is processed in the liver.

If you take Lanoxin (Digoxin) for congestive heart failure and abnormal heart rhythm

Be careful about: Licorice, which increases the medication's toxicity.

The AHA also warns that alcohol does not combine well with any medication.

Source: American Heart Association

New Prescription? Do This Immediately.

- Read the labels.
- If you take herbal supplements or vitamins regularly or in large doses, ask your doctor about their effects on any prescription medications.
- Ask your doctor or pharmacist about any food interactions for a new prescription.



TAKECARE

Before Your Child Goes into Surgery

Tips from nurse anesthetists

Moms and dads will naturally get anxious if their child needs a surgical procedure. That's why the American Association of Nurse Anesthetists put together a guide for parents on how to ease their fears and make the process as easy as possible for the child.

START STRONG

- When parents remain calm, their little ones take the cue. The best way to reduce anxiety all around is to have a clear understanding of what to expect.
- Talk to the surgeon, without your child present, to get all the information you need and your questions answered.
- Find out when you will be separated from your child at the hospital and what they will experience without you before anesthesia takes hold.
- Avoid crying in front of your child. If emotions get too strong, take a few minutes away from your child to collect yourself.

BE HONEST

- You have the information from the surgeon, so explain as much as you can to your child before the surgery and answer their questions. If you don't know the answer, tell them you will find out. Don't guess or make something up.
- Avoid describing the effect of anesthesia as "taking a nap," since that can lead to fears around the word nap later. Tell them they will get some medicine that will make them sleep.
- Compare the time they will be in surgery to the length of a favorite video.
- Prepare your child to know that when they wake up from surgery, "it might hurt."

ALL DONE

- Be present when your child wakes up, if recommended by the anesthetist. If your child is staying overnight, ask about rooming with them.
- Ask the doctor and nurse for directions on caring for your recovering child at home. If you have any questions once you are home, call for more information.

Source: American Association of Nurse Anesthetists



Keep the Rally Going

How tennis players can maintain their strokes by staying injury-free

From Grand Slam tournaments to recreational leagues, tennis players are feeling the strain after their matches.

You might think that tennis elbow is the most likely injury for the serve-and-volley set — but it's no match for more common afflictions. Sixty-seven percent of tennis-related injuries involve the lower extremities, according to the American Academy of Orthopedic Surgeons (AAOS).

The jarring nature of tennis, with its intermittent stops and starts, can be devastating on the hips, knees, feet and ankles. To keep tennis players on the court, the AAOS tosses up these recommendations on how to reduce your risk of injury on the court.

PRACTICE EARLY PREPARATION

Walking, jumping rope or riding a stationary bike for a few minutes can get your blood flowing and muscles warmed up. Before you step up to the baseline, do a complete set of stretches including lunges, arm circles and quick racket swings. These stretches will mimic your movements on court while increasing your power and flexibility.

CHOOSE APPROPRIATE ATTIRE

Find tennis shoes that provide excellent arch support and heel stabilization. For added protection, wear two pairs of socks or padded tennis socks. You can avoid plantar fasciitis and other foot injuries by using orthotics or a heel cup.

WATCH YOUR STEP

The constant pounding your joints take on hard courts made of asphalt or concrete often leads to pain. Play on softer surfaces like clay instead. In order to avoid slips and falls, clear away any loose debris or other impediments on the court.

EXPLORE OFF-COURT TRAINING

Aerobic conditioning and cross-training exercises will reduce the stress on your feet and ankles. Strengthen your lower body by adding trunk rotations and squats to workouts for better stability.

Finally, if you're feeling excessive pain, numbness or discomfort, get checked out by a doctor.

Source: American Academy of Orthopedic Surgeons



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Our Dynamic Services

Humble Surgical Hospital is a multi-specialty, physician-owned surgical hospital offering state-of-the-art equipment and a variety of surgical procedures. Our highly qualified and experienced team of physicians, nurses and medical personnel aims to ensure patients receive excellent surgical services in a warm, caring and friendly environment. The hospital works with its patients, physicians and staff to engage an ongoing pursuit of excellence in care and service.

Some of the many services that make HSH such a unique surgical hospital include:

- ENT
- Spine Surgery
- Ophthalmology
- Orthopedics
- Gastroenterology
- Pain Management
- Plastic
- Cardiovascular
- And more

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Questions related to Humble Surgical Hospital's *Focus* newsletter? Please contact Director of Public Relations and Corporate Communications Mika Rao at 713-532-7311.

Straight from the Heart

Continued from front

stress test only takes about two hours – but that short amount of time can be precious.

“If you average 10 people per day doing a stress test, you’ll only get one to two patients who need an intervention, but for those people it can be a matter of life or death,” she says.

Cormier recalls the story of a patient who recently came to the HOPD for a stress test. He left with an appointment to return the next week for a heart cath.

“It was a lot worse than we even thought at first,” she says. “This person had a 98 percent blockage all over. Had this person not come in, the ultimate

outcome could have been death – and just in a matter of days.”

The most important principle behind these stress tests is greater knowledge. Patients can feel more empowered when they know exactly what is happening with their heart health and how it will affect them.

“If you’re getting sluggish for no reason, you need to get into your primary care physician’s office and get checked,” she says. “You want to be as safe as possible. We need to be more proactive with our heart, just like we are with our other regular wellness checkups.”

On Course for Success

Continued from front

working up an appetite on the course, everyone was ready to dig into lunch together.

Encouraging and supporting the next generation of healthcare professionals with this scholarship is the common goal

of Humble Surgical Hospital and the many tournament participants.

“We believe our purpose is to set examples and take pride not only in our hospital but in our community,” says Debbie Cormier, chief nursing/administrative officer.

