

Health Connection

CARING FOR OUR COMMUNITY ONE FRIEND
AT A TIME AT UNION COUNTY HOSPITAL



Help for
hard-to-heal
wounds

6 ways to raise a
healthy eater

Better your
blood pressure


Easing pelvic pain



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When time can't heal your wounds

The Wound Clinic can help



Job Pontillas, M.D.
Medical Director

Injuries involving breaks in the skin can be frightening—especially when they don't go away. Wounds that don't heal in a reasonable amount of time (generally two to four weeks) can become chronic. These wounds can cause pain, discomfort and limited mobility, which can force you to change your social and economic habits. Individuals who suffer from diabetes, heart disease and blood

circulation disorders are usually at a greater risk for chronic wounds. Other contributing factors include poor nutrition, abnormal pressure on the skin over bony areas and chronic tobacco abuse.

Stop stroke!

Stroke is the third leading cause of death in the United States. Seek immediate help for your best chance of surviving stroke and suffering the least disability. Visit www.unioncountyhospital.com to learn your risks.

ADVANCED CARE

The Wound Clinic at Union County Hospital (UCH) will care for a variety of nonhealing injuries, including:

- **Acute wounds**, caused by trauma and partial thickness burns.
- **Chronic wounds**, including diabetic ulcers that usually occur on the feet or legs as a result of poor arterial circulation and nerve damage. Patients who have diabetes don't heal easily or quickly.
- **Venous stasis ulcers**, the most common type of leg ulcer, caused by poor venous circulation (venous insufficiency).
- **Pressure ulcers**, usually caused by unrelieved pressure and generally found over a bony prominence. Patients who are elderly, malnourished, bedridden or paralyzed are more prone to this type of wound.
- **Arterial ulcers**, usually resulting from poor circulation or arteriosclerosis, the hardening of the arteries. These ulcers can be painful and usually occur on the toes or feet.

AN EXPERIENCED TEAM

The Wound Clinic team uses a multidisciplinary approach and is dedicated to helping patients achieve optimal outcomes for closing wounds. We use effective science-based, advanced treatments for acute and chronic wounds. Since prevention is the best approach to wound care, we provide this type of education at your first visit.

The Wound Clinic team comprises a variety of members, including Medical Director Job Pontillas, M.D.,

You're our priority

Dear friends,

I've kept you updated about our many construction/renovation projects. In addition to the growth of our building, we've seen growth in the services offered to patients. Our most recent service is the new Convenient Care Clinic.



Jim Farris
Chief Executive Officer

ENHANCEMENT HIGHLIGHTS

In our last issue of *Health Connection*, we highlighted our new digital mammography unit, which provides many advantages to women. In January, we established a wound care clinic, which will provide services for patients who have diabetes or difficult-to-heal wounds. Read more about the clinic on pages 4 and 5.

In our rehabilitation department, we've increased our staff to provide new, improved services to those with physical conditions requiring specialized treatments. Our operating room expansion is designed to allow us to offer more surgical specialties here in Union County.

We're constantly looking to develop new services to meet our patients' needs. It will continue to be our priority to provide care to those who need it and to promote the health of everyone in our community.

Regards,

JIM FARRIS
Chief Executive Officer
Union County Hospital

The Wound Clinic team uses a multidisciplinary approach and is dedicated to helping patients achieve optimal outcomes for closing wounds.

who's a certified wound care specialist with 30 years of experience. Support staff—including nurses and assistants with a total of 22 combined years of experience—assist with treatment. Your care plan may include services offered by our experienced rehabilitation staff, nutritional consults, lymphedema management and hydrotherapy.

THE PLAN OF CARE

Wound evaluation begins with an initial assessment to determine the cause and your overall clinical condition. A personalized wound care plan is developed based on a number of factors, including availability of family and caregivers to assist the patient. Follow-up appointments with the wound care team include explanation of the plan of care and distribution of educational handouts to reinforce understanding and compliance with the plan. The wound's medical complexity and local community health resources determine your degree of follow-up with the clinic.

Our board-certified medical staff members and nurses have specialized wound care training. If you have a wound that won't heal, ask your physician for a referral. The Wound Clinic at UCH is designed to complement your primary care physician by providing specialized wound care while maintaining active communication with the referring physician.

! Improve your quality of life!

When wounds won't heal, UCH can help you regain your quality of life. Call Job Pontillas, M.D., at the Wound Clinic at (618) 833-2872 today.

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

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SPRING 2009



MEET OUR MEDICAL STAFF

We'd like to introduce you to one of our experienced, dedicated medical staff members.



PAMELA HUNTER-REACH, M.D.
Family Practice

**Family Practice Clinic and
Convenient Care Clinic**

Union County Hospital would like to welcome Pamela Hunter-Reach, M.D., as Medical Director of our Family Practice Clinic and Convenient Care Clinic!

Dr. Hunter-Reach brings 10 years of experience in family medicine and was board certified in 1999. She's a member of the American Academy of Family Physicians and the Illinois Association of Family Practice.

A graduate of Southern Illinois University (SIU) School of Medicine in Springfield, Dr. Hunter-Reach completed her residency at SIU Family Practice Center in Carbondale. She served as an assistant professor at the SIU School of Medicine for five years.

Dr. Hunter-Reach is married to B.J. Reach, M.D., and has one daughter, Hannah.

We're honored to welcome her to our family medicine team!

Could it be Lyme disease?

Lyme disease is a bacterial infection often transferred by brushing against immature deer ticks in high grasses or heavily wooded areas. While most cases respond successfully to antibiotics, Lyme disease can cause serious complications if undetected and untreated.

Know the two most common symptoms of early Lyme disease: a bull's-eye rash and flu symptoms, including headache, fever and nausea. If you experience symptoms after possible exposure, see a physician.

WATCH FOR TICKS

The best way to deal with Lyme disease is to avoid tick bites. After you've spent time outdoors, check your body, including your scalp, for ticks. If you find an attached tick, remove it with tweezers, grabbing close to your skin and slowly lifting straight up. Save the tick and take it to your physician, who can check to see if the insect is infected.



! Find more resources!

To find more ways to stay healthy, visit

www.unioncountyhospital.com.