

# 1 healthy

OUTLOOK

V6N3

## Advanced Treatment in Hip Repair

Our Hip Arthroscopy Center Offers a  
Minimally Invasive Option

## Balance and Brain Change

Is Age a Factor?

## Helping Your Baby's Humor

Find the  
Hidden  
Peach and...

**WIN**

a \$50 gift certificate  
to Super Suppers  
See details on page 2.



## Find the Peach & WIN!



If you find the hidden peach in this issue of *Healthy Outlook*, you could win a \$50 gift certificate to Super Suppers.



Send a postcard with your name, address, and phone number indicating the page number and location of the peach to:

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PUBLIC RELATIONS  
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SMYRNA, GA  
30080-6324**

All entries are due by September 12, 2008. Must be 18 years or older to enter.

**CONGRATULATIONS** to last issue's winner:

**L. Bush,**  
Mableton, GA

Did you find the peach?

It was hidden on the man's hand on page 9.

## Growing a Funny Bone



Seeing your infant giggle and gurgle makes you smile—and why shouldn't it? After all, what you're seeing is the development of one of your baby's biggest assets, his or her sense of humor.

As a parent, you find joy in watching your little one discover a variety of things. You may be surprised to find out that your little one's sense of humor isn't something he or she inherited from mom and dad. It's a learned trait.

Tickling, blowing raspberries, or simply laughing near your child encourages his or her sense of humor. Studies show that children with a well-developed sense of humor are happier, more able to adapt to new situations, and are generally more popular in school. As children grow and develop, their sense of humor evolves, too. Laugh with your child, but remember as your toddler grows into a teenager, your sense of humor will have to evolve, too.



## Is There a Genetic Link to Severe Stress?

A recent study appearing in the *Journal of the American Medical Association* reports that there may be a genetic marker making some people more prone to post-traumatic stress disorder (PTSD), which relates to a person's ability to handle fear and stress responses.

The study, which included 900 people, found a link between the adult development of PTSD following child abuse and the FKBP5 gene. The FKBP5 variant is linked to the manner in which people respond to stress. Interestingly, the study found no other links between other traumas and the FKBP5 variants.

Participants in the study were taken from the Grady Trauma Project at Grady Memorial Hospital in Atlanta. Knowing a potential genetic link to PTSD may help researchers understand how people can respond differently to the same situation.

# Tips for Aging Teeth

As we age, every part of our body changes—including our teeth. Advancing age puts older adults at higher risk for a number of oral health problems, including dry mouth, gum disease, and diminished sense of taste.

Here are a few basic guidelines for maintaining your oral health as you age:

- Brush your teeth at least twice a day with a fluoride-containing toothpaste. Plaque can build up quickly on the teeth of older adults, so brushing twice daily is especially important.



- Floss at least once a day. Small bits of food and drink can stick between teeth, so use floss to remove them.
- Use an oral rinse or mouthwash. This additional step can help remove excess plaque left behind after brushing. Avoid mouthwashes containing alcohol, which can dry out the mouth and interact with medications.
- Take special care of your dentures to avoid infections. Dentures should be cleaned after each meal and brushed and cleaned thoroughly once daily, in addition to soaking overnight.
- Visit your dentist on a regular schedule for cleaning and oral examination. Your dentist should check not only your teeth, but also your face and neck, jaw, and lymph nodes for signs of swelling or bumps.

## Is Losing Your Balance a Matter of Brain Change?

Forgetfulness, gray hair, and the loss of balance—all are characteristics associated with old age. Researchers recently discovered why the elderly sometimes lose their balance and mobility.

When older patients exhibit mild mental difficulties and unsteadiness, physicians often send them for brain scans to rule out tumors, brain infections, strokes, and other serious conditions. A study conducted by the University of Heidelberg in Germany found that such brain scans often indicate white matter changes in the brain.

Age-related white matter changes, or leukoaraiosis, are frequent in the elderly and differ in severity by individuals. Study participants with severe white matter changes were twice as likely to score poorly on walking and balance tests as those with more mild changes. Those with severe changes were twice as likely as the mild group to have a substantial history of falls.

Evidence indicates that white matter changes can be linked to circulatory problems earlier in life, including hypertension, diabetes, and heart disease. To reduce your risk, follow guidelines for good heart health—eat a balanced, low-fat diet, exercise for at least 30 minutes on most days of the week, limit alcohol intake, and avoid smoking.

*To find a physician at Emory-Adventist Hospital at Smyrna, visit our web site at [www.emoryadventist.org](http://www.emoryadventist.org) and select “Find a Physician.”*







# Advanced Treatment in Hip Repair

Anyone who has ever suffered from hip problems knows the frustration and anguish from the pain and stiffness that can interfere with everyday activities. Even just a few short years ago, the only option for those with intense hip pain was total hip replacement surgery. Fortunately, Emory-Adventist Hospital at Smyrna offers patients another option—a new, minimally invasive procedure called hip arthroscopy.

Arthritis, cartilage damage, a tissue tear—these are just some of the causes of hip pain. Thanks to hip arthroscopy, orthopaedic surgeons now have a minimally invasive method to diagnose and treat certain hip disorders by providing a clear view of the inside of the hip.

“Hip arthroscopy is the newest advanced procedure for the hip,” says Jon Hyman, M.D., Medical Director of the Hip Arthroscopy Center, orthopaedic surgeon, and sports medicine expert at EAH. “Although hip arthroscopy has been around for many years, technology for hip arthroscopy has evolved significantly within the last five to 10 years so that now we are able to achieve much greater results for patients.”

## Making Strides

Until recently, hip arthroscopy was only used to look inside the hip for diagnostic purposes. Now, however, orthopaedic surgeons at EAH have the cameras and tools they need to allow them to look inside the hip and correct the damage using small instruments. The entire procedure takes about two hours and requires mild anesthesia.

“This procedure typically uses two or three punctures, usually about a centimeter long, to access the hip, which offers many benefits to patients,” says Dr. Hyman. “Because this approach causes less disruption to the surrounding tissue, patients experience less pain after surgery, a quicker recovery, and a faster return to function than they would with more invasive procedures.”

## The Model Patient

Hip arthroscopy may be an ideal procedure for patients who have pain or stiffness in their hip that is unresponsive to physical therapy, medications, or changes in activity.

“For many of these patients, hip pain can be effectively treated with this minimally invasive technique,” says Dr. Hyman. “Hip arthroscopy would also be recommended to patients interested in preserving their hip joint as opposed to waiting for hip replacement.”





Although the majority of patients are fairly equal among the ages of 30, 40, and 50, the ideal candidate is typically between the ages of 15 and 50, active, and has minimal to no arthritis present.

### Next Steps

Although the recovery after hip arthroscopy surgery varies depending on severity of damage and extent of tissue repair, recovery of function usually occurs over the weeks and months after the procedure.

“Patients have been extremely pleased with the hip arthroscopy procedure and often can’t believe how their pain diminishes,” says Dr. Hyman. “As the technology and techniques continue to improve, this procedure is likely to become more prevalent in the years to come.”

*For more information about hip arthroscopy surgery, visit Dr. Hyman’s web site at [www.drjonhyman.com](http://www.drjonhyman.com).*

## Hip, Hip, Hooray

**By providing surgical expertise, radiology services, and rehabilitation after surgery, Emory-Adventist Hospital at Smyrna is home to a new Hip Arthroscopy Center led by a prominent orthopaedic surgeon and sports medicine expert.**

The Hip Arthroscopy Center offers patients new cutting-edge treatment options for hip pain that previously did not exist.

“We offer educational services for the medical community and its providers, as well as outreach to the community to increase public awareness of medical solutions that are now available to them when it comes to their hip disorder,” says Jon Hyman, M.D., Medical Director of the Hip Arthroscopy Center, orthopaedic surgeon, and sports medicine expert at EAH.

### Purpose of the Program

The goal of the Hip Arthroscopy Center at EAH is to offer the physician, community, and patients education about the treatment options available to relieve hip pain, including hip arthroscopy.

“Hip arthroscopy procedures, in some cases, defer the need for further surgery in the future or change the course of deterioration altogether,” says Dr. Hyman.

“Hopefully, through this program, people will begin to understand that they do not have to live with hip or groin pain.”



In addition to his work as Medical Director of the Hip Arthroscopy Center at Emory-Adventist Hospital at Smyrna, Jon Hyman, M.D., orthopaedic surgeon, also served as a team physician for the Atlanta Falcons, Atlanta Hawks, and Atlanta Thrashers.

### Hip Arthroscopy Center

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# Making a Difference

## a Continent Apart

What do a volunteer at Emory-Adventist Hospital at Smyrna and a small child in a war-torn country have in common? They both love “Izzy!”

who was obviously trying to find solace in the ragged doll. Mrs. Isfeld came up with an idea for a small, knitted doll that could be shipped easily and inexpensively—something that soldiers could carry with them.

She named her creation Izzy, in honor of her son. After sending several Izzies to her son, the requests started pouring in when her son’s fellow peacekeepers wanted their own supply! She eventually found other knitters to help keep up with the demand, and it is now estimated that Canadians have shipped more than 5,000 of the dolls to war-torn countries, including Iraq, Afghanistan, and Africa. (Sadly, Mark was killed by a roadside bomb, but his mother proudly continued to knit Izzies until her death.)

### Inspired to Action

After hearing the history of Izzy, Millie knew she needed to get involved. She brought the project to her fellow knitters at the West Cobb Senior Center. A group of 11 ladies, known as the “Knit Wits,” now make Izzies. Since the project began in October 2007, the group has created more than 300 dolls.

“No two Izzies look alike—some have dresses, some have scarves or hats,” says Millie. “The knitters have become very creative. One lady even knitted a Scarlet O’Hara Izzy!”

Local church groups who assemble and ship military support packages use Izzies as the packaging filler to protect the contents. Millie also makes the dolls available to families who have loved ones serving in the military.

“This has been one of the most rewarding things I’ve ever done,” says Millie. “I feel that I’m helping to brighten someone’s day—not only the children who receive the dolls, but the soldiers who get a chance to see the children smile. Izzies are full of love!”

### Join the Izzy Project!

Do you knit? Do you have a loved one in the military who would like some Izzies to distribute? Are you interested in shipping Izzies? If so, Millie would like to hear from you. E-mail her at [norocycall@netzero.net](mailto:norocycall@netzero.net).

Izzies are small, knitted dolls that are soft and flexible—something that soldiers can easily stuff in their pockets and hand out to children.

Millie Himle, a volunteer at EAH, learned about Izzies while visiting her daughter in Canada. Browsing through a craft store, Millie struck up a conversation with another customer. When Millie mentioned that she knitted blankets for premature babies, the woman asked for the pattern. She then offered Millie something in return—a pattern for a cute little doll called “Izzy.” (Izzy patterns are not available to purchase.)

“I felt privileged that she would give me this pattern,” Millie says. “And then when I learned the story of Izzy, I was hooked!”

### Izzy’s Story

Izzy was created some years ago by the mother of a Canadian peacekeeper named Mark Isfeld—whose nickname was Izzy. One day, Mark’s mother received a photo from her son, which pictured a small Iraqi girl clutching a broken, tattered doll. Mrs. Isfeld was overcome with empathy for this child



# An Apple a Day Keeps the Dietitian Away!

By: Jennifer Fox, R.D., L.D.

Eating an apple a day not only keeps your doctor away, but may also keep your dietitian at bay as well! Apples come in an assortment of shapes, colors, textures, and tastes and can prove to be a delicious addition to your diet. Here is a brief description of several apple varieties:

**Red delicious apples** are the most popular apple for eating and snacking. They are usually red in color, crisp with a sweet-tart taste, and perfect for eating raw. These do not generally make good apples for baking.

**Golden delicious apples** are not related to the red delicious; they have a sweeter taste. These apples tend to be slightly elongated, firm, crisp, and juicy. Golden delicious apples are a great all-purpose apple and can be used for snacking, cooking, and baking.

**Winesap apples** are a tart, semi-spicy apple, with a distinctive flavor and aroma of wine. They are smaller than most apples and have a deep, dark-red hue to them. These apples are most often used for baking or in ciders and sauces.

**Granny Smith apples** are green with a mild flavor and smooth balance of sweetness and tartness. These apples are also good for snacking and baking, and especially tasty for applesauce.

Apples are naturally fat- and cholesterol-free. They are low in calories, containing approximately 80 calories per serving. And they pack 3 grams of fiber! Apples make a delicious low-fat snack and can be dipped in low-fat yogurt or paired with natural peanut butter as a treat. Applesauce can also be used as a natural, fat-free substitute for butter or oil in some baked good recipes, allowing the end product to be significantly more moist.

## Warm Apple Crisp

### Ingredients:

- 6 medium apples, peeled, cored, and sliced
- $\frac{3}{4}$  cup firmly packed brown sugar
- $\frac{3}{4}$  cup uncooked old-fashioned oats
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  cup light applesauce
- 1 teaspoon cinnamon
- 3 sheets of low-fat graham crackers (crumbled)
- 1 dollop of low-fat whipped cream (optional)

### Directions:

1. Heat oven to 375° F and place apples in ungreased 2-quart baking dish.
2. Combine brown sugar, oats, flour, applesauce, cinnamon, and graham crackers in medium bowl and mix with fork until mixture resembles coarse crumbs.
3. Sprinkle sugar mixture over apples and bake for 25 to 35 minutes or until apples are tender and topping is golden brown.
4. Serve warm with low-fat whipped cream topping, if desired.







# Women:

## Help for Uterine Fibroids Is Here

*For many women, a menstrual period may mean mild discomfort or pain. For women with uterine fibroids, a menstrual period can mean excessive bleeding, missed days from work, intense pelvic pain, and other severe symptoms.*

**Emory-Adventist Hospital at Smyrna can help.**

### **How?** Through a minimally invasive procedure called **Uterine Fibroid Embolization (UFE).**

This non-surgical option for women considering fibroid surgery offers an alternative to hysterectomy or myomectomy.

UFE is clinically proven to be successful in reducing or eliminating the major symptoms of fibroids, including pain, excessive and prolonged bleeding, and frequent urination. It is minimally invasive, requiring only a small nick in the skin, covered by a Band-Aid. The procedure is performed as an outpatient, and most patients return to work within seven days.

You may suffer from uterine fibroids. Thanks to UFE, you don't have to. John Lipman, M.D., can help. Dr. Lipman has the largest experience in UFE in the Southeast as well as one of the largest in the country. **Give him a call today at (770) 953-2600.**



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



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