

Summer 2011 • FREE

visit us online at premierhealthcare.org



My Premier

Health & Wellness Information from Premier Healthcare



inside

Stay Active, Stay Healthy

Exercise at any age makes a difference

Great Legs Start from the Inside

The Vein Center helps you feel and look better

What Happens During a Colonoscopy?

Find out what to expect before your procedure

Going Barefoot? Be Careful

The ins and outs of healthy summer feet



is a publication of Premier Healthcare, LLC
©2011 Premier Healthcare, LLC

IMA Landmark Medical Center
550 S. Landmark Ave., Bloomington
812.355.6900 • ima-md.com

IMA Landmark Family Practice
482 S. Landmark Ave., Bloomington
812.355.3299 • ima-md.com

IMA Hrisomalos Family Practice
1403 Atwater Ave., Bloomington
812.332.9396 • ima-md.com

IMA East
2605 East Creeks Edge Dr., Bloomington
812.355.2300 • ima-md.com

PremierOrtho West
2201 W. Sudbury Ave., Bloomington
812.333.1933 • mypremierortho.com

PremierOrtho East
2605 East Creeks Edge Dr., Bloomington
812.355.2300 • mypremierortho.com

Premier Foot & Ankle
417 S. Landmark Ave., Bloomington
812.339.2446 • premierfootandankle.com


Premier Healthcare is on the web
premierhealthcare.org

Questions?
Send us an email at
info@premierhealthcare.org



Welcome to *MyPremier*

Premier Healthcare is pleased to introduce its first patient newsletter. Inside you'll find information, tips and articles that address your healthcare concerns. With summer upon us, now is the perfect time to get moving. On page 4, you'll find a terrific article about exercising at any age. If you're living with leg pain, the article on page 7 will help you learn that there are options to treat this. Is the uncertainty of what goes on during a colonoscopy holding you back from getting one? Turn to page 6 for everything you need to know to prepare. Most people aren't aware that Premier Healthcare takes part in clinical trials of new pharmaceuticals. Discover how you can take part in these trials by turning to page 5. If you plan on going barefoot this summer, turn to page 5 for tips on how to keep your feet healthy.

Premier Healthcare brings together southern Indiana's most experienced and caring healthcare providers. From urgent care to the management of chronic illnesses, we have built our practice around you. We know you have choices in healthcare. We appreciate that you've chosen Premier Healthcare. 

PREMIER HEALTHCARE

PATIENT
PORTAL

premierhealthcare.org

welcome to 21st century healthcare.

Request appointments
Request medication refills
Access your test results
Ask billing questions
Contact your doctor

ONLINE

through our secure website



Sun, Surf and SPF

Enjoy the sun but protect yourself from the sun's damage

Summertime is the season when we spend the most time outdoors. It's also the season when we do the most damage to our skin. A few preventative steps now can save you from serious trouble later in life.

You've heard it before—wear sunscreen. Sunscreen's protective rating is determined by its SPF (or sun protection factor). The SPF rating indicates the sunblock's ability to block UVB rays. A higher SPF rating generally means better protection. An SPF of 15 protects against 94% of UVB rays; SPF 30 blocks 97% of UVB; SPF 45 blocks against 98% of UVB. Higher SPF ratings generally don't provide much more protection, and can actually give you a false sense of security. Those who use SPF products of 55 or more will generally not reapply as often as necessary. No sunscreen offers 100% protection. The American Academy of Dermatology recommends an SPF of 30 as being a suitable level of protection.

UVB rays are not the only type of ultraviolet

light to cause skin damage. UVA rays are more closely linked to long term skin damage, and are 95% of the rays we're exposed to. Finding a sunblock that provides protection against both is your best bet.

Sunblock doesn't work if you don't reapply it. Spending hours in the sun can still cause sun damage, no matter how much sunblock you put on at the beginning of the day. Reapply sunblock regularly and especially after going in the water.

A few other simple tips—drink plenty of water. Dehydration can happen quickly and can lead to heat stroke and other problems. Sit in the shade whenever possible—you'll still be able to enjoy your day but will greatly reduce your exposure to the sun.

A few moments spent reapplying sunscreen can save you from terrible problems later in life. Sun damage can cause premature aging, wrinkles and greatly increase your risk for skin cancer. Play safe! Reapply often. ☑



Brain implant improves memory in rats

A small device implanted in the brains of rats has shown improvement in memory, leading researchers to be hopeful that such a device could one day be used in humans to reverse the effects of dementia, stroke and other brain injuries. Read the full article at nytimes.com/science

Sleepless wives can lead to unhappy marriages

When married women have sleep issues, the marriage itself suffers. Women who have trouble falling asleep report greater friction with their husbands the following day. Read more about this at www.webmd.com

Medicaid reform bill introduced in Congress

Republican Senators in Washington have introduced a bill to give states more control over how Medicaid money from the federal government is spent. Read more about this story at www.heartland.org

Eat late, gain weight

Recent studies show that people who eat after 8pm are more likely to have a higher body mass index and have more trouble keeping weight off than others who don't eat in the evenings. Read more about this at www.webmd.com

Female heart attack symptoms different than male symptoms

While males commonly experience chest pain and a tingling in the left arm, women tend to experience symptoms such as indigestion, fatigue, nausea, vomiting and fainting. Read more about this at webmd.com



8am-8pm Mon-Fri • 9am-Noon Sat • 1-4pm Sun

IMA's Walk-In Clinic is open every day.

Including holidays.

550 S. Landmark Ave.

ima Internal Medicine Associates
A Division of Premier Healthcare

ima-md.com

330-3688



You've lived with pain long enough.

Stay Active, Stay Healthy

Exercise is the key to both injury prevention and rehabilitation

When you're injured or live with chronic pain, it can seem like you're never going to feel good again. Under the expertise of Dr. John Hammerstein and Dr. Brian Murphy, PremierOrtho is committed to getting you back on your feet.

Exercise has more benefits than just weight loss. Regular exercise and a healthy diet can strengthen bones and muscles, making you less susceptible to injury. As we age, bone loss can lead to fractures, which heal less quickly.

going on hikes with your friends or neighbors will get you moving. Swimming, one of the best and least strenuous forms of exercise is a way to introduce activity into your life if you have chronic health issues. Exercising with others has benefits far beyond your physical health. It gives you a chance to spend time with other people you may not otherwise spend time with.

PremierOrtho
BONE • SPINE • JOINT • PAIN
a division of premier healthcare

Call us today

So what if you've led a sedentary life until now? The benefits of exercise don't discriminate based on age. Regular, non-strenuous exercise, even when you start in your 60's and 70's, decreases the rate of degenerative health issues and psychological issues. It lowers cholesterol and your risk for heart disease and diabetes, and also allows you to sleep better, brightens your mood and helps you better manage stress.

One of the biggest stumbling blocks to starting an exercise program is calling it an exercise program. If you view exercise as a way to socialize, you're far more likely to stay involved. You also have a group of people holding you accountable.

Don't run the marathon just yet. People begin experiencing a 1% bone loss each year after 35, with up to a 3% bone loss after menopause in women. Degeneration of the joints, especially the spine, is common. By age 60, the production of joint lubricating synovial fluid is reduced, causing connective tissues in the joints to lose their elasticity.

If you're recovering from injury or surgery, exercise is an integral part of getting back on your feet. Taking your physical therapy seriously and performing the exercises prescribed will help you heal more quickly. When you have healed, it's important to continue exercising. Regular exercise after an injury increases your body's ability to absorb trauma, reducing the likelihood of additional injuries.

With exercise, it's all about being age-appropriate. Some seniors can perform in triathlons. For most of us, though, something less intensive is required. A good rule of thumb is this—any exercise is good exercise. Standing instead of sitting, taking the stairs instead of the elevator, and parking a few blocks away from your destination and walking are all very good ways to incorporate exercise into your daily life.

Summer is the perfect time to get moving. If it's too hot, go for a walk early in the morning or in the evening. Gather your neighbors and go out together. Not only will you be doing your body good, you'll be nurturing relationships.


812.333.1933
mypremierortho.com



2 Bloomington Locations

- West 2201 W. Sudbury Dr.
- East 2605 E. Creek's Edge Dr. (IMA East)

Joining a walking group (College Mall has a vibrant program), joining a health club or

If you have chronic pain or are injured, PremierOrtho can help. Call for an appointment at 333.1933. 



Premier Research Offers Drug Research Opportunities

Advancing patient care by combining world-class research efforts


Before a new live saving drug reaches the market, it is subjected to a series of strict tests administered by facilities like PremierResearch at the IMA Medical Center on Landmark Avenue. Every pharmaceutical that enters the market must pass trials that ensure the drug is safe and effective, and also to determine any side effects.

Different drugs treat different healthcare conditions, so trial participants need to have the disease or disorder the drug is designed to treat. Participants in the trials are volunteers and are compensated for their participation. Compensation amounts range, but average approximately \$500. Once a participant is involved, he or she is given a physical exam to determine their overall health at the start of the trial. Each drug trial is essentially an experiment to see whether a new drug treats the condition it's designed to treat. Some participants may receive a placebo (or non-drug). Neither the test subjects nor PremierResearch knows which participant is receiving which type of treatment. Called a "blind test", this ensures each participant

is treated the same – if the test team knew who was receiving the placebo and who was receiving the drug, that might skew the test results.

Clinical trials can last from several months up to a few years, depending on the length of time the drug takes to show measurable results. During that time, test participants will have regular appointments with the test team to measure their overall health and specific conditions related to the drug being tested.

Clinical trial participants are a vital part of bringing new drugs to market. By joining a clinical trial, you are not only financially compensated but you are on the forefront of new treatments and potential cures to some of the most life-threatening ailments. Conditions such as diabetes, obesity and high cholesterol are common drug trials.

If you are interested in participating in a clinical trial, please visit our website at www.premierhealthcare.org/research. If we don't have a clinical trial suited to you at the moment, we will ensure you're contacted as soon as one becomes available. 


Going Barefoot? Be Careful

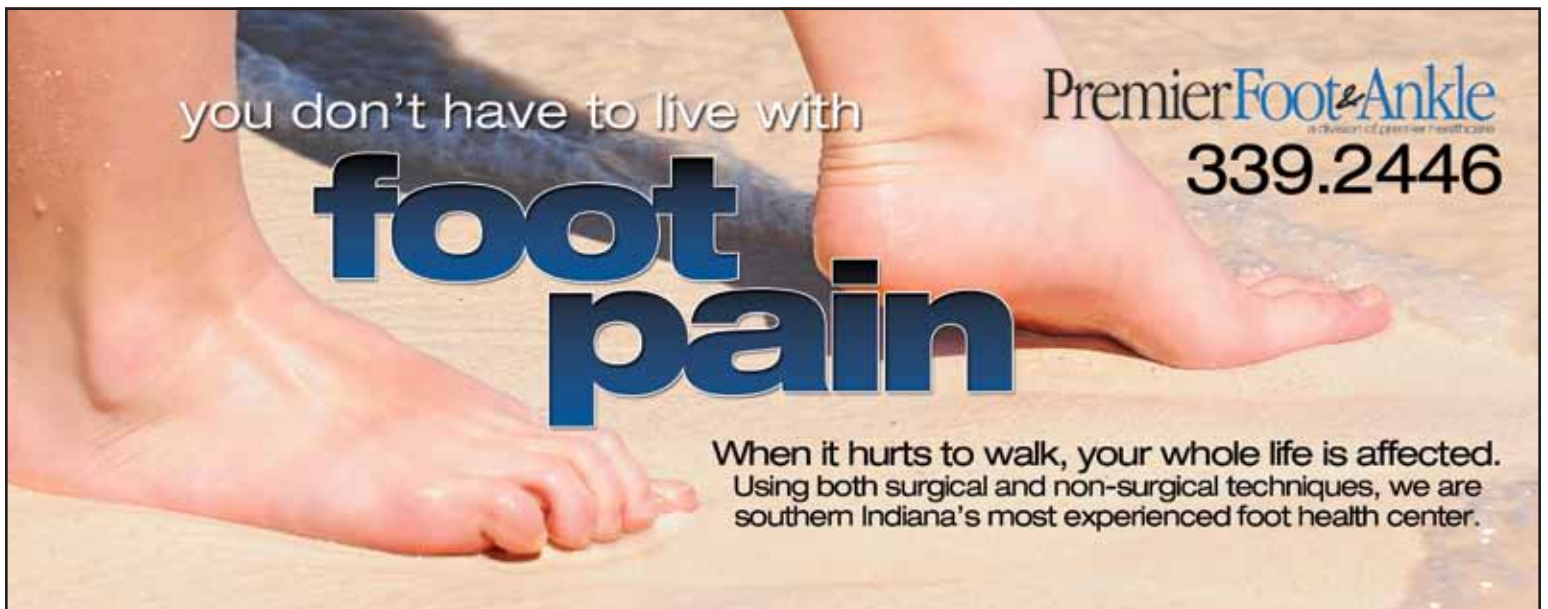
Avoid summer's hidden dangers by taking simple precautions

Warm sun, cool grass, beach sand between your toes. Nothing says summer more than bare feet. But before kicking off your flip-flops, be aware of some of the dangers of going barefoot. One of the most obvious is cutting your feet. Broken glass, rusty nails and even sharp rocks can cause not only pain and injury but lead to infections as bacteria invades your blood stream. Stinging insects and other biting creatures can cause trouble if their bites are left untreated. Don't forget that pavement and blacktop is hot. Burnt feet are tremendously painful.

One of the lesser known dangers is from bacteria. Walking barefoot on wet grass can damage the skin's natural barrier, allowing virulent infections to take hold. People with cuts or cracks on their feet, even small ones, can introduce bacteria into their blood stream. The bacteria that causes athlete's foot and plantar warts thrives in grass.

If you're planning on walking barefoot on the street or sidewalk, remember how many other people have been there before you. Grime and dirt, animal waste and other biohazards can easily enter cracked skin in your foot.

If you're planning on going barefoot this summer, take some simple precautions. Dry your feet thoroughly before putting your shoes back on. Avoid walking barefoot across parking lots or streets. And clean and inspect your feet regularly to ensure you can address any cracks or cuts before they become something worse. 



you don't have to live with

foot pain

Premier Foot & Ankle
a division of premier healthcare

339.2446

When it hurts to walk, your whole life is affected.
Using both surgical and non-surgical techniques, we are southern Indiana's most experienced foot health center.

simple healthcare procedures that save lives

Healthy Colon, Happy Colon

What exactly goes on during a colonoscopy?

One of the biggest obstacles to getting a colonoscopy is apprehension. What exactly happens during a colonoscopy?

A colonoscopy is a procedure that allows doctors to see inside the colon and rectum. Colonoscopies can detect polyps, inflamed tissue, colitis and abnormal growths. It's used to look for early signs of colorectal cancer and can help doctors diagnose changes in bowel habits, abdominal pain, rectal bleeding and weight loss.

The colon and the rectum are the two main parts of the large intestine, the colon being the largest portion. Waste enters the colon from the small intestine in a semisolid form. As waste moves toward the anus, the colon removes moisture and forms stool. The rectum is about 6 inches long and connects the colon to the anus. Muscles and nerves in the rectum and anus control bowel movements.

To prepare for a colonoscopy, you need to empty all solids from your gastrointestinal tract. A diet of plain liquids (coffee, tea, water,

gelatin) is usually prescribed one day prior to the colonoscopy. An oral laxative bowel cleansing preparation will be required the night before the colonoscopy.

The day of your colonoscopy, you'll be given sedation and pain medication. You'll lie on your left side on an examination table. A flexible lighted tube called a colonoscope is inserted into the anus and into the colon. The scope inflates the large intestine with carbon dioxide gas to give the doctor a better view. The scope allows the doctor to view the intestinal lining on a video monitor. Once the scope has reached the opening of the small intestine, it is slowly withdrawn and the large intestine is examined a second time.


If the doctor discovers growths inside the colon (called polyps), these can be removed during the colonoscopy and tested. Polyps in adults are common and are most often harmless. However, most colorectal cancer begins as a polyp, so removing them early is an effective way to prevent cancer.

Each issue of **MyPremier** newsletter will focus on a common preventative healthcare procedure. By taking action now, you can increase your quality of life for years to come.

A colonoscopy usually takes between 20 and 30 minutes. The sedative takes time to wear off. Patients will usually remain in the clinic for about a half hour after the procedure. You will not be allowed to drive or work until the following day.

Routine colonoscopies should begin at age 50 for most people—earlier if you have a family history of colorectal cancer, or a personal history of inflammatory bowel disease. Healthy patients will need to repeat their colonoscopy once every ten years.

Women are as likely as men to contract colorectal cancer. Colonoscopies are, therefore, just as necessary. Colorectal cancer is one of the most easily diagnosed and prevented cancers. A routine colonoscopy is a simple way to eliminate the risk.

Now that you know what to expect, what are you waiting for? Schedule your colonoscopy today by calling 812.355.6931. 



Colorectal cancer is the third most common cancer diagnosis in both men and women. Getting a colonoscopy now can increase your cancer survival rate by 90%.

**You have a hundred reasons to put it off.
And one very big reason to get it done.
Each other.**

Schedule your colonoscopy screening by calling today

812.355.6931

ima Internal Medicine Associates
A Division of Premier Healthcare



Beautiful Legs Are More Than Skin Deep

The causes of leg pain are much more than cosmetic

In our youth-centered culture, a great deal of emphasis is placed on beautiful legs. As we age, conditions such as spider veins and varicose veins become more prevalent. Many people seek treatment for these conditions for cosmetic reasons. Treating merely the cosmetic aspect doesn't target the real issue.


People with varicose veins are often in a tremendous amount of pain. Walking is difficult, which leads to other health conditions such as obesity. When it hurts to walk, your entire life is impacted. Treating this problem as a cosmetic issue ignores the underlying conditions.

Leg pain can be a symptom of deep vein thrombosis (DVT), which is caused by the formation of a blood clot in a deep vein. Pressure builds in the vein and pushes against the surrounding tissue.

Leg pain is most often a sign of superficial venous insufficiency, which can cause burning,

itching, achiness, heaviness, restless legs, skin discoloration, swelling and ulcers (wounds on the legs that don't heal properly) and varicose veins. Incompetent valves within the veins closest to the surface of the skin can cause these veins to become enlarged. Treatment can include both laser and chemical ablation, which are minimally invasive procedures that destroy the affected vein. This drives blood flow into the healthy deep veins.

The Vein Center at IMA treats the pain and the cosmetic aspects of venous insufficiency. The Vein Center is under the direction of cardiologists Dr. Carter Henrich and Dr. Greg Heumann. The focus is on feeling better over looking better—when you improve the underlying pain issues, you improve the cosmetic issues, as well.

Better looking legs are better feeling legs. If you're experiencing chronic leg pain, call The Vein Center today at 812.355.6977. 

ask the doctor


Andrew Ferguson, MD

Q Over the past few months, I've been finding it more and more difficult to exercise, or even to walk. I first noticed it when I was walking for long distances, but now it's becoming more common. What's wrong with me?

A You may be experiencing claudication as a result of peripheral arterial disease. This may present as discomfort such as pain, achiness, fatigue or burning in the hips, buttocks, thighs or calves when you walk. You may notice that it develops when you are walking and gets better once you stop.

PAD, or peripheral arterial disease, typically develops as cholesterol-rich plaque builds up in the arteries leading to the legs. It can cause a gradual narrowing of the arteries ultimately slowing the blood flow and preventing your muscles from getting enough oxygen.

PAD is a common condition, affecting about 10 million Americans. PAD is more common in smokers, diabetics, males (though, still occurs in women), and people over 50 years of age. PAD is also highly associated with heart disease and identifying any risk factors for vascular or heart disease is very important. Simple screening tests are available to help assess your risk and even diagnose existing peripheral artery disease.

If you are experiencing these symptoms, discuss them with your doctor. Further testing should help you receive a more specific diagnosis. 

Tired of
leg pain?

We can help.

Outpatient care to get your legs feeling and looking better.

The Vein Center at **ima** A Division of Premier Healthcare Call us today
355.6977

PAIN • BURNING • ITCHING • ACHING • HEAVINESS • RESTLESS LEGS • DISCOLORATION • VARICOSE VEINS • SWELLING • ULCERS





discover which providers are accepting new patients

find provider locations

find outreach clinics

learn about providers

learn about our medical specialties

log on to the Patient Portal

learn about career opportunities

Healthcare at your fingertips.

Visit us online at
premierhealthcare.org