

# Inspiring Better

SUMMER 2017



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CREATION Health

**6**  
Quiz: Who Gets  
a Hernia?



CREATING BETTER HEALTH

 **Metroplex  
Health System**

A PARTNER WITH  SCOTT & WHITE HEALTHCARE

## Dear Neighbors,

You've often heard that balance is the key to a happy and healthy life. At Metroplex Health System, we believe that wellness and balance of the mind, body, and spirit are the keys to longevity and that fresh air, exercise, and good nutrition are essential to living your best life.



That's why we recently implemented CREATION Health, a wellness philosophy that provides a formula to a long and healthy life, throughout our health care system. CREATION Health is based on eight principles: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition. It is God's plan for living, as expressed in the Bible's creation story.

As we enter the summer months, I challenge you to begin thinking about how you can improve the choices you make, the amount of activity you get in a day, or even changes you can make to your current surroundings—or environment. The Metroplex Wellness department offers several CREATION Health activities each month, and we offer helpful tips and informative articles at [www.CreatingBetterHealth.com](http://www.CreatingBetterHealth.com). We are honored to serve you and are here to help you achieve your best health.

Blessings,



Carlyle Walton  
President and CEO  
Metroplex Health System

## Essential Guidelines for Fireworks Safety

Each year, thousands of Americans, many of them children, are injured by fireworks. Most of these injuries occur during the Independence Day holiday and include serious burns, loss of fingers, and blindness.



### Avoidable Injuries

"We cannot stress the importance of fireworks safety enough," says Brent Treichler, M.D., trauma director at Metroplex. "Many of the fireworks injuries we see can be avoided if people are just more careful."

Though many disabling injuries occur with illegal firecrackers, such as M-80s, most injuries are caused by bottle rockets, sparklers, and Roman candles.

"Most of the time, minor fireworks injuries can be treated by using standard first aid practices," says Dr. Treichler. "However, if in doubt, go ahead and come to the hospital. It's always better to be safe than sorry."

### Staying Safe

Viewing displays handled by professionals is the safest way to enjoy fireworks. However, if you plan to use your own fireworks, these precautions can help prevent injuries:

- Don't let children play with the fireworks.
- Make sure people handling the fireworks wear safety goggles to protect their eyes from flying sparks or debris.
- Don't consume alcohol when using fireworks.
- Read the cautionary labels.
- Keep a bucket of water or garden hose handy in case of a malfunction or fire.
- Follow label directions.
- Ignite fireworks outdoors.
- Light only one firework at a time.
- Don't try to relight fireworks that have not worked properly.
- Buy from reliable fireworks sellers.

# 4 Must-Do's to Prevent Blood Clots When You Fly

Do you plan to jet somewhere fun for summer vacation? As you travel to your destination, make sure you're not putting your health at risk. Any flight lasting more than an hour may increase your chances of experiencing a blood clot.

Blood clots most often form in the lower leg or thigh. They can then break off and travel to your lungs, creating a life-threatening situation. If you notice that your leg feels heavy and bruised after a long nonstop flight, take it seriously.



Ryan Vancura, M.D.

"Deep vein thrombosis, or a blood clot that forms in a deep leg vein, is a serious condition," says Ryan Vancura, M.D., interventional radiologist at Metroplex. "The good news is there are steps you can take to reduce your risk of getting one."

## Take Action to Stay Safe in Flight

So what can an air traveler do to prevent blood clots? Plenty. The following steps can help you protect yourself:

- 1 Don't sit for long periods of time. Having the backs of your legs pressed against the edge of a chair compresses your veins, raising the risk for clot formation.
- 2 Stand up and stretch often. Take short walks up and down the aisle.
- 3 Drink plenty of water to help keep blood flowing, and limit your salt intake.



## 4 Wear compression stockings or socks.

### Be Aware of Other Risks

Air travel is not the only risk for blood clots. Others include:

- A stroke, an injury, or another condition that makes it hard for you to move
- Taking hormones, such as birth control
- A family or personal history of clots
- Being obese or older than age 65

Symptoms of a blood clot include swelling, redness, soreness, or a warm spot on your arm or leg. A clot in your lung may cause fainting, coughing, chest pain, or trouble breathing.

"If you think you have a blood clot, talk with your doctor immediately," says Dr. Vancura. "The procedure to remove this kind of blood clot is minimally invasive, but like any condition, the sooner it's treated, the better."

>>If you've been diagnosed with deep vein thrombosis, ask your doctor to call **254-519-8998** to schedule an appointment with the Metroplex Vein Clinic.



# LIVING LIFE TO THE FULLEST

with CREATION Health

It was 2012, and Crystal Pomeroy of Harker Heights knew she needed to get healthier and more physically active. But it was a challenge. Crystal, who had retired from the U.S. Army the year before after 21 years of active service, suffers from post traumatic stress disorder and didn't always feel comfortable working out in a traditional gym.

One day, she met Katrina Suggs, a certified fitness instructor who invited her to a free Zumba class she teaches at Metroplex Hospital. Crystal liked the session and the welcoming environment so much she started coming to others. These classes, in turn, have been her gateway to CREATION Health, Metroplex Health System's faith-based wellness philosophy that encompasses the whole person—mentally, physically, and spiritually.

Crystal now takes part in a variety of activities that have helped her lose weight, feel better, and make many new friends who share her passion for staying healthy.

"In addition to the Zumba and aerobic step classes at Metroplex, I participate in other events like monthly exercise and healthy eating challenges—so I'm always doing something new and am never bored," Crystal says. "Our instructors are awesome. They are always looking for creative ways to keep us motivated and to have fun."

## Spreading the Word

CREATION Health is based on eight universal principles—Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition—which, when practiced consistently, can help renew the mind, body, and spirit. In 2013, Metroplex Health System launched CREATION Health system-wide to encourage employees and families to adopt healthier lifestyle habits. Now, Metroplex is taking CREATION Health to the public.

"Through community partnerships and wellness offerings, Metroplex is making it easier than ever for people to take their first steps toward a healthier life," says LaToya Ellis, wellness and CREATION Health coordinator for Metroplex Health System.

Metroplex Health System sponsors free health seminars, health fairs, and health screenings in the community, and free fitness classes and a self defense workshop at Metroplex Hospital. Other activities have included a summer camp at the Peaceable Kingdom retreat in Killeen for young people ages 7 to 16. Participants enjoyed activities like archery and swimming, while learning how to prepare healthy meals.

Ellis says the experience proved that a little education can go a long way.

"I sat with the camp director to develop a healthy meal plan and we were thinking, 'Are they going to eat anything if it's not pizza and chicken nuggets?'" Ellis says. "We served meals like barbecued chicken with green beans and frozen yogurt instead of ice cream. On the last day, we had turkey burgers—and they were going back for seconds. That tells me that if we properly educate our youth about healthy alternatives, they will make better choices."

### High-Quality Programming at No Cost

A centerpiece of CREATION Health is the wide array of fitness classes—including kickboxing, Zumba, aerobic step, and yoga—offered to the public free of charge at Metroplex Hospital.

Crystal says the classes fill a huge need for affordable exercise programs in the area. Also, CREATION Health instructors provide so much more than just a high-quality workout at no cost, she says.

For example, thanks to regular fitness and healthy eating challenges Suggs posts on Facebook, Crystal is part of a supportive online community that shares healthy living tips. Suggs and Sheri Polite, Crystal's other Zumba instructor at Metroplex, also support their students outside the hospital, Crystal says. For example, they participate in a Saturday morning running group.

"All this has helped my fitness level and energy. I've lost 30 pounds, and I've been able to go off my blood pressure medication, because I'm exercising and eating healthy," Crystal says. "CREATION Health has been a powerful force in my life."

>>For more information about CREATION Health or offerings from the Metroplex Wellness Department, please call 254-519-8202 or visit [www.mplex.org](http://www.mplex.org).

Ready to transform your life with God's prescription for wellness?  
Follow these eight CREATION Health principles:

- **C** **CHOICE**  
Make wise decisions for healthy living
- **R** **REST**  
Enjoy replenishing sleep and relaxation
- **E** **ENVIRONMENT**  
Create a nurturing, rejuvenating surrounding
- **A** **ACTIVITY**  
Put your body in motion
- **T** **TRUST**  
Express your faith in God
- **I** **INTERPERSONAL RELATIONSHIPS**  
Celebrate friends and family
- **O** **OUTLOOK**  
Practice a positive, happy attitude
- **N** **NUTRITION**  
Fuel your body for health and wellness

# Quiz:

## Who Gets a Hernia—and How?

Everyone knows someone who's had a hernia. But what exactly is it? And who gets hernias? Test your knowledge with this true/false quiz.

1. A hernia occurs when something pokes through the wall of muscle that covers the abdomen.  
**True False**
2. Only men get hernias.  
**True False**
3. Groin pain is a sign of a hernia.  
**True False**
4. Hernias are almost always caused by heavy lifting.  
**True False**
5. Surgery often is needed to relieve hernia symptoms.  
**True False**

"Hernias are caused if the normal lining of our belly is weakened from surgery, age, or other factors," says Daniel McLaughlin, M.D., general surgeon at Metroplex. "Depending on its cause, a hernia can develop quickly or over a long period of time."

Surgery often is needed to relieve symptoms. It also prevents what is called a strangulated hernia. This rare but serious complication occurs when the misplaced organ loses its blood supply and dies.

"Most hernias, but not all, can be repaired using laparoscopic surgery, which is less invasive and requires a shorter recovery period," says Dr. McLaughlin. "By working with your primary care doctor and your surgeon, you can find a course of treatment that is right for you."



Daniel McLaughlin, M.D.

>> If you've been diagnosed with a hernia, ask your doctor to call **254-519-8901** to schedule a consultation.

### Answers

1. **True.** Hernias occur when the stomach, intestines, or other organs in your abdomen poke through a tear or weak spot in the muscle.
2. **False.** It's true that men experience more of one type of hernia, called an inguinal hernia. This hernia is located in the groin or scrotum. Women can get hernias in other areas of the abdomen.
3. **True.** Swelling, or a lump, in the abdomen or groin is also a sign of a hernia. The bulge often hurts or gets bigger when you cough, lift something heavy, or strain to go to the bathroom. Call your doctor if you have one of these signs.
4. **False.** Heavy lifting can lead to hernias, but sometimes doctors don't know what causes them. Some people are born with hernias. Others develop them because they are overweight, have chronic coughs or constipation, or play sports involving fast twists and turns, such as hockey and tennis. If you've had surgery on your abdomen, you may be more likely to develop a hernia.
5. **True.** If it is causing pain, it should probably be repaired. During hernia surgery your surgeon will move the organs back to the right spot. Then he or she may sew a piece of mesh or tissue graft into the muscle. Some hernias don't need to be treated until they begin causing pain or if something gets stuck in the hernia.

# Are Kids' Vaccines a Victim of Their Own Success?

Vaccines prevent serious infections so effectively that many parents mistakenly believe the diseases are no longer a threat in the U.S.



Ricky Mitchell, M.D.

"Diseases like whooping cough, measles, and polio still exist today, but because most babies are routinely protected by vaccines, we don't see them very often in the U.S.," says Ricky Mitchell, M.D., a pediatrician at Metroplex Hospital. "Children who are unimmunized are not only at risk of

catching these diseases themselves, but they can also facilitate spreading of these diseases to other children."

Since the introduction of vaccines in the U.S., infant deaths and disabilities from 14 diseases have declined dramatically, according to the Centers for Disease Control and Prevention (CDC). For example, the CDC notes that nearly all kids got measles in the 1950s. Today, many U.S. doctors have never seen this viral illness.

However, in 2014 more than 660 cases of measles were reported in 27 states—the most since the disease was declared eliminated in the United States in 2000, according to the CDC. "Outbreaks of measles and other preventable diseases can be stopped by vaccinating

children," says Dr. Mitchell. "Parents who have concerns about getting their child vaccinated should talk with their child's pediatrician."

Scientists, doctors, and the federal government thoroughly study vaccines to ensure they are not risky or harmful. The American Academy of Pediatrics, the American Academy of Family Physicians, and the CDC all urge parents to have their children vaccinated.

## >> Make sure your child is protected.

Come to our free immunization clinic at KidFest on Sunday, August 13, from 12:30 to 3:30 p.m., at the Killen Civic and Conference Center.

### Zucchini Fried Rice

#### INGREDIENTS

- Olive oil spray
- 1 cup diced yellow onion
- 2 cups diced zucchini
- 2 cups diced yellow squash
- 1 clove garlic, minced
- 2 cups cooked brown rice
- 1 tbsp. reduced-sodium soy sauce or tamari (wheat-free soy sauce)
- 1½ tsp. honey
- ½ tsp. ground ginger
- ¼ tsp. sriracha or other hot sauce
- ¼ tsp. rice wine vinegar

#### DIRECTIONS

Spray a large pan or wok with olive oil spray. Heat pan or wok on high for two minutes, then reduce heat to medium-high. Sauté onion for two to four minutes, then add zucchini, yellow squash, and garlic. Sauté for five more minutes, until vegetables are completely cooked through. Add rice, spray with more olive oil spray, stirring frequently, and then add soy sauce, honey, ginger, sriracha, and vinegar. Stir frequently until completely cooked, about three to five minutes.



#### PER SERVING

Serves four. Each serving provides: 180 calories, 1 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 208 mg sodium, 37 g carbohydrate, 5 g fiber, 10 g sugars, 6 g protein.

## Summer Classes and Events

### ■ AEROBIC STEP CLASS

Tuesdays, 5:30 to 6:30 p.m.  
**FREE**

### ■ ARTHRITIS EXERCISE CLASS

Thursdays, 10 to 11 a.m.  
**FREE**

### ■ BREASTFEEDING CLASS

July 19, Aug. 16, Sept. 20  
 6 to 8 p.m. **FREE**

### ■ CANCER SUPPORT GROUP

2nd and 4th Tuesday of  
 every month, 5:30 to 7 p.m.  
**FREE**

### ■ CARTER BLOOD DRIVE

Aug. 16, 10 a.m. to 4 p.m.

### ■ CHILDBIRTH CLASSES

- Two-session classes:  
 July 11 and 13, July 18  
 and 25, Aug. 1 and 3,  
 Aug. 8 and 15, Sept. 5  
 and 7; 5 to 9 p.m.
  - Sept. 9, 9 a.m. to 4 p.m.
- FREE**

### ■ DIABETES SELF-MANAGEMENT CLASS

July 27, 12:30 to 4:30 p.m.  
**FREE**

### ■ FITNESS FOR LIFE

Tuesdays and Thursdays,  
 5:15 to 6 a.m.  
**FREE**

### ■ IMMUNIZATION CLINIC

Located at Greater Killeen  
 Free Clinic  
 • 2nd Wednesday of every  
 month, 1 to 4 p.m.  
**FREE**



▲ Join us for food, fun and games at KidFest on Aug. 13!

### ■ INFANT CARE CLASSES

July 15, Aug. 10, Sept. 16;  
 6 to 8 p.m.  
**FREE**

### ■ KICKBOXING CLASS

- Mondays, 7 to 8 p.m.
  - Wednesdays, 5:30 to  
 6:30 p.m.
  - Saturdays, 8 to 9 a.m.
- FREE**

### ■ LUPUS FOUNDATION OF AMERICA SUPPORT GROUP

July 10, Aug. 14, Sept. 11  
 6:30 to 8 p.m.

### ■ QUARTERLY HEALTH SCREENING (METROPLEX)

July 19, 9 to 11 a.m.  
**FREE**

### ■ TAI CHI CLASS

Wednesdays, 10 to 11 a.m.  
**FREE**

### ■ YOGA CLASS

Fridays, 10 to 11 a.m.  
**FREE**

### ■ ZUMBA CLASS

Fridays, 4:30 to 5:30 p.m.  
**FREE**

### ■ ZUMBA TONING CLASS

Thursdays, 6 to 7 p.m.  
**FREE**

>> **Better health begins with you!** Our classes are designed to keep you and your family healthy. For more information and to register for classes, visit [www.mplex.org/EducationEvents](http://www.mplex.org/EducationEvents).

## Location Key:

- Sue Mayborn Women's Center Education Room
- Metroplex Conference Rooms 3 and 4
- Metroplex Medical Plaza, Room 122 2301 S. Clear Creek Rd.

## Contact Us

Metroplex Hospital:  
 254-526-7523

Rollins Brook  
 Community Hospital:  
 512-556-3682

Community Relations:  
 254-519-8200

**NEED A DOCTOR?**  
 Call 254-526-DOCS  
 (254-526-3627).  
 Visit [www.mplex.org](http://www.mplex.org) for  
 additional information  
 and a campus map.