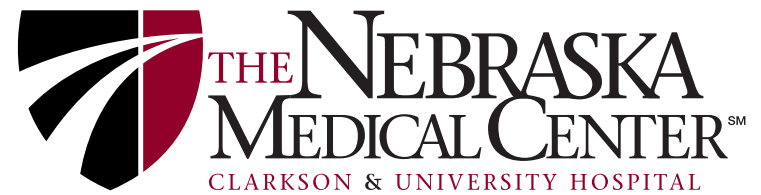


ADVANCING HEALTH



SERIOUS MEDICINE. EXTRAORDINARY CARE.

FALL 2004

Hospital Ranks Nationally for Cancer Care

For the second year in a row, The Nebraska Medical Center made the list of America's Best Hospitals, climbing up two notches to 36th for cancer care. The ratings are issued by the national magazine, *U.S. News & World Report*, in its annual ranking of hospitals around the country. Hospitals are rated by such factors as reputation, mortality and nurse-to-bed ratios.

"This further reinforces that The Nebraska Medical Center is among the best in the world when it comes to cancer treatment and no one knows that better than our patients," says Glenn Fosdick, president and CEO of The Nebraska Medical Center. "Our patients get the best of both worlds—

the clinical expertise of our academic and private practice physicians and the work being done by the researchers at the University of Nebraska Medical Center."

The Nebraska Medical Center is the only hospital in the country with

two physicians on the National Comprehensive Cancer Network's (NCCN) board of directors and the only National Cancer Institute (NCI)-designated cancer center in this region of the country.

The America's Best Hospitals report recognized 177 different medical centers, condensed down from 6,012 hospitals across the country.

"I think the ranking speaks to both the program and the people," says lymphoma patient Marion Warner of Lebanon, Neb., a recent stem cell transplant patient. "Without the people you wouldn't have a program. I've received extraordinary care here. They've worked miracles on me." ■



For information about cancer care at The Nebraska Medical Center, visit us online at www.NebraskaMed.com.

We Are Here for You 24 Hours a Day, 7 Days a Week

The Nebraska Medical Center allows you access to free health information whenever you need it and features:

- 7 days a week, 24 hours a day access
- bilingual
- physician referral
- class or seminar registration
- a "call-me-back-later" feature through our website

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Fast and Easy Drive-Thru Flu Shots

Thursday, Oct. 7, 6 to 10 a.m.

**Clarkson West Medical Center, Southwest corner of 144th
and West Center Road, under the tent; cost: \$15**

Don't miss this opportunity to get your flu shot and be protected all winter long.

Who need a flu shot? Health experts recommend the flu shot if you:

- have a weakened immune system from a disease, such as cancer
- will be four to nine months pregnant during flu season
- have chronic heart, kidney or lung disease

■ are a parent to a child younger than age 2.

All healthy children ages 6 to 23 months also should get a yearly shot. If your child is age 2 or older, ask her doctor if one is necessary.

For information about the flu virus, visit us online at www.NebraskaMed.com.

UPDATE



THE LATEST MEDICAL RESEARCH

Diagnosed with Early Parkinson's Disease?

Adults age 40 and older who have been diagnosed with Parkinson's Disease within the past five years may be eligible to participate in a research study evaluating early Parkinson's disease. Eligible participants will receive research-related health examinations, laboratory tests and research medications at no personal cost.

For information, call the Clinical Trials Office at 402-552-2254 or e-mail us at mamiller@NebraskaMed.com.

Epilepsy Research

The effects of epilepsy medication can be puzzling. Adult epilepsy patients who are still having seizures and are on a stable antiepileptic regime that includes carbamazepine or phenytoin may be eligible for a clinical research study testing the effects of two marketed drugs.

All research-related medical visits, evaluations and medications will be provided at no cost to participants. To learn more, call The Nebraska Medical Center's Clinical Trials Office at 402-552-2254.

heart health

New Heart Imaging Procedure Finds Blockages

Doctors at The Nebraska Medical Center are using new heart imaging procedures to diagnose coronary artery disease with more accuracy and ease than current diagnostic methods. "Perfusion contrast imaging has tremendous clinical implications because it combines the benefits of echo stress testing and the assessment of blood flow to the heart called myocardial perfusion imaging," says Thomas Porter, M.D., cardiologist and director of the Echo Lab at The Nebraska Medical Center.

The Nebraska Medical Center is the only hospital in Nebraska participating in clinical trials to confirm the use of perfusion contrast imaging for myocardial perfusion imaging, which Dr. Porter expects to be approved within the next year.

"Detecting the changes in blood flow to the heart that occur from coronary artery disease is still a challenge," notes Dr. Porter. "The standard mode



of testing is echo stress testing, which evaluates the function of the heart muscle. If indicated, patients must then undergo a nuclear imaging procedure to observe blood flow.

"This new procedure allows us to evaluate both the function of the heart muscle and blood flow with higher resolution than is available with nuclear procedures, improving our ability to detect blockages.

"Using conventional diagnostic

stress testing, up to 20 percent of blockages will be missed," says Dr. Porter. "Perfusion contrast imaging with echocardiography will pick up at least half of these. With its improved accuracy, perfusion contrast imaging has the potential to replace standard testing like stress echo and nuclear imaging."

The procedure is performed by injecting an IV solution that illuminates areas of the heart muscle that are receiving a good supply of blood flow. Doctors read the test using ultrasound technology. Any patient who needs a stress test or is being evaluated for coronary artery disease is a candidate for this diagnostic procedure. ■

For information about cardiac care at The Nebraska Medical Center, visit us online at www.NebraskaMed.com.

New Cholesterol Level Guidelines Could Put You at Risk

If you thought your cholesterol level was within an acceptable range, it might not be after all. As a result of new data recently released from several clinical trials, the medical community is toughening old guidelines and rethinking how Americans have traditionally evaluated cholesterol levels and their relationship to heart disease.

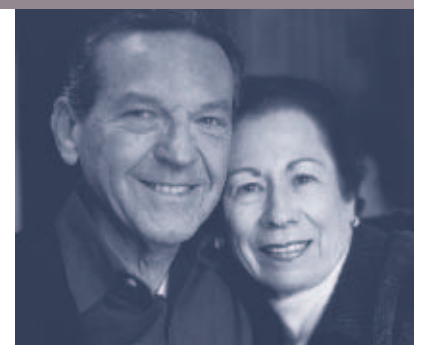
The new recommendations focus on levels of LDL, rather than total cholesterol levels, because LDL appears to play a significant role in increasing the risk of a cardiac event. In the past, a total cholesterol of 200 or below was considered good. Now cholesterol levels above 150 are receiving more scrutiny. "In these individuals, it is important to look at the breakdown of HDL and LDL levels," says Scott Shurmur, M.D., cardiologist with The Nebraska Medical Center. "Traditionally, we thought an LDL of 100 to 130 was an acceptable target. Now we'd like to see that number drop to 70 or below for people at highest risk."

This includes individuals with existing heart disease in addition to any of the following risk factors: smoking, prediabetes, diabetes or an acute coronary event. Those at

moderate to high risk—meaning they have diabetes or coronary artery disease (CAD)—should shoot for a target LDL of 100 or under. Those without CAD or diabetes, but with two additional risk factors, should aim for an LDL of 130 or below, notes Dr. Shurmur.

The use of powerful cholesterol-reducing drugs called statins is the recommended therapy to reduce LDL levels. "Statins can dramatically reduce the rates of heart attack, stroke and even mortality," notes Dr. Shurmur. "Within six weeks, statins can reduce an individual's LDL by 25 to 60 percent."

For more information about cardiac care, visit us online at www.NebraskaMed.com.





Q I know walking can benefit my health. But how long do I need to walk to take advantage of its positive effects?



Joseph Shehan, M.D.
Internal Medicine
Specialist

A Walking is a great way to keep your heart healthy. In fact, regular walking may reduce the risk factors for heart disease. Moving your feet can improve cholesterol levels, lower blood pressure, reduce stress and burn extra calories.

Walking as little as one hour a week can make a difference in lowering your risk for heart disease, particularly if you are inactive. But most experts recommend moderately intense exercise to prevent chronic health problems, such as heart disease. Try brisk walking for at least 30 minutes most days of the week.

And keep the pace up because brisk walking—3 to 4 miles an hour—can reduce your risk for heart disease more than walking at an easy pace.

Be sure to talk to your doctor before you start any exercise program, particularly if you have heart disease or another medical condition, such as high blood pressure, diabetes or arthritis. Together, you can decide on how far—and fast—a walk you need to keep a healthy heart.

Q Now that I'm getting older, am I doomed to sleepless nights?



Richard Yates, M.D.
Pulmonologist

A Nearly everyone suffers an occasional restless night. But if you feel shortchanged on sleep more often than not, you may have insomnia—a problem that tends to increase with age.

Older adults experience less deep sleep and awaken more frequently during the night. They also may be less active or take more naps, which can perpetuate the cycle of a poor night's sleep. The use of caffeine, nicotine or alcohol also can contribute to insomnia. So can stress and many medical problems, including depression, arthritis and sleep apnea.

Sleep medications only offer a temporary solution. For long-term relief, experts offer this advice:

- Avoid daytime naps, or limit them to 20 to 30 minutes early in the day.
- Exercise regularly—but schedule your workout several hours before bedtime.
- Create a relaxing bedtime routine: Take a luke-warm bath or listen to soothing music.
- If you can't fall asleep after 20 minutes, go to another room. Read with a dim light until you feel sleepy.

Q What kinds of foods can help women protect against heart disease? Does fiber have anything to do with it?



Jayanthi Ganesan, M.D.
Internal Medicine
Specialist

A A low-fat, low-cholesterol diet can significantly reduce women's risk of heart diseases. The American Heart Association eating plan suggests eating a variety of food fiber sources. Foods containing fiber are good sources of other essential nutrients. Studies have shown that fiber may protect the heart by lowering cholesterol and cut heart disease risk by 30 percent.

Fruits, vegetables, whole-grain and fortified food, beans, peas, rice bran, barley, citrus fruits and strawberries are good sources of both soluble and insoluble dietary fiber. For the best heart-protective results, women need to take about 20 to 30 grams

of fiber daily. Here are a few ways to increase fiber in your diet:

- Eat whole-grain cereal topped with fruit for breakfast.
- Snack on raw veggies and fresh fruit with the peel.
- Substitute peas, beans and lentils for meat-based dishes.

Q I have diabetes. Can you offer any foot-care tips?

A When you have diabetes, a simple cut or blister on the foot can lead to an ulcer, or an open, inflamed sore. A daily foot-care routine can help you avoid many problems. Check to see if your routine includes all of these steps:



Marjorie Bisenius, M.D.
Family Practitioner

- Do you wash and thoroughly dry your feet—including between your toes?
- Do you carefully inspect both feet? You should look for redness, blisters, cuts, swelling and other problems. Ask your doctor how you should handle different types of foot problems.
- Do you apply moisturizing cream to dry feet—and remember not to get it between your toes?
- Do you sprinkle talcum powder on your feet if they tend to sweat?



Our Doctors Could Be Your Doctors.

To find a physician,
call us at **800-922-0000**
or visit us on the Web at:

www.NebraskaMed.com

What's New on the Web?

- Transplant Center
- New cholesterol guidelines
- New Pap test guidelines
- Tests and screenings for women

Also at www.NebraskaMed.com:

- Confidential physician referral
- Health risk assessments
- Educational programs
- Answers to health questions
- Medical atlas
- Employment information
- Maps and virtual tours
- Free e-mail newsletter

www.NebraskaMed.com

cancer care

What New Pap Test Guidelines Mean to You

A new set of guidelines recently announced by the American Cancer Society extends the period between Pap tests for up to two to three years. However, it may be sending the wrong message to women.

“While this increased interval between Pap smear testing may be recommended and considered safe, this does not excuse women from their annual physical examination,” says Sonja Kinney, M.D., obstetrician/gynecologist at The Nebraska Medical Center and director of the Dysplasia Clinic at UNMC. “There are a lot of things we check for in a physical examination that are just as important to a woman’s health. We should look at the cervix every year even if we decide to postpone the Pap test until the following year.”

The new guidelines pertain to a new type of Pap smear, called the

liquid-based cytology, which appears to pick up high-grade precancerous abnormalities better than the former glass-slide Pap smear. A normal reading on this new Pap test extends Pap testing to every two years. In women older than age 30, normal or negative readings for the new Pap test combined with HPV (human papilloma virus) DNA testing extends subsequent Pap testing to three years.

The Pap test can help prevent cervical cancer by detecting early signs of cancer. In most cases, patients should request the new liquid-based cytology Pap smear, which is quickly becoming the standard of care, notes Dr. Kinney. The new test also can reveal abnormal cells caused by infections such as HPV, the most common sexually transmitted disease in this country. HPV can cause dysplasia and increase a woman’s risk

for developing cervical cancer.

Other women who may have a higher risk of cervical cancer include those who:

- do not get regular Pap tests
- became sexually active before age 16
- have had many sexual partners
- smoke cigarettes.

The American Cancer Society recommends that all women begin yearly Pap tests about three years after they become sexually active, but no later than age 21.■

Call 800-922-0000 to receive your free brochure, “What Could Be Wrong? A Woman’s Guide to Common Pelvic Infections.” For information about cancer care at The Nebraska Medical Center, visit us online at www.NebraskaMed.com.



Cancer Care with a Personal Touch

Being diagnosed with cancer can be a very difficult and frightening experience. At a time when a person feels his or her most vulnerable, patients at the Cancer Center at The Nebraska Medical Center have found a silver lining in their experience—an extraordinary level of personalized, comprehensive care from experts who are committed to the individualized care of each person who steps through their doors.

“I felt like I was part of the team,” says cancer survivor John Crook of Omaha. “Immediately, much of my anxiety was relieved. They gave me faith at a time when much of my faith had diminished.”

“The emotional pain of being diagnosed with cancer is far more diffi-

cult than the physical pain,” says cancer survivor JoAnn Petersen of Papillion, Neb. “The knowledge, support and accessibility I received from my case manager and doctor were critical in helping me get through it. They gave me peace of mind so I could sleep at night.”

Each patient receiving chemotherapy treatment at the Cancer Center is assigned a case manager, a nurse who serves as the patient’s primary contact throughout the entire treatment process. “The case manager serves as the primary liaison between the patient and physician,” says Susan Franco, R.N., B.S.N., clinical case manager. “We provide patient education, coordinate tests and procedures, follow up with patients and are acces-

sible to them on a daily basis to provide support and information.”

“We’re their personal nurse,” says Kristin Griess, R.N., B.S.N., clinical case manager. “From their first visit to the clinic, they have a continuity of care that is unlike any other hospital I know. It provides a very seamless system.”

“Having cancer is very scary,” adds Griess. “Patients feel like they’ve lost control. We try to give some control back to their lives. For me it is a privilege to become a part of a person’s life when they need care, love and support more than ever.”

For information about cancer care at The Nebraska Medical Center, visit us online at www.NebraskaMed.com.



HealthLink

YOUR SOURCE FOR CLASSES AND SUPPORT GROUPS

Special Events

Santa's Preview

Wednesday, Nov. 3, 7 a.m. to 8:30 p.m., hospital lobby
Luncheon: Noon, Storz Pavilion; \$35; proceeds benefit Clarkson College.
Registration required: **800-922-0000**
Thursday, Nov. 4, 8 a.m. to 5 p.m., hospital lobby
A two-day boutique of unique holiday gifts sponsored by the Clarkson Service League.

Blood Pressure Screenings

Fridays, Oct. 8, Nov. 12, Dec. 10, from 8:30 to 9:45 a.m.
Oakview Mall, JC Penney Wing
Free blood pressure checks performed by nurses from The Nebraska

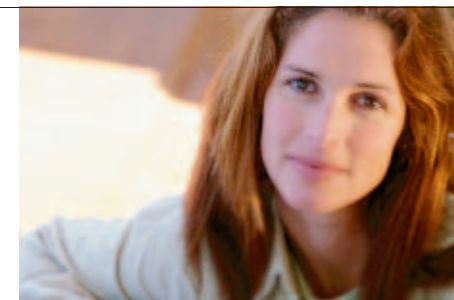
Medical Center and the Nebraska Heart Institute.

Check Out the Company Store

Looking for a special gift? Then you've come to the right place. Just in at the Company Store—a variety of high-quality apparel items for this fall and winter, including long-sleeved, cotton shirts in an array of colors, sweaters, jackets and holiday sweatshirts. Our assortment of accessories make great gifts including pens, travel mugs, tote bags, license plate holders and coolers. To visit the Company Store online, go to **www.NebraskaMed.com** and click on Company Store.

Taking Care of You— Healthwise Conference Series

Saturday, Nov. 6, 9 a.m. to 4 p.m. (registration begins at 8 a.m.), Westside High School, 87 and Pacific St.
Cost: \$20 or 2 for \$30; \$25 day of conference
Sponsored by The Nebraska Medical Center and the Omaha World-Herald
Join us for this one-day event that will provide you with the tools you need to make informed decisions about issues that affect your family's health and well-being. Experts will present sessions on diet and nutrition, heart disease, stroke and alternative medicine. To register, call **800-393-8404** or register online at **www.healthwiseseries.com**.



Omaha Women's Health & Wellness Conference: The Art of Living with Stress

Friday, Oct. 22, 8 a.m. to 3:30 p.m.
Holiday Inn Convention Center, 72nd & Grover St.
Cost: \$40; plus \$30 for continuing nursing credit
Join us for a day of health education, screenings and assessments. To register, call **402-559-6345**.

Health & Wellness Club

Over 50?
Join our
Free Club

Club activities are open to all interested individuals age 50 and older. Health and Wellness (H&W) Club members enjoy occasional discounts and special offerings. For more information or to register for the following activities, call **800-922-0000**.

Medical Seminar

Thursday, Oct. 7, Optional lunch: 11:20 a.m., Presentation: noon
The Flu and You
Speaker: Donald Darst, M.D.

Fall Blood Draw

Saturday, Oct. 9, 7 to 10:30 a.m., Storz Pavilion
Wellness Panel (fast required),
Cost: \$29
Registration required: **800-922-0000**

Zoo Walking Club Fall Festival

Friday, Nov. 5
Registration, refreshments: 8:30 a.m.
Speaker: 9:30 a.m.
Treetops Restaurant
Speaker: Jayanthi Ganesan, M.D.
Registration required: **800-922-0000**

Monthly Blood Pressure Screening

Second Friday of the month, 8:30 to 9:45 a.m., Oakview Mall, JC Penney Wing
Free, no registration required

Third Thursday Art Encounter Club

Third Thursdays, 10:30 to 11:30 a.m.
Free to Joslyn members; H&W Club members pay museum admission. Enjoy guided tours of Joslyn's permanent collection and special exhibitions.

Oct. 21: Women in Art, Scotsman in Buckskin: Early Western Artists and If I Were the Curator

Nov. 18: Women in Art, Renaissance to Rococo: Masterpieces from the Collection of the Wadsworth Atheneum Museum of Art and Native American Craft Traditions

Dec. 16: Saints and Biblical Figures, Renaissance to Rococo: Masterpieces from the Collection of the Wadsworth Atheneum Museum of Art and Stories in Art.

To register for these programs, or to learn about the many programs we have to offer: Call **800-922-0000** or go to our website at **www.NebraskaMed.com**.



FITNESS AND NUTRITION

■ Treadmill walking and running burns more calories compared with other indoor exercise machines. The treadmill provides the best cardiovascular training, as well.

Journal of the American Medical Association

■ Apples are a good source of antioxidants, substances that may help the body fight disease. One small, red apple was found to have as many antioxidants as 1,500 milligrams of vitamin C. But keep the skin on: There are more antioxidants in the skin than in the flesh.

Nature

■ Many wonder if donating blood will interfere with their fitness goals. Unless you're a pro athlete, you probably have nothing to worry about. But keep in mind that blood donation could put you at risk for dehydration. So, after giving blood, take in plenty of fluids throughout the rest of the day.

Physician and Sportsmedicine

■ Yes, you *can* learn to like low-fat foods, suggests a weight-loss study of 118 women. After 12 weeks of substituting low-fat for high-fat foods, participants' desire for high-fat foods lessened. In addition, their desire for the low-fat items increased.

Journal of Nutrition Education and Behavior

neurology

New Treatments for Seizure Disorders

Seizure disorders are more common than you think. Approximately 2.8 million people have seizure disorders and another 180,000 are added to this number each year. Surprisingly, a substantial number of people have seizure disorders but don't realize it and another group of seizure victims are not receiving appropriate treatment.

Individuals who experience one of the most common types of seizure disorders, temporal lobe seizures, are most likely to be unaware of their condition. These seizures are characterized by one- to two-minute episodes of lost awareness of his or her surroundings. The person may fall into a blank stare, smack their lips, swallow repeatedly or have uncontrolled hand movements. These seizures are often preceded by a sudden sense of unprovoked fear, a déjà vu experience or butterflies in the stomach.

"There's another segment of seizure victims who were likely diagnosed

some years ago, have not had success with treatment and have been told they must live with the condition," says Sanjay Singh, M.D., neurologist, epileptologist and director of The Nebraska Medical Center's Epilepsy Center, the only comprehensive epilepsy center of its kind in Nebraska, western Iowa and South Dakota. "That's not the case anymore. The



treatment of seizures has improved tremendously over the last eight years and the majority of patients can now be helped with new medications and new surgical procedures for patients with difficult-to-treat epilepsy."

A person who has two or more unprovoked seizures is considered to have epilepsy. The Nebraska Medical Center's Epilepsy Center employs a comprehensive four-phase monitoring and treatment program using advanced diagnostic equipment that can accurately pinpoint the site of onset of a seizure and type of seizure, which allows for more effective treatment. If you or someone you know has experienced two or more seizures, talk to your physician about getting treatment. ■

Call 800-922-0000 to receive your free brochure, "Seizures and Epilepsy: Hope Through Research." For information about the Epilepsy Center, visit us online at www.NebraskaMed.com.

Are You Really Immune to Chickenpox?

Most of us may have little or no memory of having chickenpox but take comfort in knowing that now we're immune from encountering that virus again. Unfortunately, that is only partially correct. The chickenpox virus can reactivate after years of lying dormant in your nervous system in the form of shingles, also known as herpes zoster. As the virus reactivates, it causes pain and tingling and eventually a rash of short-lived blisters.

"While shingles normally isn't a life-threatening condition, in certain individuals it can be," says Pariwat Thaisetthawatkul, M.D., neurologist

with The Nebraska Medical Center. "Individuals whose immune system has been lowered or use immunosuppression therapy should seek immediate treatment." In people 50 years of age or older, shingles is more likely to cause a complication called postherpetic neuralgia, which causes the skin to become painful and sensitive to touch for months or years after the rashes subside.

"Seeking early treatment can help decrease the symptoms," notes Dr. Thaisetthawatkul. Anyone who experiences a skin rash that spreads to the face also should seek prompt treatment. This can lead to an

infection of your cornea, which can cause blindness, he says.

Approximately 20 percent of people who have had chickenpox will develop shingles. What causes it to reactivate is not exactly clear, although it appears to be related to factors such as age and situations in which the immune system has been altered by trauma, certain medications or immunosuppression therapy. While shingles isn't contagious, the virus can cause chickenpox in a child who hasn't had chickenpox before.

For information about neurological care at The Nebraska Medical Center, visit us online at www.NebraskaMed.com.

Tests Women Need at Every Age

Keeping track of the tests you need to keep your health on course can be a confusing task. Diana Curran, M.D., obstetrician/gynecologist with The Nebraska Medical Center, offers the following advice to help keep you on track.

All women, starting at age 21, should begin a regimen of regular Pap tests. The frequency of Pap tests has been extended to two to three years depending on your age and the results. Breast self-exams should be performed monthly by age 21; a baseline mammogram at age 40; every other year after age 40; and annually after age 50. "The benefits of breast-self exams should not be overlooked," says Dr. Curran. "I've seen many women in my clinic who have detected their own breast cancer through self-exams."

Heart disease, the number one killer, should also be on women's radar screens. "Women can begin



taking preventive measures very early in life by making lifestyle modifications such as eating healthy, exercising and not smoking," says Dr. Curran. "You also should get your cholesterol and blood pressure checked every five years as long as

it's normal."

For general health, Dr. Curran recommends taking a multivitamin daily as well as 1,000 grams of calcium and 400 units of vitamin D to help prevent osteoporosis and 1,500 grams of calcium and 800 units of vitamin D for postmenopausal women. Postmenopausal women should undergo a DEXA bone density scan and repeat every two years, if needed.

A thyroid check at age 40 is important. "Thyroid disease occurs 10 times more frequently in women than men," notes

Dr. Curran, "and can lead to menstrual irregularity, fatigue and osteoporosis if not managed."

Most women think of colon cancer as a man's disease, but it actually occurs at the same rate in women. As such, schedule an annual occult

blood test and colonoscopy starting at age 50.

Other tests to consider: blood sugar tests every three years for diabetes; blood count to check for anemia every five years; skin cancer and mole checks during physicals; tetanus booster every 10 years; and the one-time pneumococcal vaccine at age 55 or older.

If you are sexually active with changing partners, you should be checked periodically for sexually transmitted diseases. Some STDs like herpes and HPV have become quite common and can have few or no symptoms. ■

Call 800-922-0000 to receive your free brochure, "How to Quit Smoking for Good This Time." For information about women's health at The Nebraska Medical Center, visit us online at www.NebraskaMed.com.



Outlook Is Brighter for Women with Endometriosis

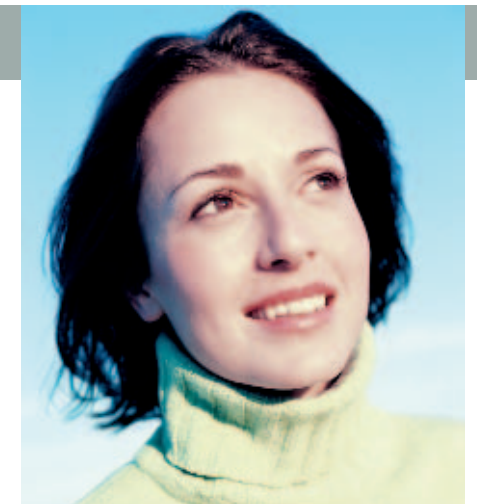
A diagnosis of endometriosis doesn't have to mean doom and despair. Endometriosis, a sometimes painful disorder of the reproductive system that usually strikes women during their reproductive years, is often associated with infertility. But thanks to advances in new therapies and treatments, the outlook is looking much brighter. "There's much more hope for treating endometriosis successfully and we're having much more success at treating infertility," says Cindy Berkland, A.R.N.P., woman's health nurse practitioner with The Nebraska Medical Center.

In fact, approximately 90 percent of women with mild to moderate endometriosis will become pregnant within a five-year period, notes Berkland. However, endometriosis tends to worsen with time. Therefore, it is important to seek early treatment and if having children is in your plans, don't delay.

Some women with endometriosis have no symptoms while others will experience painful periods, heavy periods or bleeding, pelvic pain during their period and pain during bowel movements or urination. The severity of your pain, however, is not an indication of the seriousness of

your condition, says Berkland. Women who have a family history of endometriosis should become familiar with the symptoms, as your risk for endometriosis increases up to 10 times more than the average female.

Treatment will depend on the severity of your symptoms and whether you're planning to become pregnant. Many women can be treated successfully with oral contraceptives and/or hormone agonist inhibitors, both of which lower hormone levels and thereby help reduce the endometrial implants. In more severe cases, surgery may be recommended to remove the endometrial growths.

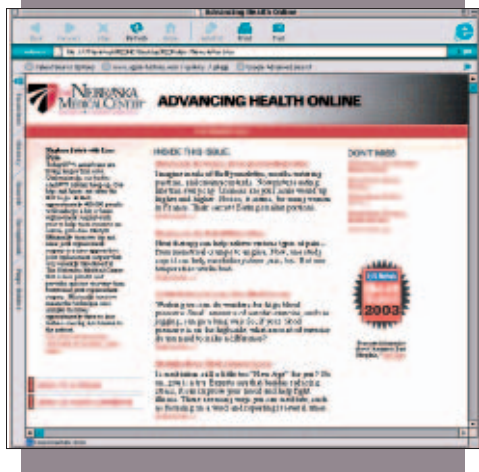


Call 800-922-0000 to receive your free brochure, "Endometriosis." For information about women's health, visit us online at www.NebraskaMed.com.



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Receive valuable health information on a monthly basis and get the latest updates on our classes and services relevant to your interests. Sign-up is simple! Use our convenient online subscriber registration form at www.NebraskaMed.com.



Carbs: Not as Evil as You Might Think

Counting carbs? Don't be too quick to discount them. Despite diets that have you shunning carbohydrates, your body needs them. "Carbohydrates are the nutrients that our body prefers for energy and they are an important source of fiber, vitamins and minerals that support good health," says Brenda Bishop, medical nutritionist with The Nebraska Medical Center. "Carb foods also contain phytochemicals that can reduce our risk of heart disease and cancer and slow down the aging process."

The National Institutes of Health recommends that a minimum of 130 grams of carbohydrates each day is needed to produce enough glucose for the brain to function, says Bishop. That translates into about 45 to 65 percent of our daily calories. Carbohydrates contain four calories per gram.

Healthier carbs are found in foods



such as beans, vegetables, fruits and whole grains, which contain fiber and can reduce heart disease risk. Milk and yogurt, also carb sources, provide calcium and vitamin D, which are important for healthy bones and may promote weight loss. The following carb sources should be reduced in your diet—sugary drinks, cookies and candy and low-fiber starches like pasta, rice and low-fiber breads.

"Most people on low-carb diets do

lose weight in the short term," says Bishop. "However, most of these diets are low-calorie so weight loss is probably more related to the calorie deficit created by eliminating starchy and sugary foods. In the long term, low-carb diets are very difficult to follow because they eliminate so many food choices. Modification of these diets by continuing to decrease refined carbohydrates and adding whole grains, fruits, vegetables and milk/yogurts while choosing foods lower in saturated fat, combined with activity, will help promote weight management and overall health."

Call 800-922-0000 for your free brochure, "A Vegetable-A-Week Plan That Could Add Years to Your Life." For information about healthy eating, visit us online at www.NebraskaMed.com.



FREE Health Information: Take Charge of Your Health

To get your free information, call The Nebraska Medical Center at 800-922-0000 or e-mail us at info@NebraskaMed.com:

- for the free brochure "What Could Be Wrong? A Woman's Guide to Common Pelvic Infections"
- for the free brochure "How to Quit Smoking for Good This Time"
- for the free brochure "A Vegetable-A-Week Plan That Could Add Years to Your Life"
- for the free brochure "Seizures and Epilepsy: Hope Through Research"
- for the free brochure "Endometriosis"

Get your FREE health information today!

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Glenn A. Fosdick, FACHE
President and Chief Executive Officer

Tadd M. Pullin
Vice President, Marketing & Strategic Planning

Martin W. Beerman, APR
Director, Marketing

Leslie McAllister
Manager, Marketing

Susan Meyers
Editor

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