

FEBRUARY
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REMARKABLE CARE THROUGH RESEARCH AND EDUCATION

NOT YOUR FATHER'S HEART ATTACK WOMEN'S SYMPTOMS MAY BE DIFFERENT



You know heart disease can affect women, but did you know that women's heart attack symptoms may be different than men's? Just ask Margo Larson, 67, a pre-school teacher, whose first symptom was an aching jaw several days before her heart attack.

"My dentist found nothing wrong with my teeth and jaw," says Margo, who has a strong family history of heart disease. "The morning of my heart attack, I had arm pain and a sore throat, but I rationalized away the symptoms and went to work. Later, I was nauseous and sweating, so I drove myself home. It still didn't occur to me that I was having a heart attack."

According to Bruce Liang, M.D., director of the Pat and Jim Calhoun Cardiology Center at UConn Health Center, "Women often have different symptoms for a heart attack. Men typically experience chest discomfort that radiates to the arms. Women may experience that, too, but they may also have fatigue, stomach discomfort, joint pain, neck pain, or a toothache."

Fortunately, when Margo ultimately realized what was happening, she went straight to the Emergency Department at UConn. "I had a stent in place by that evening," recalls Margo. "I was hospitalized for a few days, but I'm fine now. I eat right, walk daily, take the proper medications and I still teach pre-school every day."

"After menopause, the incidence of heart disease in women catches up to men," says Dr. Liang. "Post-menopausal women with risk factors – such as family history of heart disease, smoking, high blood pressure, unhealthy cholesterol and diabetes – should not hesitate to get help if they have unusual symptoms. Awareness is very important for women to protect themselves from a devastating heart attack."

Margo echoes Dr. Liang's advice. "As women, we should be more assertive about our own needs. Postponing your health to care for your family won't do much good if you aren't around."

For more information, visit The Pat and Jim Calhoun Cardiology Center at <http://heart.uhc.edu>; the American Heart Association at www.americanheart.org and The National Heart, Lung and Blood Institute at www.nhlbi.nih.gov. To make an appointment with a UConn cardiologist, call UConnLink at 800-535-6232 or 679-7692, locally.

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AGING GRACEFULLY WITH HE

Someone famously quipped that aging isn't for wimps. But aging also doesn't have to change your life overnight. In fact, with help from UConn's geriatricians – specially-trained doctors who help patients transition into later life – you can live independently for a long time.

According to George Kuchel, M.D., director of the UConn Center on Aging, geriatricians use a holistic approach to address the physical, psychological and social issues surrounding patients at every point on the age spectrum. For those at the beginning of the process, doctors offer suggestions to keep healthy and prevent disease. Geriatricians also provide medical care for memory loss, arthritis, osteoporosis, mobility difficulties and other issues that can affect older people, as well as coordinate care with other specialists as needed.

And Dr. Kuchel notes that research by

geriatricians is changing the way that doctors and the public view aging. "We used to think that exercise was not safe for older adults; however, research has proven that physical activity including appropriate exercise can improve the quality of life for people at any age."

In particular, two programs at the UConn Health Center – Powerful Aging and the James E. C. Walker Memory Assessment Clinic – work to help people age gracefully so they can remain active.

Powerful Aging

The Powerful Aging program offers exercise programs designed for adults over 50. According to James O. Judge, M.D., a geriatrician at the UConn Center on Aging, "these simple, repetitive movements promote strength, agility and balance. And the exercises do not require high-tech equipment."

The James E. C. Walker Memory Assessment Clinic

"Our goal is to treat memory loss at its earliest stages," notes Patrick Coll, M.D., clinical director of UConn's James E. C. Walker Memory Assessment Clinic. "We offer a unique multidisciplinary program with geriatricians, neurologists, psychiatrists and nurse case managers working together."

The James E. C. Walker Memory Assessment Clinic tests patients who have all stages of



You can run, but you cannot down and wish it away. Other elders — the Baby Boomers — free membership program or low-cost seminars, health

For more information, email

WASH YOUR HANDS, KILL A GERM



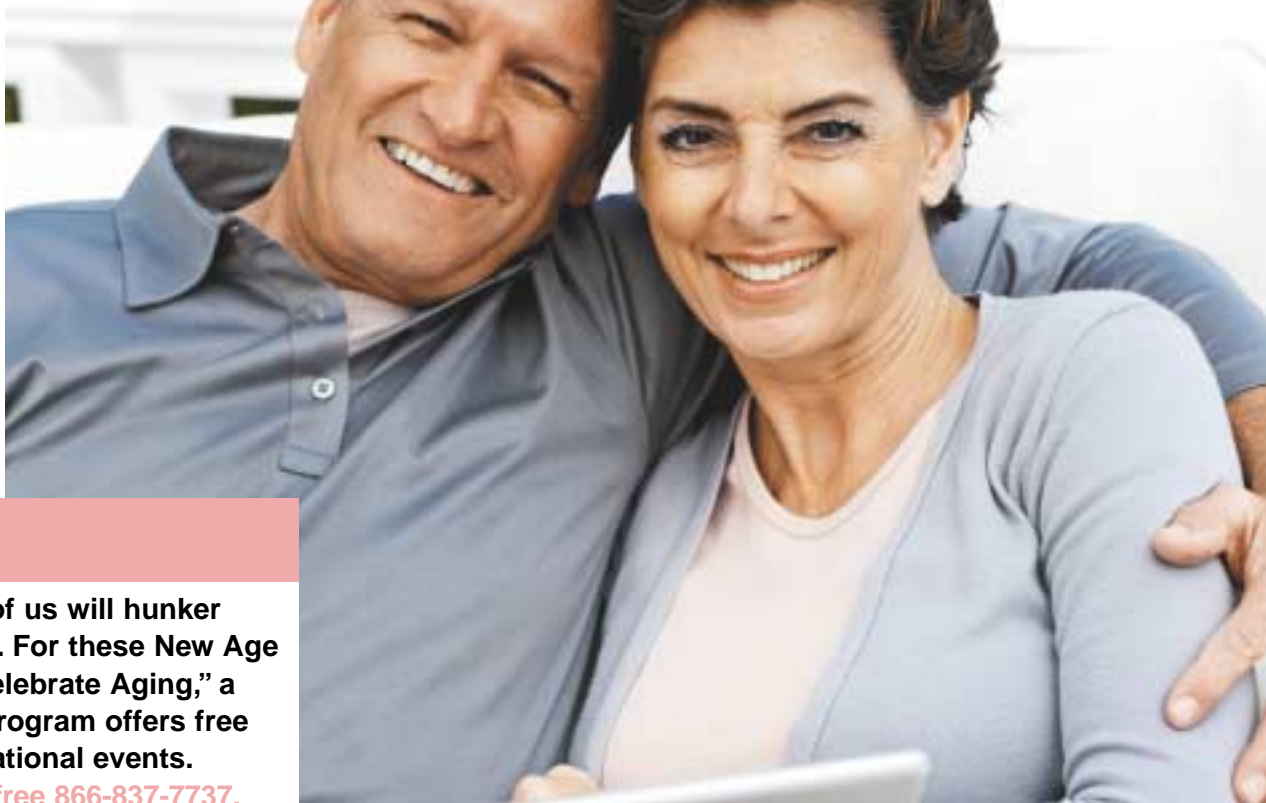
The bacteria and viruses that cause colds and flu are spread by person-to-person contact, as well as by touching objects that have been touched by others. However, simply washing your hands is one of the best defenses against infection. Wash for at least 20 seconds (about the time it takes to sing "Happy Birthday" twice) while taking care to clean between the fingers, the back of the hand and under fingernails.

According to Sarah Dainiak, M.D., an internist at UConn's Internal Medicine Associates practice in Simsbury, the effects of hand washing can be dramatic. For example, one study documented a 45 percent decrease in the number of respiratory illness among Navy recruits who were told by their commanding officers to wash their hands at least five times a day.

HELP FROM UCONN

Alzheimer's disease and other memory-related difficulties. Referrals are accepted from physicians, family members, patient guardians and patients themselves.

For more information on "Powerful Aging" call 860-523-3772. For more information about the James E. C. Walker Memory Assessment Clinic or to make an appointment with a UConn geriatrician call 860-679-8400 or 800-535-6232.



FREE MEMBERSHIP PROGRAM

Don't hide. Like it or not, we are all getting older. Some of us will hunker down and others will embrace new ways to be older and healthier. For these New Age members among us — UConn Health Center has created "Celebrate Aging," a program for women and men who are 40 years or older. The program offers free health screenings, a quarterly newsletter and other educational events.

Join celebrateaging@uchc.edu or call 860-679-4900 / toll free 866-837-7737.

STOPPING THE SPREAD OF COLDS AND FLU

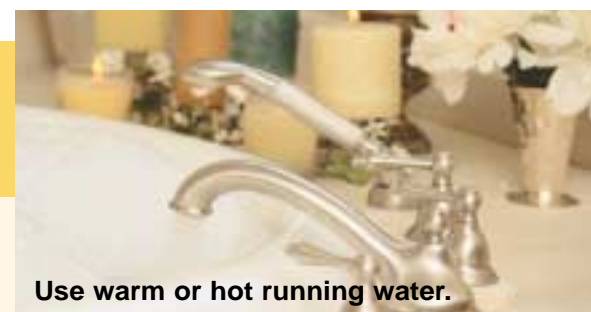
HERE ARE A FEW THINGS ABOUT HAND WASHING TO KEEP IN MIND:

- Regular soap in general is as effective as antimicrobial soap, unless visiting a health care facility, when it is recommended to use an antimicrobial soap or alcohol-based hand sanitizer.
- Alcohol-based hand sanitizers don't need water for killing germs so they are convenient to use if you are busy or traveling.
- Always wash your hands before preparing meals or eating; after sneezing, blowing your nose, tending to someone who is sick, touching animals and after using any toilet.

- After washing your hands in a public restroom, use a paper towel to turn off the water faucet and to open the bathroom door. About one-third of people don't wash their hands after using a toilet.

Dr. Dainiak says that it's important to remember that in addition to colds and flu, some pretty serious diseases — like hepatitis A, meningitis and infectious diarrhea — can easily be prevented if people make a habit of washing their hands.

To make an appointment with Dr. Dainiak or another UConn physician, call 800-535-6232 or 679-7692, locally.



Use warm or hot running water.



Use soap.



Rub both hands together and continue rubbing for at least 20 seconds.

KYPHOPLASTY

HELP FOR THOSE WHO SUFFER FROM OSTEOPOROSIS PAIN

The National Osteoporosis Foundation estimates that 55 percent of those 50 years old or older are at risk for osteoporosis.

One out of two women and one out of four men are likely to have a fracture related to this disease.

One of the most common types of fractures from osteoporosis is a vertebral compression fracture or VCF. A VCF is a break in the bones of the spinal column. The difficulty with this kind of break is that most people do not have symptoms. If they do feel pain, many people think they just pulled a back muscle and consider it part of the aging process.

Unfortunately, the back pain from a VCF does not go away and eventually gets worse. And, having one VCF makes you five times as likely to have another one.

But UConn's neurosurgeon Michael Giordano, M.D., F.A.C.S., provides patients

with pain relief through a procedure known as kyphoplasty (KIE-FOE-PLAS-TEE).

"It's a minimally invasive surgery that involves a couple of stitches, and patients are up and walking the same day," explains Dr. Giordano. "We insert a small tube into the fractured area of the spine and use a balloon to expand the space. When the balloon is deflated, we fill the space with a rapid-setting bone cement. This cement keeps the bones from compressing again."

After the procedure, most patients find that their back pain has decreased considerably and that they are much more able to get around.

"UConn is one of a handful of hospitals in the area who have experience with this procedure," adds Dr. Giordano. "Compression fractures used to be treated with braces and bed rest, but now there's a better way."

HOW KYPHOPLASTY WORKS

1



The center of the vertebra has become porous and collapsed.

2



A thin tube with a balloon is inserted into the fractured bone.

3



The balloon is inflated to raise bone. The cavity is filled with bone cement.

4



The bone cement hardens, supports surrounding bone and prevents further collapse.

INTRODUCING...

Pooja Luthra, M.D., an endocrinologist, has joined the UConn Health Center and sees patients on the main campus in Farmington. Dr. Luthra offers specialized care for patients with diabetes, thyroid disease and osteoporosis.

Dr. Luthra graduated from the Maulana Azad Medical College in New Delhi, India. She completed an internship, residency in internal medicine and a fellowship in endocrinology and metabolism at the UConn School of Medicine.

Tapas Banerjee (Bandyopadhyay), M.D., a pulmonary specialist, offers patients a wealth of experience dealing with airway disorders such as emphysema and asthma.

Dr. Banerjee graduated from Calcutta University ranking first in both his medical and surgical examinations. He completed an internal medicine residency as well as fellowships in critical care medicine and pulmonary medicine at the UConn School of Medicine.

He is a fellow of the American College of Chest Physicians and a member of the Royal College of Physicians in the United Kingdom.



Pooja Luthra, M.D.



Tapas Banerjee (Bandyopadhyay), M.D.

Drs. Luthra and Banerjee are accepting new patients. Call UConnLink at 800-535-6232 or 679-7692, locally.

UPCOMING EVENTS

DISCOVERY SERIES

Always Informative, Always Free. All programs begin at 7 p.m.

Tuesday, February 28, 2006
(Snow Date: March 2)

***Men's Night Out:
Cardiovascular Health for
Men and the People Who
Love Them***

Presenters: Peter Schulman, M.D.,
Karl Ravech, ESPN Anchor

Presented with Celebrate Aging

Tuesday, March 7, 2006
(Snow Date: March 9)

Colon Cancer Prevention

Presenter: Joel Levine, M.D.

Tuesday, April 4, 2006
(Snow Date: April 6)

Osteoporosis Update

Presenters: Lawrence Raisz, M.D.,
Pamela Taxel, M.D.,
Jo-Anne Smith, M.D.,
Michael Giordano, M.D.,
Moderator: Lianne Cirullo

For a complete listing of community programs, visit www.uchc.edu. To register for any of the above, call UConnLink at 800-535-6232.

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