

# *inspire*

YOUR HEALTH, YOUR LIFE

**CONCERNING  
SYMPTOMS?  
CONFIDE IN  
YOUR DOCTOR**

**PREPARE FOR  
EMERGENCIES —  
STOCK YOUR  
FIRST-AID KIT**

**JOINT PAIN?  
Explore  
Your Options**



**DEKALB REGIONAL**  
MEDICAL CENTER

# Get Back in the Game With an Assist From Ginger Medders, M.D.

Is soccer is your kid's thing? Is running is yours? No matter who you are, or what's your sport, sometimes the games you love can lead to aches and pains you hate. That's where Sports Medicine Specialist Ginger Medders, M.D., should enter your playbook. She is double board-certified and while she's new to the DeKalb Medical Group team, she's been practicing Sports Medicine for more than five years. Dr. Medders treats a wide range of injuries and chronic conditions involving the musculoskeletal system.

After graduating from medical school at the University of Alabama at Birmingham School of Medicine, she completed her residency at The University of Alabama in Tuscaloosa, Alabama, where she had opportunities to work with the football team. Dr. Medders continued her training in Mobile, Alabama, at the University of South Alabama where she completed a Primary Care Sports Medicine Fellowship and served as a Team Physician for all their athletes.

In her free time, Dr. Medders and her husband enjoy working out, being outdoors, traveling, serving with their church and spending time with their rescue pup, Rusty. Her goal is to provide care to local athletes, weekend warriors and active individuals of all ages and levels so they can achieve a healthier and happier life.



Find out more about Dr. Medders at [DeKalbMedicalGroup.com](http://DeKalbMedicalGroup.com) and call (256) 979-1550 to schedule an appointment.



# No Need to Count Sheep With Help From Darren Gannuch, M.D.

Did you know that there are more than 80 types of sleep disorders, according to the National Library of Medicine, including sleep apnea, insomnia and restless leg syndrome? That's enough to make anyone lose sleep. So, if you have trouble falling asleep, staying asleep or getting a consistent good night's sleep (where you wake up feeling well-rested), you may need some help from Darren Gannuch, M.D.

Dr. Gannuch is board-certified by the American Board of Psychiatry and Neurology and the American Board of Sleep Medicine. As a sleep specialist, he can help diagnose and treat pretty much any sleep disorder because he's been practicing sleep medicine since 2001. Dr. Gannuch chose to live and work in Fort Payne, Alabama, in large part because he likes the smaller community feeling offered. And, he believes patient care is far more effective when he has the opportunity to understand his patients' circumstances and easily communicate with other

healthcare providers. Most of all, Dr. Gannuch knows that sleep is so important because quality sleep restores our bodies and poor sleep can impact our overall health, safety and quality of life.

Dr. Gannuch received his medical training at Louisiana State University Medical Center in New Orleans and completed his residency training at Ochsner Medical Foundation in Jefferson, Louisiana.



You can make an appointment to see Dr. Gannuch by calling (256) 845-0345. We also encourage you to find out more about him at [DeKalbMedicalGroup.com](http://DeKalbMedicalGroup.com). Dr. Gannuch performs sleep studies for adults in comfortable, home-like rooms at the Sleep Center at DeKalb Regional Medical Center.

*Drs. Medders and Gannuch are members of the medical staff at DeKalb Regional Medical Center.*



# HANDLING BEE STINGS AND OTHER EMERGENCIES

Prepare for the worst and know when you should head to the ER.

As the weather warms, there are more opportunities to head outside. But enjoying the great outdoors presents health risks, such as bees working to collect pollen and snakes coming out from their winter burrows. Whether your outdoor plans involve long hikes or just time in the backyard, you need to know what to do if faced with an emergency bite or sting.

## **MOST STINGS ARE MINOR**

If you're stung by a bee, remove the stinger by flicking or scraping off the stinger, rather than pinching the area. Bees leave a venom pouch which contracts for about 20 to 30 seconds. When you pinch the stinger area, it injects the venom, whereas quickly flicking or scraping off the stinger limits the amount of venom that can enter the body. An ice pack can help reduce swelling.

## **WHAT ABOUT ANAPHYLAXIS?**

Anaphylaxis is a severe allergic reaction that can be life-threatening. In some people, this

reaction is caused by ingesting certain foods like peanuts, being exposed to latex, taking certain medications or being stung by an insect.

If you or a family member has severe allergies to foods, insects or other materials, it's important to carry an epinephrine injector at all times. If an insect sting happens, go to an emergency room immediately if you experience or witness the following symptoms of anaphylaxis:

- difficulty breathing
- dizziness
- hives
- nausea or stomach cramps
- swelling of the face, throat or tongue

## **SNAKE VENOM CAN KILL**

Snakes really don't like to bite people, contrary to public opinion. If you see one and back away, it's unlikely to chase you. But if you are bitten, immediately go to an emergency room or call 9-1-1.

Do not try to trap the snake, tourniquet the limb or suck the venom out, like you see in the movies. Keep the bite below the heart, if feasible, until medical help arrives. And watch out for your pets, too — their smaller size makes snake bites more dangerous.

When does an allergic reaction merit a trip to the ER? Generally, if two or more body systems (skin, digestive, respiratory or cardiovascular system) are affected, call 9-1-1 or go to the ER. An example? A slight throat tightness (respiratory system) **with** a rapid heartbeat (cardiovascular system). For more information about our ER services, visit [DeKalbRegional.com](http://DeKalbRegional.com).



## **MAKE A FIRST-AID KIT**

Sure, you can buy a prepackaged first-aid kit, but it's just as easy to make your own. Get a plastic storage box or sturdy waterproof bag and add the following:

- acetaminophen or ibuprofen
- adhesive tape
- adhesive bandages in different sizes
- antibiotic ointment
- antiseptic or alcohol wipes
- elastic wrap bandage
- emergency blanket
- flashlight and extra batteries
- hydrocortisone cream
- instant cold pack
- nonlatex gloves
- safety pins
- scissors
- splint
- sterile gauze pads
- thermometer
- tweezers

If a family member has a known medical condition, add any medications that could be needed in an emergency. Keep a first-aid kit in each car and another one in your house.





Living with chronic joint pain? If pain is affecting your everyday life, it might be time to consider joint replacement surgery.

# Your Joints, *Only Better*

At some point, joint damage affects practically everyone. Whether caused by an injury, arthritis or the gradual wear and tear of life, joint pain can often be treated with exercise, lifestyle changes or medication. When these aren't enough, however, joint replacement surgery may become necessary.

Offering years of use, artificial joints can greatly improve your quality of life.

## PREPARING FOR THE DAY

The first step is to meet with an orthopedic specialist. Depending on the deterioration, you may require a partial or full joint replacement. Either way, your orthopedic specialist will educate you on the surgery, answering questions and giving a clear picture of what to expect during and after your procedure.

Leading up to surgery, you'll need to eat a healthy diet and perform special exercises. These two steps can help you recover from surgery and regain full range of motion faster.

## THE BIG DAY

On the day of surgery, you'll check in at the hospital and be taken in for surgery. In some joint replacement cases, minimally invasive techniques can be employed, offering smaller incisions and less disruption to muscles, ligaments and tendons. But each case is different, so talk with your surgeon about what might work best for you.

And believe it or not, just hours after leaving the operating room, a physical therapist may help you begin using your new joint.

## GOING HOME

Recovery continues with in-home therapy. During this time, a therapist visits your home a few times a week. As you gain function in your new joint, you will transition to outpatient therapy.

Within a few weeks, you should finish your formal rehabilitation process. While you continue working to strengthen your new joints, you should be able to return to everyday life, doing many of the things you love!

## MEET OUR ORTHOPEDIC SPECIALISTS

Orthopedic doctors specialize in the diagnosis and treatment of disorders of the bones, joints, tendons, ligaments and muscles. We know these injuries and conditions can be painful, so we're here to help with both nonsurgical and surgical care.

If nonsurgical measures are ineffective at providing relief from your joint pain, we can offer advanced surgical repair procedures, including everything from arthroscopic surgery to total joint replacement.

DeKalb Orthopedics & Sports Medicine's orthopedic specialists have the experience and technology to treat your orthopedic concerns and get you back to the life you love.



Andrew Hester, M.D., Board-Certified Orthopedic Surgeon



Ginger Medders, M.D., Board-Certified Sports Medicine Specialist



Robert Boatwright, M.D., Board-Certified Orthopedic Surgeon



Living with joint pain? Maybe you don't have to. Learn more at [DeKalbOrtho.com](http://DeKalbOrtho.com) or call DeKalb Orthopedics & Sports Medicine at (256) 979-1550 to find a specialist who might be able to help.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment. Drs. Hester, Medders and Boatwright are members of the medical staff at DeKalb Regional Medical Center.*

# Are You at Risk for **HERNIA?**

A hernia does not go away on its own. Here's how to know if this painfully common condition is in your future.

Hernias can occur in the groin, upper thigh, upper stomach or belly button. They can be passed on genetically, but they can also occur as the result of an accident, chronic condition or pregnancy.

A hernia is the result of pressure combined with a small tear in connective tissue or muscle. With strain, pressure pushes fatty tissue or an organ — often the intestines — through the torn muscle, resulting in a hernia.

Wondering what you can do to protect against hernia and what increases your risk?

## **PROTECT YOURSELF**

As with many medical conditions, prevention is the best treatment for nongenetic hernias. Lowering your hernia risk starts with a healthy lifestyle. Eat a well-rounded diet, including fiber-rich foods, and stay hydrated. Work to reach and maintain a healthy weight.

If you smoke or use tobacco, stop. Find a cessation technique you like and go for it. Additionally, practice proper lifting technique, don't push hard when on the toilet and keep your other health issues under control.

## **RISKY BEHAVIORS**

While some hernias are present at birth, many are brought on later in life.

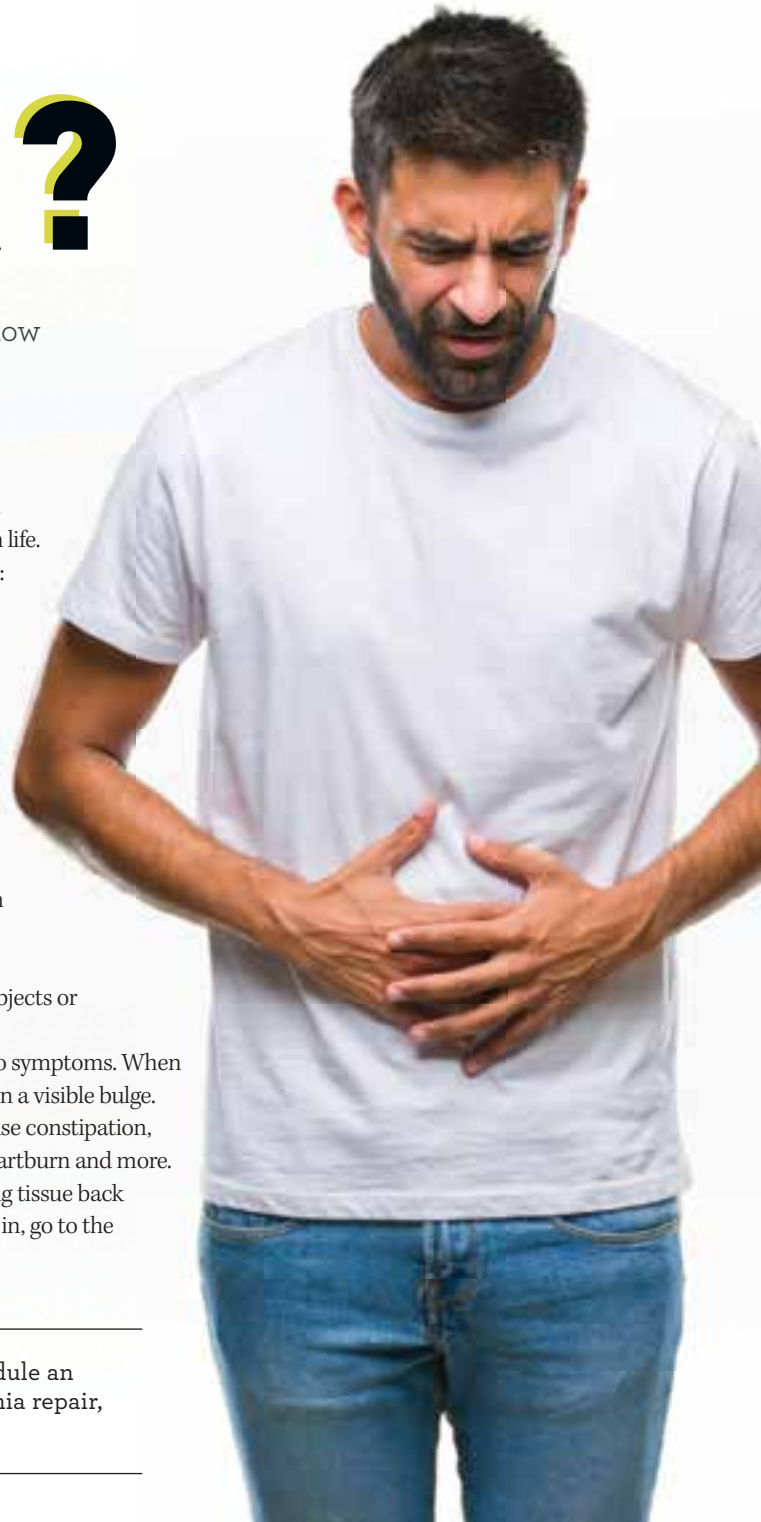
Common causes of hernia include:

- being overweight or obese
- chronic coughing
- lack of fiber in diet that leads to constipation
- other medical conditions, such as cystic fibrosis or enlarged prostate
- pregnancy-based weight gain
- previous surgeries in the groin or abdominal area
- smoking cigarettes
- straining while lifting heavy objects or using the restroom

Initially, hernias may result in no symptoms. When symptoms do arise, the first is often a visible bulge.

As time passes, the hernia can cause constipation, sharp pains, swallowing issues, heartburn and more.

When you can't push the bulging tissue back into place or severe symptoms set in, go to the emergency room.



If you've had enough of your hernia, call 1-866-394-3018 to schedule an appointment with a qualified surgeon or to learn more about hernia repair, go to [DeKalbRegional.com/hernia](https://www.dekalbregional.com/hernia).

## **SURGICAL SUCCESS**

When it comes to hernia treatment, surgery is the gold standard. Why? Because it's the only known way to actually cure a hernia.

Other treatment options, such as medication, provide only symptomatic relief. However, surgery is the only option that gets to the root of the problem.

During hernia repair, the protruding organ or tissue is returned to its intended position. The surgeon then closes the torn muscle where the bulge occurred. In some cases, a surgical mesh material may be implanted at the site of the hernia. This reinforces the weak muscle and works to prevent future hernias.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.*





# Heart to Doc TALK

It's important to speak openly with your healthcare provider each visit so he or she can fully address your health concerns.

You already know that getting an annual checkup with your primary care provider (PCP) is important for your health. But what good is a checkup if you don't talk about all of your health concerns with your provider? Even if you think your concern is minor, your provider needs all the information in order to offer proper care or guidance.

## SHARE WITH YOUR DOCTOR

If you've had any chronic issues since your last visit, you should mention them, no matter how embarrassing. For example, gastrointestinal problems could be a sign of something serious, as could a spot on your back that won't stop itching.

You also need to be honest with your provider about your eating habits and how much you exercise. If you drink alcohol, use drugs or smoke, your doctor needs to know how much and how often, and the same goes for your sex life. Make sure your PCP has an accurate list of your medications and their

dosages — write down a list beforehand if you don't think you'll remember.

If you've had a major life change in the past year, like a divorce or death in the family, you should also share this with your doctor. Your mental health can affect your physical health, and vice versa.

## ASK YOUR DOCTOR

PCPs are used to treating all kinds of patients and conditions, so there really is no such thing as a dumb question. Don't be afraid to ask anything that you want to know or to follow up with questions about a diagnosis or medication that you don't fully understand.

If you have questions about your health or symptoms you're experiencing in the weeks before your appointment, write them down so you won't forget to ask. Make sure to note if the symptoms are constant or if they come and go, and whether they're affecting your daily activities.

## EVERYDAY SUN SAFETY

Practice basic sun safety, or you could end up with skin cancer down the line.

You should always wear broad spectrum sunscreen, which protects against ultraviolet A and B rays. Use one with an SPF of 30 or more, and reapply it every two hours when you're outside.

You should also try to cover your skin as much as possible. Wear a hat, sunglasses and long sleeves.

Finally, try to stay in the shade. Save your yard work or bike rides for early morning or later in the afternoon, avoiding the sun between 10 a.m. and 4 p.m.

And if you spot any suspicious new moles, visit your dermatologist.



Whatever medical condition is on your mind, primary care providers on staff can help. Don't have a regular provider? Visit [DeKalbAnytime.com](http://DeKalbAnytime.com) to find one and self-schedule an appointment online.

# TEMPERATURES RISING

Screening for COVID-19 has made taking a temperature a daily occurrence for some. Here's how to check for a fever and what that means.



## 98.6

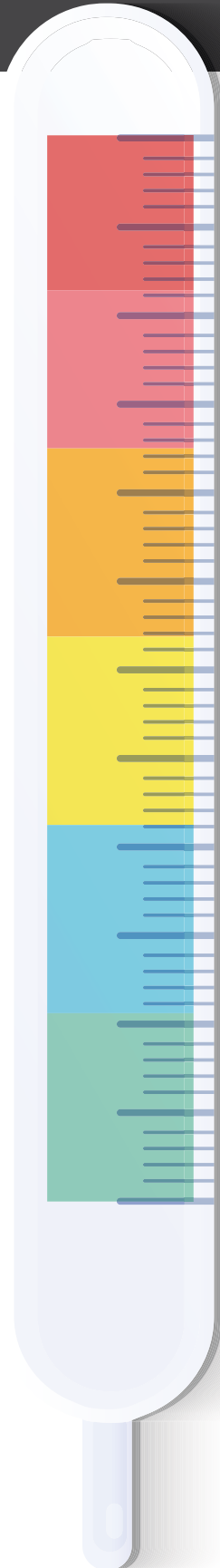
In the mid-1800s, German physician Carl Wunderlich established 98.6 degrees Fahrenheit as the standard healthy temperature after measuring the temperatures of roughly 25,000 people, using the armpit method.

## TAKING YOUR TEMP

- Read the thermometer immediately after removing.
- Call your doctor or urgent care center if body temperature readings are at or above the top number for each method (see *The New Normal*, right).



Most fevers run their course, but adults with a temperature above 103 F should seek medical attention immediately. Children with a temperature above 100.4 F AND symptoms like a rash, fatigue, headache, stiff neck, prolonged diarrhea or vomiting should get to the ER. Infants with a temperature of 100.4 F should also be seen by a medical professional. Going to the ER? Call 9-1-1 or visit [DeKalbRegional.com](http://DeKalbRegional.com) to get directions.



## FEVERS AT WORK

- Most bacteria and viruses that cause illness thrive at 98.6 F.
- Fevers destroy harmful bacteria and viruses and activate the immune system.



## THE NEW NORMAL

Body temperatures vary by location of measurement and from person to person.

- 95.9–99.5 F adults (mouth)
- 97.8–99.5 F children and adults (armpit)
- 97–99 F for adults (forehead)
- 96.4–100.4 F for children (ear)
- 97.9–100.4 F for children (rectal)

## TEMPERATURE SPIKES

High temperature readings could also signal:

- hot outdoor conditions
- eating hot foods
- menstrual cycle
- medication reactions
- overdressing
- physical activity
- time of day



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (256) 845-3150.

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

# Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year relative survival rate. Talk with your doctor about whether it's time for your colonoscopy.

For more information about colonoscopy or other gastrointestinal services, visit [DeKalbRegional.com/colon](http://DeKalbRegional.com/colon).

