

Spring 2019

# HealthNotes

A quarterly publication from



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# MARSHALL MEDICAL UROLOGIST ARMED WITH LARGE LASER TO DESTROY KIDNEY STONES

It takes longer for some people to find their calling. Dr. Michael D. Myers didn't follow his father's footsteps on a direct path into medicine – he first pursued a career in finance. Then he earned a master's degree in psychology, eventually entering medical school at the age of 30. That's where he discovered his calling – urology.

"Kidney stones are the most painful thing known to man and I can take care of them, so that's very rewarding," Dr. Myers said. "I also deal with a lot of cancer. If you get diagnosed with cancer or you're hurting, you don't want to wait to be treated."

That mix of patients who come to the Medical Centers Urology Clinic at Marshall North and South along with performing surgery combine to make a very interesting practice. Urology largely focuses on cancer and kidney stones. Patients primarily visit the clinic for help with prostate and urination issues, followed by cancer. Most of those patients are older, Dr. Myers said. Urinary issues typically begin in people around their 50s and 60s.



*Dr. Michael D. Myers*

"Prostate cancer is a disease of the elderly," he said. "Not all prostate cancer needs to be treated. There is low, medium and high cancer risk."

The options for treating localized prostate cancer are radiation and surgery. When radiation is used, one treatment option is Brachytherapy, in which radioactive seeds are implanted directly into the prostate.

Brachytherapy increases the concentration of radiation while significantly reducing overall treatment time. Compared to surgery, it is commonly an outpatient procedure without an incision and does not require a urethral catheter.

"It's generally well-tolerated," Dr. Myers said. "People in Brachytherapy generally do very well."

In contrast with his older patients, kidney stones can affect

people in their 30s. Those patients – thanks to technology – can get relief right away from treatment. Dr. Myers brought with him a large laser armed with high wattage.

"It's a bigger hammer," he said. "It allows you to take care of bigger stones. It decreases operative time. It's better for patients to get out of surgery quicker. It decreases the time under anesthesia."

A ureterscope – is very effective on stones in the ureters. No incisions are necessary – instead the natural orifice is used to see the stone and laser it. A camera is inserted through the urethra, through the bladder and up the ureter. The kidney is often accessible as well.

The patient's stone pain is generally gone when they wake up. That's the time to talk about how to stay away from that big laser in the future.

"I often tell patients let's take care of this stone and then figure how to avoid another one," Dr. Myers said. "We always analyze the stone and get a metabolic workup to try to rule out treatable causes like gout. Stones also have a genetic component."

Most of the time, though, it is not so complicated to figure out. The prescription is not complex either: drink plenty of water.

"The best advice to prevent kidney stones is to hydrate, avoid salt and eat less protein," he advised. "High protein diets are great for forming kidney stones. Obesity is a big factor. You want to make the most urine you can make."



*Dr. Myers with the ureterscope he uses to blast kidney stones.*





**Dr. Myers in the operating room just before a kidney stone procedure.**

Dr. Myers usually schedules surgeries on Monday, Wednesday and Friday afternoons. He sees patients in the clinic on those mornings, as well as Tuesday and Thursday afternoons.

Growing up in Texas with his Obstetrician-Gynecologist father and schoolteacher mother, Dr. Myers and his brother – now a radiologist – were not pressured to go into the medical field.

"He enjoyed what he did but he didn't push us in that direction," Dr. Myers recalled. "Education was what was viewed as important."

Dr. Myers headed to medical school after working in consumer finance for nine years. He and his wife met in college at Texas Christian, Fort Worth. The two moved to her native Bahamas and worked together there for several years. The couple has two children now in their 20s. Son Ryan is interested in business career and daughter Kylie works in marketing.

The Myers moved from LaGrange, Georgia, to Guntersville last fall.

Dr. Myers has been practicing urology since 2008. He attended medical School at The University of Texas and residency at the University of South Florida in Tampa. He is Board Certified by the American Board of Urology and has been recognized by the Society of Laparoscopic Surgeons for his achievements in Laparoscopic Surgery. He can be reached for appointments at Marshall North or South by calling (256) 840-4855.

## DR. MYERS' TOP TIPS FOR PREVENTING KIDNEY STONES



**Drink plenty of water**



**Avoid salt**



**Eat less protein**



**Maintain a healthy weight**

# MAY IS STROKE AWARENESS MONTH

Be prepared to recognize stroke and take immediate action.

Waiting to see if the symptoms go away is not an option. When it comes to stroke, every minute counts. Your immediate action can help prevent brain damage and long-term disability.

You might know the F.A.S.T. signs of stroke (*Facial drooping, Arm weakness, Speech difficulty, Time to call 911*), but did you know that recognizing the other signs is just as important?

**IF YOU SUSPECT  
STROKE  
CALL 911  
IMMEDIATELY**

## 10 SIGNS & SYMPTOMS OF STROKE

A SUDDEN ONSET of the following symptoms may indicate stroke\*

- 1. Confusion** Unable to understand what is happening, can't think clearly or feel thrown off
- 2. Difficulty Understanding** Unable to comprehend speech or language
- 3. Dizziness** Unable to comprehend speech or language
- 4. Loss of Balance** Unstable with less coordination
- 5. Numbness** A tingling sensation in the body (i.e. face, arm or leg), like pins and needles
- 6. Severe Headache** Pain or discomfort in the head, scalp, or neck with no known cause
- 7. Trouble Speaking** Unable to speak or slurred speech
- 8. Trouble Walking** Stumbling or unable to walk straight
- 9. Vision Changes** Blurred vision or trouble with eyesight in one or both eyes
- 10. Weakness** Lack of strength in the face, arm, or leg—especially on one side of the body

**Trust your instincts and take action. Your quick action can help improve treatment and recovery!**

\*Note that these symptoms or a combination of them are not unique to stroke, but they may indicate a sign of stroke and require immediate attention.

# GO PLACES WITH GOLDCARE 55+

## Kentucky Derby Trip - **SOLD OUT**

**May 2-5, 2019 • 3 Nights, 4 Days**

Off to the races for GoldCare 55+ members!

## Southern Belle Riverboat Cruise and Hunter Museum of American Art

**September 28, 2019 • Cost is \$99**

**Deadline to register is August 29**

Climb aboard the beautiful Southern Belle Riverboat for a two-hour cruise down the scenic Tennessee River. Take in views of Lookout Mountain, the beauty of the river and fall colors while enjoying live entertainment, bingo and a buffet lunch. This outing brings together all the gorgeous nature the city of Chattanooga has to offer!

Top off the cruise with a museum tour that is a feast for the eyes inside and out. Perched on an 80-foot bluff on the edge of the Tennessee River, the Hunter Museum of American Art offers stunning views of the river and the surrounding mountains. This panorama is equaled only by the exceptional collection of American art inside, recognized as one of the country's finest.

**Full payment due at registration on or before by August 29.**

## Islands of New England

**October 11-18**

GoldCare 55+ travelers will explore idyllic islands, quaint communities, cranberry farms, Martha's Vineyard, Providence, Newport, Boston, Cape Cod, Hyannis and Nantucket.

**Occupancy: Double \$2,999 | Triple \$2,969 | Single \$3,799**

**A \$500 deposit is due at registration on or before April 18.**

**Final payment due July 12.**

## Mystery Trip

**November 7 • Cost is \$119**

**Deadline to register is October 3**

Join the bravest of all travelers – the ones who hop on a bus with no idea of their destination! They love a mystery! You may too. Don't miss this one!

**Full payment due at registration on or before October 3.**



## GoldCare 55+ members have been on the go! Hop aboard for the next fun trip!

If you have thought about group travel but wasn't sure if it would be for you, please sign up for one of the variety of trips available this year. Benefits of traveling with a group include being with people of a similar age, no driving or planning required and safety in numbers. Call for information today!



Shirl Culbert and Mary Rutland enjoy the exhibits at the Anniston Museum of Natural History.



Sue Breedwell and Glenda Sue Smith find a place to rest during a busy day trip.



These GoldCare 55+ country music fans are ready for a show at the Mill Town Music Hall in Georgia.



Gary and Doris Moss stroll through Alabama Caves exhibit.



Jim and Debbie Palmer enjoying the dinosaurs roaming the museum.



Gastroenterologist Dr. Ben Shepard discusses colon cancer with a group attending March's Lunch N' Learn.



More than 50 travelers tapped their toes to the tunes in the Broadway musical Chicago in Oxford's Performing Arts Center in March.

# GO TAKE A HIKE!

## Sign up for a moderate walk in the woods with friends



As people age, it can be difficult to find a suitable exercise routine that meets their physical capabilities. Luckily, seniors can turn to hiking as a fun and active outdoor activity that they can tailor to their ability level and needs.

Hiking groups for seniors offer support, encouragement and the opportunity to make new friends. Hiking is the perfect option for seniors looking for a safe way to get active. Seniors of all ability levels can find a physical or psychological benefit from this fun and engaging activity. Think how impressed your children and grandchildren will be when you tell them you've been out hiking!

### Health Benefits of Hiking For Seniors

- Improved circulation and cardiovascular health
- Reduced arthritis, joint and knee pain
- Increase in bone density, which can improve bone health and reduce the risk of osteoporosis
- Stronger muscles
- Decrease in feelings of depression and isolation
- Increased cognitive function
- Better scores on memory tests
- Improved reaction time

### Preparation Tips For Seniors

- Wear comfortable walking shoes or hiking boots
- Wear layers to account for possible changes in weather (rain gear, hat/gloves, etc.)
- Wear some sun protection, including a hat, sunglasses and sunscreen

## GoldCare 55+ Hiking Club

- Friday, April 26 at 9AM
- 1-Hour Hike Through Guntersville State Park
- No cost, but please call to register. (256.571.8025 or 256.571.8018)



# HEALTHY RECIPES BY CHEF JOE



## Guacamole

### INGREDIENTS

- 4 avocados (peeled, pitted and mashed)
- 1 Tbsp lime juice
- 1 tsp salt (optional)
- 3 oz diced onion
- 1 Tbsp chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 tsp minced garlic
- 1 pinch ground cayenne pepper (optional)

### DIRECTIONS

1. In a medium bowl, mash together the avocados, lime juice and salt. Mix in onion, cilantro, tomatoes and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor or serve immediately.

Chef Joe says, "You can make this avocado salad smooth or chunky depending on your tastes."



### ABOUT CHEF JOE

*Marshall South is pleased to have Executive Chef Joseph Vance on its food services team. A New Orleans native, he enjoys sharing healthy, delicious recipes like this one.*



## SENIOR HEALTH & FITNESS DAY MAKE A MOVE TOWARD BETTER HEALTH

Every May brings wonderful things we love: warm weather, pretty flowers and the smell of freshly mown grass.

Another harbinger of early summer is Senior Health & Fitness Day, believed to be the largest event for seniors in Alabama. This well-loved institution, created by Marshall Medical for seniors will be held May 16 at Guntersville's Civitan Park, starting at 8 am and ending following lunch at noon. Typically about 600 seniors from Marshall County and surrounding areas flood to the event by bus and car.

"The whole goal is to improve seniors' quality of life," said Marsha Chadwick, director of wellness for TherapyPlus. "We go about that in many ways. It's basically to make them aware of all the resources they have available to them."

Seniors start out the day with a grab-n-go breakfast and a complimentary tote bag they fill while meandering through the dozens of booths set up near the lake. Staff members from the Marshall Cancer Care Center, Stroke Prevention Awareness, Diagnostic Imaging and many others are on site to offer information on new treatments and testing. Also available are cholesterol screenings, blood pressure checks, testing for blood sugar, oxygen levels and body mass index.

Representatives from the community include retirement and banking businesses, rehab facilities, home health, CASA, Council on Aging, hospice, dental, a chiropractor and optometrist.

Entertainment starts at 8:30 a.m. with Joe Cagle. At 9:30 a.m., RSVP's Ukulele Band will perform followed by their Dulcimer group. Headliner Joe Cagle will return to perform again around 10:30 a.m.

Please call us at (256) 571-8025 to register if you are not planning to attend with a senior center group.

*Bring a friend and enjoy the day on May 16.*



# MEMBER SPOTLIGHT

## Health scares got GoldCare 55+ member to put down her book and start working out regularly

You'd never know it now but for most of her life, Glenda Sue Smith was content to sit and read. She blames that sedentary lifestyle for a fall that broke her back. A diagnosis of Atrial Fibrillation and a pacemaker further motivated her to get healthy. She turned things around after her husband died two years ago. Once she was able to start exercising, she worked hard and now can be seen keeping fit on the machines at TherapyPlus South five to six times a week.

"I wanted to take care of myself," she said. "I want to do my own housework. I want to get on my riding lawnmower and mow my yard."

Smith also added travel to her new active lifestyle. She and her late husband, Fred, were one of the first couples to sign up for GoldCare 55+ when the program began 25 years ago. The meal benefit, which allows someone staying with a hospitalized GoldCare 55+ member to receive a meal with the patient, was very appreciated during hospital stays. When Smith became a widow, she took advantage of more of the program's features. On her first GoldCare 55+ trip, she saw the musical, *The Sound of Music*. Last year, Smith joined a two-week cruise to Alaska, signing up to room with a member she had never met, Mickie Carter "I really enjoyed it," she said. "Especially Denali National Park."

Smith also hopped aboard the Blue Ridge Railway outing last fall and made a new friend rooming with Goldia White. She recently enjoyed a one-day trip to Oxford to see the Broadway musical *Chicago*.

A Home Economics teacher for 30 years, Smith started her career at Sardis and Guntersville schools. The last 18 years were spent instructing Marshall Technical School students in industrial sewing and alterations.

She grew up one of four children on a dairy farm in Boaz. Smith met her husband while they were students at Snead State Community College. She laughs when she explains that her maiden name was Smith and she married a Smith, becoming Glenda Sue Smith Smith.

She lives on the farm the Smiths bought and operated during their marriage, though it is now managed by a nephew. Glenda still cuts the one-acre plus yard. She is a member of the First Baptist Church of Boaz.



*Glenda Sue Smith was full of smiles on an excursion to Helen, Georgia, last fall.*



*The treadmill is just one of the machines Glenda works out on during her five or six trips to TherapyPlus in Boaz each week.*



*Rooming with a person you've never met before worked out great for Glenda and Goldia White, who both enjoyed riding the Blue Ridge Railway through the north Georgia mountains.*



**SIGN UP NOW FOR  
THE SOUTHERN BELLE  
RIVERBOAT CRUISE  
SEPTEMBER 28, 2019**



— Clip and save for future reference. —

## CALENDAR OF UPCOMING EVENTS

**APRIL 26**

**Hiking Club**

Guntersville State Park, 9am

**MAY 2-5**

**GoldCare 55+ Trip**

Kentucky Derby – SOLD OUT

**MAY 5-10**

**National Nurses' Week**

**MAY 9**

**Heart Healthy Cooking Class  
with Chef Joe**

Marshall South Women's Center  
6:00pm. No cost but call to register.  
256.571.8000

**MAY 12-18**

**Hospital Week**

**MAY 16**

**Senior Health & Fitness Day**

Guntersville Civitan Park  
8am- Noon

**MAY 30-31**

**Book Sale**

Marshall North Main Lobby

**JUNE 4-5**

**Summer Blood Drive**

Marshall Medical Center North  
Medical Plaza 3rd Floor Classroom

**JUNE 6-7**

**\$5 Jewelry Fundraiser Sale**

Marshall South POB Classroom

**JUNE 20**

**GoldCare 55+ Summer Party**

Guntersville Senior Center  
1pm-3pm

**JULY 11**

**Heart Healthy Cooking Class  
with Chef Joe**

Marshall South Women's Center  
5:30pm. No cost but call to register.  
256.571.8000

**JULY 18**

**GoldCare 55+ Lunch N' Learn**

"Medical Decisions and  
Life Consequences"  
Dr. Bernice Craze