

# HealthPoint

Winter 2012

vol 5, issue 1

of Memorial Hospital of Martinsville and Henry County

## Valentine's Day Miracle

On February 14th, 2010 I almost lost the love of my life on one of the sweetest days of the year (Valentine's Day). My husband, Allen, had a major heart attack, which would be classified later as what doctors call a "widow-maker" heart attack.

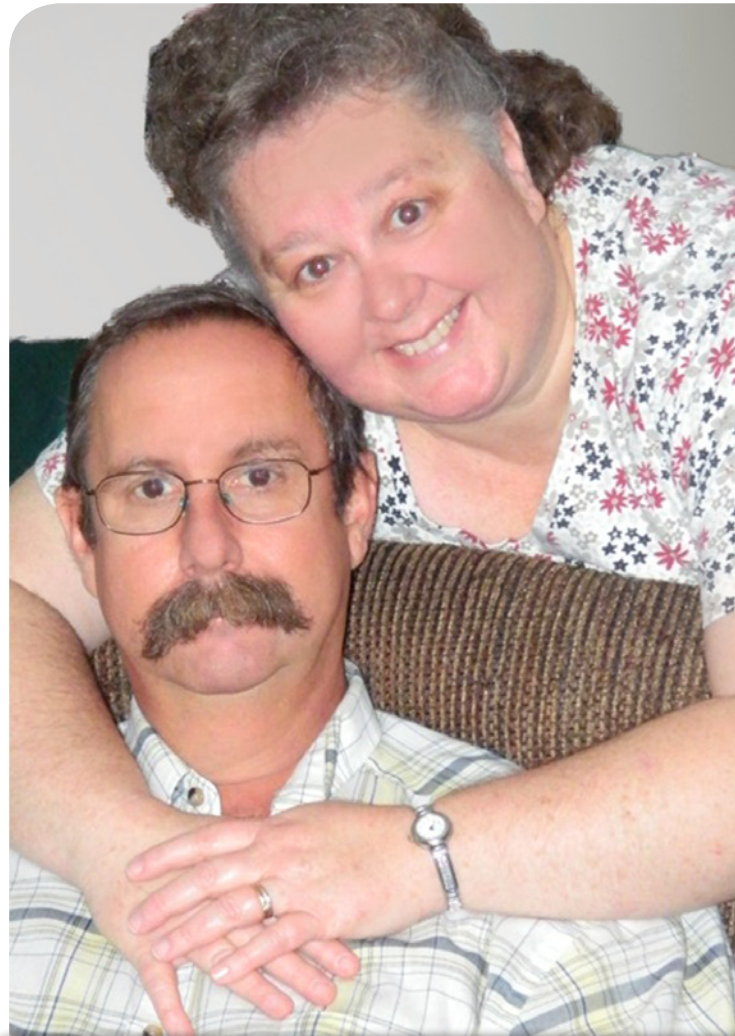
Allen and I live approximately three miles from the Henry/Patrick County border. My husband was having excruciating pain in the left side of his chest, so we called 911 and I drove him to the point where a rescue squad met us at around 12:45 a.m. (a meeting in route to save time). The advanced life support team along with a Henry County deputy gave 15 to 30 minutes of non-damaging time to my husband's heart. They did a wonderful job in keeping my husband and I calm, along with extraordinary expertise in emergency care.

Once we arrived at Memorial Hospital of Martinsville and Henry County, the astounding wonder continued. Within 20 minutes, the Emergency Room physician verified that my husband was having a heart attack. After looking at his watch the physician told us the catheterization team was contacted and would be in place by 2:30 a.m. to fix my husband's problem. My thoughts at that point...."Fix?" Did we not need to airlift to Roanoke or Baptist? I didn't question.... Unknowingly, I let God perform his miracle with his awesome power that morning. By 3:45 a.m. the kids and I were talking with Dr. Deepak Banerjee (Cardiologist) about the finished procedure. I am thankful for Dr. Banerjee and the time he took to explain what had happened to my husband. The outcome was his left anterior descending artery was blocked and Dr. Banerjee had to go through the femoral artery to place two stents there to keep it open. The recovery time was quicker than expected and my husband is very thankful for the excellent care and treatment he received throughout his stay.

I look back on things now and stand in awe of how it all came together. Without a doubt, God's force was in the whole situation, along with his almighty touch on every pair of medical hands that grazed my husband's body.

This community has phenomenal medical capabilities, and most people are not aware of it. Martinsville and Henry County should be proud of what Memorial Hospital of Martinsville and Henry County has to offer. My family and I are living proof of God's miracles happening through some remarkable technology and very competent medical people in our own backyard.

- Rhonda Alderman



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Visit: [www.MartinsvilleHospital.com](http://www.MartinsvilleHospital.com)



# Straight From The Heart

## Beverly Hills 90210 and Go Red For Women's Jennie Garth Shares Her Story To Educate Women and Save Lives

### Jennie Garth is all too familiar with the devastating effects of heart disease.

The actress, director and producer, who starred in the television show Beverly Hills 90210, is a spokesperson for Go Red For Women, a campaign created by the American Heart Association to educate women and empower them to take care of their heart health. She recently spoke with HealthPoint to discuss her work and her passion to help prevent heart disease.

### Why did you become involved with the Go Red For Women campaign?

Heart disease has been a huge health issue on both sides of my family. At the age of 37, my father had his first heart attack and was diagnosed with arteriosclerosis (hardening of the arteries). I was devastated by the thought of losing my father, who was my big, strong hero growing up. He went from having an active life pioneering the adult education program and training horses to worrying that too much exertion would cause another heart attack. For the next 25 years, he had multiple heart surgeries until he finally lost his battle with heart disease in 2008. Seeing how heart disease affected my father's life made me determined to take control of my own health. At the age of 30, I started seeing a cardiologist. That's when I discovered that I have a leaky heart valve. It's nothing serious right now, but it is something I need to watch. So after my father's death, I decided I wanted to find a way to educate women about heart disease.

### What's the key message you want women to know about heart disease?

Most women think heart disease is something that only an old man who smokes and has a large belly has to worry about. But the fact of the matter is that heart disease is the #1 killer of women in the United States.

### What can women do to help prevent heart disease?

About 80 percent of cardiac events in women are linked to poor choices, whether it's smoking, a lack of exercise or an unhealthy diet. Yet too many women are unaware of the risks. Fortunately, the heart is very forgiving. Even if it's been abused by smoking or lack of exercise, your heart can be healthy again. That's the reason it's important for women to recommit themselves to healthy living at the beginning of each day. If we can rally together as a family of women to fight heart disease, we can really make a difference.

### What do you do to stay heart healthy?

I read everything I can about healthy living. I don't smoke. I try to avoid fried foods and stay physically active. And I encourage all of my friends and family to do the same.

Find out more about your specific risk for heart disease, visit our website at:

[www.MartinsvilleHospital.com](http://www.MartinsvilleHospital.com)

## Are You at Risk?

According to the American Heart Association, certain risk factors for heart disease can be controlled through education, lifestyle, diet, exercise and medication (see below). Consult your physician for help in controlling:

- Smoking**
- High Blood Pressure**
- High Cholesterol**
- Diabetes**
- Overweight /Obesity**
- Physical Inactivity**

Certain risk factors for heart disease are beyond your control. They include:

**Age:** The risk increases as you become older.

**Gender:** Males are more at risk, but heart disease is still the #1 cause of death among American women.

**Family History:** You are more likely to have heart disease if your parents did.

*Memorial Hospital of Martinsville Hospital*  
**A Home For Your Heart**

**Grady W. (Skip) Philips, III, FACHE, CEO**

**It's a disturbing but true fact:** Heart disease is the leading cause of death in the United States. What's even more disturbing is that many cases of heart disease are preventable.

Don't let yourself become another statistic. Take the first step in fighting heart disease by seeing your personal physician for a comprehensive physical exam. If you are at risk for heart disease, your doctor can help you manage your risk factors by recommending a few changes in your lifestyle.

Finally, remember that Memorial Hospital of Martinsville and Henry County has made a commitment to provide our community with a full range of diagnostic and therapeutic tools to help prevent and treat this disease. When it comes to matters of the heart, the medical expertise you need is just around the corner, right here at home.



**Grady W. (Skip) Philips, III, FACHE**  
**CHIEF EXECUTIVE OFFICER**  
**Memorial Hospital of**  
**Martinsville and Henry County**

Best regards to good health,

Grady W. (Skip) Philips, III, FACHE

## **Are You At Risk From The Silent Killer?**

It's silent. It's deadly. Yet it's inexpensive and easy to treat. It's high blood pressure, also known as hypertension. About one in three American adults have high blood pressure, and the numbers are increasing, putting more people at a greater risk for heart disease and stroke, as well as for congestive heart failure and kidney disease.

Blood pressure is a measure of the force of your blood on the walls of your arteries. Normal blood pressure is 120/80. A consistent reading above 140/90 is considered high blood pressure.

Hypertension is often called The Silent Killer because there are usually no signs or symptoms, even when a person's blood pressure is dangerously high. That's why it's so important to have your blood pressure checked regularly.

### **Talk To Your Doctor**

If you have high blood pressure, there are many changes you can make to help control it, from losing weight to starting an exercise program. Medications can also be very effective in controlling hypertension. If you do not have a primary care physician, contact Memorial Hospital of Martinsville and Henry County. We'll be glad to help you find one.



**Deepak Banerjee, M.D.**  
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**276.634.4976**



**Jack Painter, M.D.**  
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**276-666-7200**





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# HealthPoint

## MEMORIAL HOSPITAL of MARTINSVILLE AND HENRY COUNTY

HealthPoint is published as a community service by Memorial Hospital of Martinsville and Henry County. It in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. For individual guidance, consult your physician. For more information about Memorial Hospital of Martinsville and Henry County or anything in this publication, please call 276-666-7200.

## Physician Directory

### *Anesthesia*

#### **Martinsville Anesthesia**

#### **Pain Management**

Maurice Bell, MD  
Barry Inman, MD  
276-634-4971

### *Cardiology*

#### **Southern Virginia Cardiology Consultants**

Deepak Banerjee, MD  
Benjamin Lee, MD  
276-634-4976

### **Heart of Virginia**

Jack Painter, MD  
276-632-4200

### *Dental*

Gabriel Brown, DDS  
276-403-5500

### *Family Medicine*

Robert Buhr, MD  
276-656-1104  
Kay Fatade, DO  
276-627-8070

Edward Jesneck, MD  
276-647-1888

### **Carilion Clinic**

Valencia Eggleston-Clark, MD  
May Joy Lim, MD  
Merris Stambaugh, MD  
276-670-3300

### **Martinsville Family Medicine**

J. Patrick Favero, DO  
Mark Mahoney, DO  
276-666-0500

### *Gastroenterology*

#### **Martinsville Gastroenterology**

Bennett Fein, MD  
276-666-0044

### *General Surgery*

Kareem Hamdy, MD  
276-634-5003

#### **Martinsville Surgical Associates, P.C.**

Sarah Lentz, MD  
Scott O'Neil, MD  
276-656-2103

### *Internal Medicine*

Vincent Jones, MD  
276-656-6853

### **Carilion Clinic**

Linda Buchanan, MD  
Paul Eason, MD  
Ali Hama-Amin, MD  
W. Benton Lewis, MD  
W. Daniel Prince, MD  
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276-670-3300

#### **Martinsville Physician Practice**

Caren Aaron, MD  
Tooba Kazmi, MD  
276-666-0452  
James Isernia, MD  
276-666-7775

### *Nephrology*

#### **Piedmont Medical & Renal Associates**

James McKay, MD  
276-638-1983

#### **Southside Nephrology**

Vishwanath Halukurike, MD  
Rebin Titus, MD  
276-638-7731

### *Neurology*

#### **Martinsville Neurological Associates, Inc.**

Shubha Chumble, MD  
Eugene Madonia, MD  
Francis Walsh, MD  
276-632-4181

### *Neurosurgery*

#### **Southside Neurosurgical Associates**

Joel Singer, MD  
276-632-0944

### *Obstetrics/Gynecology*

#### **Carilion Clinic**

Jose Torres, MD  
276-634-4400

#### **Piedmont Preferred Women's Healthcare**

Makunda Abdul-Mbacke, MD  
276-956-1013

#### **The OB/GYN Center PC**

Paul Holyfield, MD  
276-638-8881

#### **Isis Women's Care, LLC**

Kimberly Matchett, MD  
276-634-0050

#### **Women's Health Spectrum, LLC**

Terri Younger-Eure, DO  
276-632-2999

### *Oncology*

#### **Ravenel Oncology Center**

Nigel Goodchild, MD  
Sreedhar Katragadda, MD  
Arthur Sleeper, MD  
276-666-7827

### *Ophthalmology*

#### **Eye Physicians and Surgeons of Martinsville, Inc.**

Donald Grayson, MD  
Donald Richman, MD  
276-632-7205

### *Orthopedic*

#### **Bone & Joint Center, Inc.**

Michael Wenkstern, MD  
276-638-2354

### *Pathology*

Hugh Fraser, MD  
Thomas Hardy, MD  
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#### **Martinsville Pediatrics**

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### *Physiatry*

#### **Southern Virginia Rehab Group, PLLC**

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### *Psychiatry*

Keshavpal Reddy, MD  
276-666-7477

### *Pulmonology*

#### **Martinsville Pulmonology**

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276-634-4976

### *Urology*

#### **Piedmont Urology Associates**

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