

Cavities

Q I heard that cavities can now be detected with a laser. Is that true?

A Cavities can be detected with a laser called the DIAGNOdent. The DIAGNOdent is a non-invasive, painless tool used for detecting tooth decay – even decay that is not yet visible, and therefore, impossible to diagnose using conventional methods alone. Dental researchers agree that the traditional methods of detecting tooth decay, when used by themselves, are inadequate and outdated for modern dentistry. Additionally, the very nature of tooth decay has changed over the years due to the fluoridation of water and improved oral hygiene standards. These two factors lead to harder, more resistant tooth enamel – which is generally a good thing, but can also conceal even the most aggressive decay under the tooth surface. The DIAGNOdent laser works by scanning your teeth to measure fluorescence within your tooth structure. Healthy teeth will have little or no fluorescence. Teeth that have decay will have higher levels of fluorescence proportionate to how extensive the decay is. The DIAGNOdent translates these fluorescence readings into a digital numeric output, which allows the dentist to properly diagnose and treat the decay.



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423.702.4030
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Urinary Incontinence

Q What could be causing my recent onset of urinary incontinence?

A Urinary incontinence, or loss of bladder control, can be caused by a short-term issue or a long-term issue. An example of a short-term issue that can cause incontinence is a urinary tract infection (cystitis), a condition that can be treated with antibiotics. Incontinence can also be a temporary side effect of certain medications (such as diuretics). Polyps, bladder stones, and bladder cancer (a less common cause) can also cause temporary urinary incontinence; these abnormal growths can cause urge incontinence and may be associated with blood in the urine. If you see blood in your urine, alert your health care provider immediately. There are three major causes of long-term



urinary incontinence: 1) pelvic support problems, 2) urinary tract abnormalities, 3) and neuromuscular problems. Pelvic organs – including the urethra, bladder, uterus, or rectum – are held in place by supportive tissues and muscles that can tear, stretch, and/or weaken with age. If this occurs, the pelvic organs may drop down, causing urine leakage and/or mak-

ing it hard to pass urine. A urinary tract abnormality (fistula) is an abnormal opening from the urinary tract into another part of the body – like the vagina – through which urine can leak. Finally, neuromuscular disorders can interfere with the transmission of signals from the brain and spinal cord to the bladder and urethra. A number of steps may be needed to find the cause of urinary incontinence. In some cases, there may be multiple causes. A consultation with a doctor is necessary for addressing this issue.



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gynecologistsassociated.com

Going "Off the Vent"

Q Because of her complex heart and lung issues, my sister was admitted into a long-term care hospital and put on ventilation. Will she have to stay on the vent forever?

A Prolonged mechanical ventilation (PMV) – which is defined as "mechanical ventilation for over 6 hours a day for more than 21 days" – can impose a heavy burden (both financially and socially) to the healthcare system, patients, and their families. Like your sister, most patients on (PMV) have multiple diseases and/or conditions that complicate treatment and care. Having multiple comorbidities requires coordinated treatment and management – not only so that patients receive the best care possible, but so that they can safely and effectively be liberated from PMV. For patients like your sister, the best approach is a multidisciplinary approach that includes physicians, nurses, respiratory therapists, physical therapists,

nutrition experts, psychologists, and social workers. This will ensure, besides the best conventional treatments, the appropriate selection of suitable ventilator modes, ventilator settings, and physical, nutritional, and psychological therapies – all things that can help speed up the "weaning" process. Successful weaning rates in PMV range tremendously, anywhere from 42% to 83%, depending on patient selection, site of care, and other factors. Weaning protocols have helped to standardize the process – but further identification of your sister's unique issues can allow for better individualized treatment and weaning strategies.

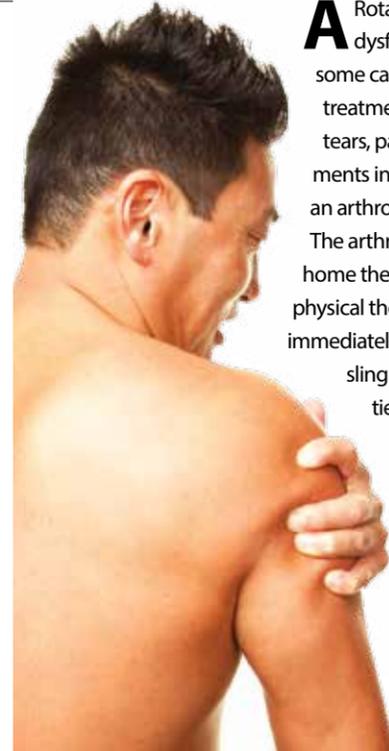


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Rotator Cuff Injury

Q My husband tore his rotator cuff lifting weights. Is there anything he can do to help it heal?

A Rotator cuff injuries are a common source of shoulder pain and dysfunction. While non-operative treatment can be appropriate in some cases, surgical treatment is often required. Surgery is the preferred treatment for younger, more active patients with large or complete tears, particularly those that are the result of an injury. Due to developments in surgical techniques, surgeons can now do these repairs through an arthroscopic procedure rather than through traditional open surgery. The arthroscopic procedure takes about an hour and patients may return home the same day. Rehabilitation, which includes visits with a trained physical therapist and a guided home exercise program, usually begins immediately, and most patients will need to wear a sling for 4-6 weeks. After sling removal, a patient can use his or her arm for normal daily activities, but should avoid heavy lifting and strenuous use. Strengthening exercises are normally started at 12 weeks, and return to full activities is expected at 4-6 months. The results of rotator cuff repair are quite good overall. Most patients are very satisfied and the benefits tend to hold up well over time.



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Cold vs. Sinus Infection

Q How can I know the difference between a cold and a sinus infection?

A A cold is caused by a virus, and typically includes symptoms such as sore throat, cough, headache, nasal congestion, fatigue, and even fever. Colds do not respond to antibiotics and usually subside within 10 days. Green or yellow mucus can occur, but should slowly improve after the first few days. It's best to choose over the counter treatments that address only the symptoms present to avoid unwanted side effects. A sinus infection can be triggered by viruses, bacteria, or allergies. Symptoms are often the same as with a cold, but are more severe and last over seven days with little to no improvement. Typically, there is one-sided facial/dental pressure and pain. Green or yellow mucus by itself does not signify a need for antibiotics, especially if symptoms have been present for less than a week. Nasal saline rinse and over-the-counter medications can also ease symptoms and lessen the need for an antibiotic.



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LOCAL EVENTS & ANNOUNCEMENTS

ERLANGER HEALTH SYSTEM Academic Urologists Opens New Office

Erlanger Health System recently announced the opening of a third location of Academic Urologists at Erlanger to better serve patients with urological conditions in East Ridge and North Georgia. Drs. Anand Shridharani, Colin Goudelocke, Amar Singh, and Argil Wheelock are now accepting patients at 961 Spring Creek Road, Suite 202.



ERLANGER HEALTH SYSTEM Erlanger Awarded Highest Recognition for Stroke Care

Erlanger's Southeast Regional Stroke Center has been awarded the Comprehensive Stroke Center Certification by The Joint Commission in partnership with the American Heart Association and American Stroke Association. The certification is awarded to hospitals offering the highest level of care for those with the most severe and challenging types of strokes and cerebrovascular disease.



MEMORIAL HEALTH CARE SYSTEM Memorial Receives Chest Pain Center Reaccreditation

Memorial Hospital and Memorial Hospital Hixson recently received full chest pain center reaccreditation from the Society of Cardiovascular Patient Care (SCPC). The two locations were awarded their accreditations after undergoing thorough on-site reviews by a team of SCPC accreditation review specialists.

STAFF SPOTLIGHT



Chad Edward Paxson, DO
*Memorial Health
Care System*

Board-certified in internal medicine, pulmonary medicine, and critical care medicine, Dr. Paxson has recently joined Memorial's Pulmonary Medicine Center of Chattanooga at the Buz Standefer Lung Center. He is a graduate of the Ohio University Heritage College of Osteopathic Medicine in Athens, Ohio.



J. Christopher Young, Ph.D.
*Siskin Hospital for
Physical Rehabilitation*

Dr. Young, a clinical neuropsychologist with Siskin Hospital for Physical Rehabilitation, is now board-certified in clinical neuropsychology by the American Board of Professional Psychology (ABPP). He is one of 14 individuals board-certified in clinical neuropsychology by the ABPP in Tennessee.



Leigh Anne Calhoun, MSN, FNP-C, AE-C, and Deb Palmer, RN, AE-C
Covenant Allergy & Asthma Care

Family nurse practitioner Leigh Anne Calhoun and RN Deb Palmer of Covenant Allergy & Asthma Care were recently named national certified asthma educators by the National Asthma Educator Certification Board. Covenant now boasts three certified asthma educators in its practice.



Crystal Hancock, APRN, FNP-C
Hutcheson Medical Center

Family nurse practitioner Crystal Hancock has recently joined Hutcheson Medical Center's Trenton Family Practice location. She will work in conjunction with long-time Dade resident, Cindy Simmons, PA-C, to treat area residents at the clinic.

PARKRIDGE HEALTH SYSTEM Parkridge Implants Mini Cardiac Monitor

Parkridge Medical Center recently became one of the first hospitals in Tennessee to implant in a patient the smallest implantable cardiac monitoring device available. The Medtronic Reveal LINQ Insertable Cardiac Monitor (ICM) System is a small, wireless monitor that allows for long-term remote monitoring of the heartbeat. It is approximately one-third the size of a AAA battery.



ERLANGER HEALTH SYSTEM Erlanger Centers Receive National Accreditation

Two centers at Erlanger Health System, the Sleep Disorders Center and the Cardiovascular Center of Excellence, recently received national accreditation. The Erlanger North Sleep Disorders Center was granted reaccreditation for the next five years by the American Academy of Sleep Medicine (AASM). The Cardiovascular Center of Excellence was awarded certification by The Joint Commission for demonstrating compliance with its national standards for health care quality and safety.

Mark Your CALENDAR

June

1 Jack's Chattanooga

Now in its fourth year, Jack's Chattanooga at the Chattanooga Market is a head shaving event that raises funds for the Center for Childhood Cancer and Blood Disorders at Children's Hospital in Chattanooga. The Chattanooga Market, Sunday, June 1, 11 a.m.-4 p.m.

jackshaves.org,
423.994.7680

7 Color the Curve

A second-year event benefiting the National Scoliosis Foundation, Color the Curve includes two runs: a 5K & 1-mile colorful run on June 7 and a 5K & 1-mile glow run on June 21. Colorful Run: Greenway Farms, Saturday, June 7, 9 a.m.; Glow Run: Greenway Farms, Saturday, June 21, 7 p.m.

colorthecurve.com, thecurvescoliosis@gmail.com

7 Ride for Life

Pedal your way through Signal Mountain's historic Old Town district and scenic

Walden communities at this 10- and 30-mile bike ride event benefiting the Dana-Farber Cancer Institute. Mountain Arts Community Center, Saturday, June 7, 9 a.m.

begoodbestrongride.com,
kristenblevi@gmail.com

7 BlueCross Riverbend Run + Walk

Sponsored by BlueCross BlueShield of Tennessee, the Riverbend Run + Walk is designed to encourage everyone to take steps toward a healthier lifestyle. Compete for cash prizes in the 5K and 10K races – or opt for the more leisurely 5K or 1-mile options. Festival site near the Marina Gate on Riverfront Parkway, Saturday, June 7, 8 a.m.

riverbendfestival.com/runwalk,
423.756.2211

14 North Tower Health Fair and Open House

Enjoy free screenings, physician discussions on popular health topics, and more at this health fair and open

house celebrating the grand opening of Memorial's new seven-story patient tower. North Tower at Memorial's Glenwood Campus, Saturday, June 14, 1 p.m. to 4 p.m.

[facebook.com/futurememorial](https://www.facebook.com/futurememorial),
423.495.8392

16 Frank McDonald Memorial Golf Classic

Benefiting the United Way of Greater Chattanooga, this annual golf tournament is named in honor of the late Chattanooga Times Free Press president – a tireless supporter of the non-profit organization. The Honors Course, Monday, June 16, check-ins at 6:30 a.m. and 11 a.m.

liveunitedchattanooga.com,
waynecollins@uwchatt.org,
423.752.0321

21 Chick-fil-A Connect Race Series

Lace up your running shoes for the Chick-fil-A Connect Race Series of Chattanooga! This year's race benefits Special Spaces, an organization that creates dream bedrooms for children with life-threatening illnesses. Finley Stadium, Saturday, June 21, registration begins at 7 a.m.

cforaceseries.com,
706.310.6053

21 Dancing with the Chattanooga Stars

Watch local "stars" kick up their heels at this dance benefit for The Partnership for Families, Children and Adults – one of our city's premiere human services organizations. Tivoli Theatre, Saturday, June 21, 8 p.m. to midnight.

partnershipfca.com,
423.697.3828

July

4 Zoe's Rainbow Dash

Run, walk, or roll your way through a bombardment of color at this charity 5K held in honor of 10-year-old Zoe Madeline McDounough. Hamilton Place Mall, Friday, July 4, 8 a.m.

zoerainbowdash.com,
zoerainbowdash@gmail.com

14 Orange Grove Golf Tournament

The Orange Grove Center's annual event held at Lookout Mountain Golf Club benefits individuals with intellectual and developmental disabilities. Lookout Mountain Golf Club, Monday, July 14, 11:30 a.m.

orangegrovecenter.org,
423.308.1160