

## KINGS MOUNTAIN HOSPITAL

### Hospital performing area's only Interstim Therapy Treatment

By MISSY SHEAFF  
Kings Mountain Hospital

Interstim Therapy. Have you ever heard of it? If not, what you're about to learn will amaze you. Moreover, Kings Mountain Hospital and Carolinas Medical Center are the only facilities in the region performing this state-of-the-art treatment.

Interstim Therapy is a treatment for urinary control that offers a revolutionary approach for managing urinary retention, urinary urge incontinence and urinary urgency-frequency syndrome. Most patients treated are those who have failed or could not tolerate more traditional treatments such as medications, diet modification and biofeedback. The therapy has a success rate of 85 to 95 percent, which is remarkable considering the treatment has only been around for five years.

Dr. Manish Patel is the individual to be thanked for bringing this treatment to Kings Mountain

Hospital. Patel has received extensive training in Urology from the University of North Carolina-Chapel Hill and Carolinas Medical Center and the credentials necessary to perform this particular therapy. "In order to perform Interstim Therapy a urologist must pass intense credentialing, including multiple test and a proctorship," says Patel. "It's important that those performing this procedure are well-trained in Urology and/or Neuro-Urology."

So how does it all work? It's actually pretty simple. A candidate for treatment must seek initial testing to determine his or her response and possible success with the treatment. The Interstim Therapy is an implantable device that uses mild electrical stimulation of the sacral nerve that influences the behavior of the bladder and pelvic floor muscles. Stimulation is regulated by a small pager-like device that allows patients to increase or

decrease stimulation to the nerves.

"To implant the Interstim Therapy requires only minimally invasive surgery," says Patel. In fact, he compares the placement of the device to that of a pacemaker. Small leads are placed by needle around the peripheral nerves extending into the lower back. The lead is what receives stimulation from the pager device and sends a signal to the nerves. These nerves essentially tell the bladder how to function. A battery pack is then connected to the leads. From here, the patient is able to regulate the stimulations to the bladder by operating the pager-like device.

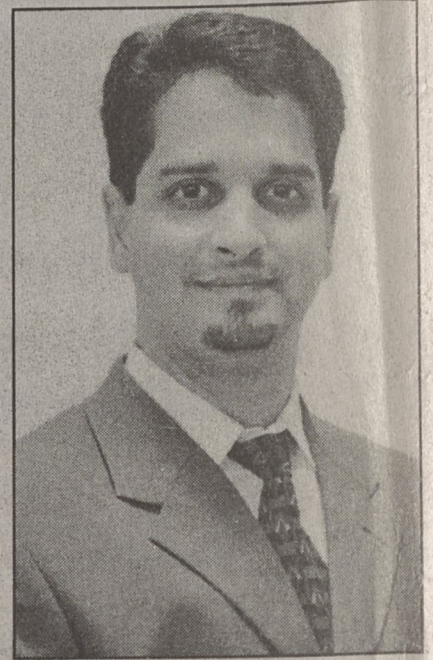
"The amazing thing about this treatment is that it is patient controlled," says Patel. "The patient is able to decide when and how often stimulation is needed."

Another great thing about Interstim Therapy is that it is a reversible treatment. The leads and battery pack can be removed at any time. The treatment is per-

formed as an outpatient procedure and usually takes 20 to 30 minutes. Patel says that a follow-up appointment is suggested every six months to a year.

Many people of all ages suffer from bladder control symptoms and there are limited options to help relieve these symptoms. The Interstim Therapy is chosen as a solution after other traditional methods have been tried. When available treatments or medications are not effective, patients may have to manage bladder control through use of external means such as catheters or absorbent products. The Interstim Therapy offers another solution to these symptoms as well as the opportunity to enjoy life without the worries of bladder control.

"Kings Mountain Hospital provides a more than sufficient atmosphere for this type of procedure," says Patel. "It's an excellent facility and most of all convenient for those not wanting to travel away from home for med-



Dr. Manish Patel

ical care." For more information on this procedure or Interstim Therapy, please call 704-869-0075.

### Nasal symptom triggers are present year-round

The findings of a recent survey are nothing to sneeze at. Despite the fact that millions of Americans suffer from allergy-like symptoms year-round, most only treat their conditions during allergy "season." That's a mistake, say health care providers, because nasal symptoms may be caused by irritants such as smoke, strong odors, change of weather and indoor allergens such as house dust mites, mold and animal dan-

der. These "triggers" may bother people no matter what time of year it is. Year-round nasal symptoms may be caused by a condition known as perennial nonallergic rhinitis (PNAR). According to the Journal of Managed Care Supplement, an estimated 35 million patients suffer from this condition.

PNAR may be difficult to distinguish from nasal allergies, making it harder to diagnose and treat. Health

care providers say the signs and symptoms of PNAR to watch for include:

- Onset and progression of nasal congestion, runny nose and postnasal drip without itching.
- Symptoms after irritant exposure.
- Year-round occurrences of symptoms.

An Allergy IQ survey found that most adults understand what can trigger their nasal symptoms (smoke, perfumes, pollution)

but many do not seek treatment year-round for their PNAR.

In fact, according to the survey, only three in 10 knew that a nasal spray may effectively treat symptoms caused by strong odors. In addition, 55 percent did not know that a prescription nasal spray could treat symptoms caused by pollution and only 36 percent knew that it may effectively treat symptoms caused by weather changes.

FLONASE® (fluticasone propionate) Nasal Spray, 50 mcg, is the only leading prescription anti-inflammatory nasal spray proven to effectively treat the triggers of PNAR. For best results, FLONASE should be used daily. If side effects occur, they are generally mild and may include headache, nosebleed or sore throat.

"The high awareness of triggers, coupled with the low awareness of treatment

options by nasal symptom sufferers, is surprising," says Dr. Jennifer Derebery, an otolaryngologist at the House Ear Clinic in Los Angeles, CA. "People should see their health care providers regularly—especially when they may not be able to avoid triggers. Prescription medicines, like FLONASE, can help treat their PNAR."

For more information visit [www.flonase.com](http://www.flonase.com).

### Flu season hits in January, have you had your shot?

You can—and should—get your flu shot before the flu season strikes. There's plenty of flu vaccine available and lots of time to be immunized before influenza raises its ugly head in January, stresses the Visiting Nurse Associations of America (VNAA).

"We urge each of you and your family members to see a health care provider or public health department about getting immunized before flu season peaks, which typically happens between January and early March," said Gregory Poland, MD, professor of medicine and clinical pharmacology at the Mayo Clinic and Foundation, Rochester, Minn.

Influenza vaccination is recommended for anyone who wants protection from influenza and for persons 65 years of age and older, people with chronic illnesses, health care workers, some healthy children (6-23 months of age) and persons who live with or care for high-risk persons, according to recommendations issued by the Centers for Disease Control and Prevention (CDC).

"Each year in the United States, the flu is associated with more than 20,000 deaths, more than 114,000 hospitalizations and strikes at least 1 in every 10 adults annually," said Carolyn Markey, RN, President and CEO of VNAA. "A simple

flu shot significantly reduces a person's chances of getting influenza."

The flu often strikes hard and fast normally around January, leaving many people bedridden for days, accounting for missed days at work and school in healthy individuals, and leading to serious complications among the elderly and chronically ill.

**How Influenza Spreads**  
Influenza viruses are easily transmitted via droplets of respiratory secretions that can be easily spread by sneezing and coughing. The virus can also be spread by direct contact with infected persons. Persons who get the flu experience onset of high

fever, chills, a dry cough, headache, runny nose, sore throat, muscle and joint pain, and extreme fatigue lasting several days to weeks.

#### Who Should Not Be Vaccinated

Persons who should not receive influenza vaccine are those who have had previous reactions to the vaccine or are allergic to eggs (the viruses used in the vaccine are grown in chicken eggs). Adults with a fever should wait until symptoms disappear or consult a health care provider about receiving an influenza vaccination. However, vaccines may be given in the presence of minor illnesses with or without fever, particularly

among children with mild respiratory tract infections.

#### About the Vaccine

Influenza vaccine is safe and effective. The most common side effect is soreness at the injection site that can last up to two days. Some people may have mild fever or feel tired for a day or two after receiving the vaccine.

Flu vaccine does not cause influenza. Manufacturers make the vaccine with inactivated or "killed" strains of the viruses predicted to be prevalent during the upcoming season, so you cannot get influenza from a flu shot. The predominant strains change annually, so last year's flu shot will not protect you from this season's virus. As with any

vaccine, a flu shot may not protect 100% of susceptible individuals.

For more information on influenza vaccination, contact your physician or local healthcare provider, or visit the CDC's Web site at [www.cdc.gov](http://www.cdc.gov).

#### Visiting Nurse Associations of America

VNAA was created in 1983 and is the official national association for free-standing, not-for-profit, community-based home health organizations known as Visiting Nurse Associations. VNAA represents nearly 200 VNAs in over 400 locations nationwide. VNAs provide more than 2.5 million influenza immunizations annually.

### Discover the deep-down benefits of massage therapy

Over the past few years, massage therapy has gained a healthy following of patients and doctors. The treatment—which many once considered only to be for the wealthy—is being used more

frequently for treating muscular and arthritic conditions, sports injuries and chronic pain.

In fact, the National Certification Board for Therapeutic Massage &

Bodywork (NCBTMB) estimates 20 million Americans spend between \$2 and \$4 billion annually on visits to massage and bodywork practitioners, totaling approximately 75 million

visits each year. Treatment benefits include physical relaxation, reduced anxiety, increased circulation and pain relief.

Many of today's seniors use massage therapy to treat

ailments such as arthritis and muscle aches, that are associated with growing older. The therapy has also been shown to be beneficial to pregnant women.

#### Pregnant massage:

- Helps relieve depression, anxiety and nervousness caused by hormonal change.
- Helps increase circulation, which reduces swelling and improves oxygen supply to the baby.
- Helps relieve muscular discomfort such as cramping, tightening, stiffness and knots.

Why the newfound acceptance for a practice that's been around for hundreds of years? Many therapists attribute massage's current popularity to increased public knowledge.

For instance, more people today are aware of the health risks associated with stress than in the past and massage therapy has been shown to relieve stress and many of the negative aspects associated with it.

Other treatment methods such as acupuncture and herbal medicine have grown in popularity as well. In fact, the National Institutes of Health reports one-third of U.S. consumers polled said

they visit an alternative medicine specialist once a year.

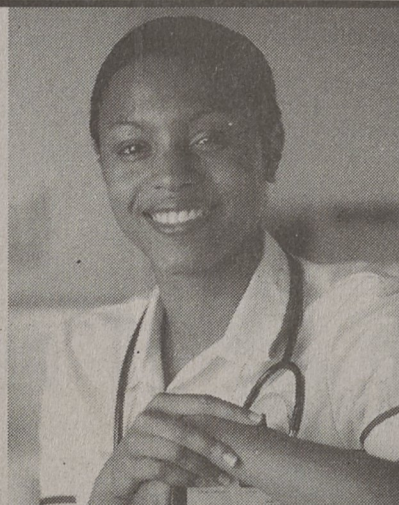
As alternative medicines grow in popularity, more and more health plans are covering massage therapy and bodywork services. A recent survey showed 15 percent of HMOs offer massage in their coverage.

Health plans that do cover massage, often look to work with therapists who have been certified by groups such as the NCBTMB.

The NCBTMB is an independent group founded to foster high standards for therapeutic massage and bodywork. The group's actions (and those of groups like it) have helped many alternative medicines gain legitimacy in the eyes of healthcare professionals and insurance companies.

It's also recommended consumers look for massage therapists or bodywork practitioners who have been certified by such programs—that way people can be more confident that their chosen therapist is competent, well-trained and has the appropriate knowledge and skills to treat conditions.

## Kings Mountain Hospital- Changing For The Better.



Since its beginnings more than 50 years ago, Kings Mountain Hospital has made many advancements. Today, the range of specialty care now available right here at home includes orthopaedics, urology, gastroenterology, physical therapy, laparoscopic surgery, cardiology and others. Every advancement over the decades

has been made with one thing in mind - to strengthen the health of our community through resources right here at home.

At Kings Mountain Hospital, we believe in the power of positive change and in the health and well-being of you and your family, now and in the future.



Kings Mountain Hospital  
Carolinas HealthCare System  
[www.carolinashealthcare.org](http://www.carolinashealthcare.org)