

WSH Earns DNV Accreditation

The hospital meets stringent quality standards

Westside Surgical Hospital recently earned national accreditation from the DNV organization, recognizing the hospital's commitment to quality and safety in providing patient care. DNV accreditation is awarded only after the entire hospital staff and work processes are surveyed by DNV auditors to ensure the facility meets its quality standards.

Just as physicians, nurses, lab techs and other staff at a hospital undergo rigorous training and testing to qualify for their work — so must a hospital as a whole demonstrate that it meets a set of quality standards. The DNV is one of two independent accrediting organizations for hospitals in the U.S. that conducts these surveys.



CNO Deby Preston and Dr. Jay Shenaq

"Their quality standards are very high," says Deby Preston, chief nursing officer at WSH. "The DNV approach to surveys is about finding the best way to continually improve patient care. We all learn a lot in preparing for these surveys and in going through them. Even when you are very good at what you do, you want to look for opportunities to get even better."

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A New Approach to Knee Pain

Patients can live pain-free with cartilage restoration

If you suffer from chronic knee pain, joint replacement surgery can drastically improve your life. But what if you're too young to be a good candidate for the procedure?

For a long time, the answer was you wait. Now orthopedic surgeons like Dr. Michael Trice are giving people new options.

"When patients under 40 or even 50 have joint replacements, many of the joints fail early," says Dr. Trice. "It is common for these patients to have the replacement done over again in five to ten years. A cartilage transplant can delay or prevent a joint replacement altogether. With a transplant, the worst thing that can happen is that it fails but if it does, you can always have a joint replacement."

HOW IT WORKS

Cartilage replacement uses tissue from a person's own body or from a tissue donor to grow new cells, which are transplanted into the knee to replace or repair the damaged area. About 300,000 cells are harvested from



Dr. Michael Trice

a non-weight bearing area of the knee.

"That's about the size of a Tic Tac," says Dr. Trice.

In the lab, that small sample grows to 12 million cells, which are put into

the knee.

"We put tissue there as well so the cells don't 'blow away,' so they adhere down to your knee like the grass in your backyard," Dr. Trice explains.

Cartilage transplants are less invasive and traumatic to the body than joint replacement surgery and, more importantly according to Dr. Trice, it doesn't close any doors for future treatment.

"You're able to use your own tissue in most of these cases," says Dr. Trice, "and if it fails, you can do it over again or have knee replacement surgery. So it doesn't burn any bridges."

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Age-old Aches

Pain does not need to be a fact of life

We often talk about the aches and pains that come with age, as if it's the natural course of events. Half of older adults in the U.S. report having pain that affects their activity, and many of them feel they have no recourse but to live with it.

So what actually happens to the human body over the years?

1. Bone density lessens, sometimes culminating in osteoporosis — brittle bones that present a higher risk of fracture.
2. The gel-like discs in between the vertebrae get thinner, which can cause back pain.
3. Cartilage in the hips and knees may degrade, causing the bones to rub together. This is known as osteoarthritis.
4. Metabolism changes can lead to weight gain, increasing pressure on the knees and hips.



PREVENTION: Exercise and weight loss can help. Every extra pound puts three to five pounds of pressure on the knees, hips and ankles. Losing even a small amount of weight can reduce your risk of osteoarthritis.

- ▶ Weight training and resistance training increases/maintains lean muscle.
- ▶ Flexibility exercises relieve joint stiffness and improve range of motion.
- ▶ Aerobic exercise improves metabolism, which helps keep weight off.

TREATMENT: If pain is interfering with your quality of life, see a doctor. Discuss the type of pain, when it occurs and its intensity. With so many treatment options available, nobody needs to accept pain as part of aging.

TAKECARE

5 Fiber Boosters

Fiber-rich diet may lower your risk of heart disease



Increasing your fiber intake may reduce your risk of heart disease, a new study shows. With one-third of Americans dying each year of cardiovascular disease, and many more suffering from its effects, it is crucial to consider how your diet affects your heart health.

Whole grains Try barley, quinoa, bulgur or oats. Choose whole-wheat varieties of bread, cereal, rice and pasta.



Nuts Try almonds, pecans and walnuts, which have more fiber than any other nuts.

THE STUDY

Researchers at the University of Leeds analyzed fiber intake as it relates to coronary heart disease, or plaque buildup in the heart's arteries that can lead to heart attack, and cardiovascular disease, which includes heart attack, stroke and heart failure.

THE RESULTS

The more fiber people consumed, the lower their risk of both types of heart disease. According to the study, adding just seven additional grams of fiber to your diet per day could reduce your risk.

UP YOUR INTAKE

Researchers suggest adding one or more of the following type of food to your diet every day to get a fiber boost and reap the heart-healthy benefits:

Beans or lentils High-fiber options include chickpeas, black beans, black-eyed peas and kidney beans.

Fruit with the peel Pears, apples, blackberries and raspberries are all high in fiber, with raspberries taking the top spot with 8 grams per cup.



Vegetables Brussels sprouts, broccoli, peas and potatoes (skin-on) are all high in fiber. Artichokes pack more fiber per serving than any other vegetable with 10 grams a piece.

FOODS WITH
7+ GRAMS
OF FIBER

1.5 cups oatmeal
2 slices wheat bread
1 pear

FACTSHEET

Dragged Down

The reasons to quit smoking keep adding up

Still smoking despite all the warnings? Then maybe this will finally be the reason you put down the pack: complications following surgery.

According to researchers from the Mayo Clinic, former and current smokers who have operations have higher healthcare costs for a year afterward compared to people who never smoked. They found that smoking-related complications could add up to \$17 billion in direct medical costs in the United States.

Smokers will find it harder to breathe during and after surgery, and the risk of blood clots and infection is higher. The risk of infection also rises, and healing is slower. Lastly, certain drugs may break down differently in a smoker's body, further impeding recovery.

These risks are due to the nicotine in cigarette smoke, which increases your heart rate and blood pressure. That makes your heart work harder, so it needs more oxygen — which it's not getting because your breathing is impaired by the carbon monoxide in cigarette smoke. Other chemicals in cigarette smoke make your blood thicker and more likely to clot.

If you stop smoking eight weeks before surgery you can reduce these risks. Within 24 hours, the nicotine and carbon monoxide from cigarettes will be mostly gone from your body. If you're ready to kick the habit, ask your doctor about medication, as well as smoking cessation support groups. You can also get lots of good advice at www.smokefree.gov.



Questioning the Poses

Should you consider taking up yoga?

If you've ever seen a yoga class in action, it's easy to see why this form of exercise is so popular. Yoga is a low-impact exercise, so those with mobility issues can take part, and it's good for flexibility. It also is a mind-body workout, so even though you're doing some serious stretching it's also relaxing.

Sound good? It should, but be aware that yoga's not for everyone, and it's not a quick fix for all your physical issues.

ACCENTUATE THE POSITIVE

Yoga is great for posture, balance, flexibility and core strength. It also helps lower your heart rate and blood pressure.

People with asthma who need help focusing on breathing, as well as those dealing with post-traumatic stress disorder, autism, sleep disorders and pain management issues may see benefits from the practice's emphasis on building a mind-body connection.

NO IRON PUMPED HERE

Though it can help with toning, yoga is not about building muscle, so if you're looking to bulk up, it's probably not the way to go. There are many styles of yoga, and each has moves that range from

beginner to advanced, so it's good to research them ahead of time. In fact, yoga pros say that if it feels like exercise, then that particular style is not a good choice.

STOP IF IT HURTS

The New York Times recently ran an article noting that the popularity of yoga classes has led to an increase in yoga-related injuries. Pushing your body into difficult poses can lead to hip injuries, back or neck pain, pinched nerves and more. Avoid feeling competitive in class — just do what you can.

RELAX INTO IT

Perhaps yoga's biggest benefit is that it can help reduce anxiety. It's also very safe, and its benefits can be experienced by people of all ages.

It's important to keep in mind that yoga is a complementary therapy and should not be the go-to resolution for any particular physical issue. For instance, if you have high blood pressure, yoga is a great way to lower it, but you still need to take your medication. But if you're looking for a great way to improve your flexibility and relax while you're doing it, go ahead and give yoga a try.



WESTSIDE

SURGICAL HOSPITAL

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Our Dynamic Services

Westside Surgical Hospital is a multi-specialty surgical hospital created to serve all people through exemplary healthcare, education and community service. We provide the highest quality services in a safe, welcoming and comfortable environment. Our highly skilled physicians, nurses, administrators, and health care providers bring years of experience and a genuine passion for patient care.

At Westside Surgical Hospital, technology, compassion and the best medical minds of the nation come together to provide specialized care and to rebuild futures.

Surgical services offered at Westside Surgical Hospital:

- Breast Surgery (Mastectomy, Lumpectomy and Reconstructive)
- Orthopedics and Spine
- General Surgery
- Plastic Surgery
- ENT
- Pain Management
- Gastroenterology
- Gynecology
- And much more

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Questions related to Westside Surgical Hospital's *The Pulse* newsletter? Please contact Director of Public Relations and Corporate Communications, Mika Rao, at 713-532-7311.

DNV Accreditation

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The WSH staff embraced the opportunity to explain their jobs and work process to the surveyors and then listened to the observations and suggestions offered. DNV yearly surveys are designed to encourage innovative approaches to the work process, making it easier for WSH to meet all of a patient's needs while under the hospital's care. WSH is on track to earn a quality credential from DNV showing it meets an international standard of quality management, called ISO 9001 certification.

"Westside Surgical Hospital has a mission to provide excellent patient care," says Preston. "These surveys prompt us to do even more."



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A New Approach

Continued from front

RESTORING QUALITY OF LIFE

The good news is that most people don't have to undergo restoration surgery more than once for it to be successful; Dr. Trice estimates it works for roughly 90 percent of patients when only one area is targeted. For many people, the results are life changing.

"One patient came to me; he was 35, and he had had 11 operations. He was miserable. Every step he took caused him pain," Dr. Trice explains.

"He needed a joint replacement, but no one wanted to do it on him because they said it would fail within five years. I did a cartilage transplant on him, and now he has been without pain for four years."

Dr. Trice has even performed cartilage

transplants on kids as young as 11 or 12 who suffer from badly damaged knees.

"One of my kids just sent me a video of him winning the high jump in a track meet!"

BREAKING NEW GROUND

Cartilage restoration is not yet widely available, something Dr. Trice is helping to change. Over the last five years, he has become one of the 10 most prolific cartilage surgeons in the country. He has treated patients from all over the world, and founded the Cartilage Restoration Center at Johns Hopkins. He served as the director of that program for seven years before moving to Texas in August 2013.

"For many of my patients who couldn't get back to sports or walk without pain, now we can get them back to an active lifestyle," Dr. Trice says. "It's a special opportunity."