

S U M M E R  
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# ROUNDS

HARTFORD HOSPITAL'S WELLNESS MAGAZINE



# Feet Facts

Women's feet hurt, probably because they stuff their feet into tight and pointy high-heeled shoes. More than three-quarters of women walk around in pain, according to a recent online survey. A study conducted by the American Orthopedic Foot and Ankle Society found that nine out of ten women wear shoes that are too small for their feet. Researchers determined that women are nine times more likely than men to develop foot problems because of improperly fitting shoes.

"Men's feet are just as bad, says Larry A. Suecof, D.P.M., a podiatric surgeon with Connecticut Surgical Group.

Consider these statistics:

- Last year 55 percent of Americans missed a day of work because of foot problems.
- The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles, not to mention tendons, blood vessels and nerves.
- Most Americans log 75,000 miles on their feet by the time they reach the age of 50. Over a lifetime, your feet may walk over 150,000 miles.
- A 150-pound person walking one mile exerts the equivalent of 63 1/2 tons—127,000 pounds—on each foot.

- Feet are strong enough to support up to four times the body's weight during high impact activities, yet sensitive enough to detect a grain of sand.

Source: American Podiatric Medical Association, Bethesda, Maryland

## S A F E T Y T I P S

### Foot Faults

Shoes do not *cause* foot problems, but they can aggravate existing problems like bunions, hammertoes, calluses, blisters and corns. Sizes vary widely among shoe brands and styles, so don't go by the size marked inside the shoe but how it feels on the foot. Cramping your feet into high heels is obviously a bad idea. "If you have straight toes and good feet you can wear almost anything," says Dr. Suecof. "If you have big bunions or overlapping toes, avoid pinching by wearing soft, square-toed shoes."

Since most structural problems are genetic, ill-fitting shoes simply aggravate lumps, bumps and bulges in feet. "Women may wear stylish shoes to make their legs look longer or to look taller, but if the shoe is comfortable it won't cause any harm."

More than 43 million Americans suffer foot problems, but only a small percentage opt for surgery to reshape their feet. "Since we can't go bare-foot in this climate, the shoes we wear have the biggest impact on our feet," says Dr. Suecof. "As surgeons we say, *If the shoe fits, wear it.*"



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## PHYSICIAN PROFILE

### Margaret Bason M.D.

Margaret M. Bason, M.D., a Board-certified dermatologist, specializes in cosmetic hair removal, laser treatments, dermatological surgery, spider vein therapy, liposuction and facial skin care. After graduating from the University of Connecticut School of Medicine, she continued her training in dermatology with an internship at Hartford Hospital and fellowships at Memorial Sloan Kettering in New York, Louisiana State University (L.S.U.) in New Orleans, and the University of California, San Francisco. She has been using lasers for removal of unwanted hair, brown spots, tattoos and superficial wrinkles since her dermatology residence at L.S.U. Medical School from 1991-94.

The daughter of a local pediatrician, she grew up in Simsbury. Her Avon office is decorated with brilliantly colored original watercolors painted by her aunt, Patricia Bason, an artist who is represented by galleries in California, Maryland and Virginia.



# Saving Face

New technology for safe and advanced cosmetic treatments

### Botox

Botox is a weak form of botulism toxin that blocks nerve impulses to tiny facial muscles. The shot relaxes the muscles so visible expression lines disappear. Botox eliminates dynamic forehead lines, frown lines between the eyebrows and crow's feet around the eyes with an injection that lasts three to six months. FDA-approved.

### Microdermabrasion

The "Parisian Peel" is a safe, non-surgical procedure that smooths age spots, fine lines around lips and eyes, improves stretch marks and lessens the appearance of acne scars. Microcrystals are vacuumed across the skin through a tiny handpiece in a painless, non-invasive procedure that requires no bandages or "down time" afterward.

### Sclerotherapy

Sclerotherapy erases spider or varicose leg veins without surgery in the doctor's office, with injections of a solution that causes veins to shrivel up and disappear. Treatment usually requires more than one session and is performed every six weeks over a period of three to six months.

### Fat Transfer

Facial wrinkles and creases can be filled by transferring the person's own fat cells. Fat transfer is a safe, natural technique to recontour the face, cheeks and chin. Since the fat cells are harvested from your own "love handles," you avoid the allergic reactions that can occur with collagen injections.

### Liposuction

Liposuction dramatically improves body contour for those with stubborn fatty pockets that can't be dieted or exercised away. Tumescence liposuction is performed on an outpatient basis to remove fat deposits on the flanks, hips, abdomen, neck, thighs and knees of both women and men.

Costs for the above treatments vary from \$150 for facial peels to as much as \$6000 for liposuction and are generally not covered by insurance.

"Healthy skin shows that beauty really does come from within," Dr. Bason says. "It's all about looking good."

Today's dermatologists diminish wrinkles with laser light pulses, eliminate hair without painful electrolysis and erase frown lines with injections of botulism toxin. Innovative techniques for smoothing and firming skin include deep cleaning regimens, facial peels, microdermabrasion, antioxidant treatments, botanicals and fat transfers to plump up sunken cheeks. "People spend hundreds of dollars on fancy creams and moisturizers," says Margaret M. Bason, M.D. "If you're serious, see a doctor."

### Laser Treatments

Lasers deliver a specific wavelength of light, safely and selectively alleviating skin problems with minimal scarring risk. Since the use of lasers in medicine was pioneered by a dermatologist in the 1960s, it has become the standard of care for the treatment of many skin problems.

### Hair Removal

Unlike electrolysis, which is slow and painstaking, lasers pulse rapidly across the surface of the skin. Large areas such as backs, shoulders, abdomens and legs can be treated quickly. The treatment is about as painful as the "snap" of a rubber band. Laser hair removal only works on dark hair and often requires three to five treatments. FDA-approved.

### Brown Spots, Tattoos and Blood Vessels

Unightly skin blemishes and sun-damaged skin can be successfully treated with laser technology. Treatments, which often must be repeated, leave a temporary discoloration of the skin that lasts a week or more. Tattoo removal requires repeated treatments.

## Cardiac Resynchronization for Congestive Heart Failure

Hartford Hospital is among the first medical facilities in the nation to offer cardiac resynchronization therapy, also called *biventricular pacing*, for primary treatment of congestive heart failure (CHF). Nearly 4 million Americans suffer from this chronic and debilitating condition that occurs when the heart cannot adequately pump blood through the body.

"About a quarter to a third of patients with advanced congestive heart failure have obvious dysynchrony in the way their left ventricle beats," says Christopher A. Clyne, M.D., director of Interventional Electrophysiology at Hartford Hospital. "Their hearts are dilated, weak and out of synch. If we can resynchronize the heartbeat, we can often dramatically improve the efficiency of the pumping action."

Ventricular dysynchrony occurs when the electrical impulses that coordinate the ventricles misfire so that the right and left sides of the heart don't contract at the same time. The dysynchronous contraction of the left and right heart ventricles effectively reduces the forward flow of blood through the heart, causing fatigue, shortness of breath, and swelling of the feet and ankles.

"As the heart weakens, patients are at increasing risk for lethal arrhythmias, and cardiac arrest," says Dr. Clyne. The new pacing device that provides specially timed electrical impulses to simultaneously stimulate the right and left ventricles is available for patients with congestive heart failure and evidence of conduction system disease. The system consists of a pulse generator connected to three

leads that deliver electrical impulses to stimulate the heart. One lead is placed in an upper heart chamber (right atrium) and the two other leads are placed in each of the ventricles to provide optimal contraction of the pumping chambers.

Resynchronization therapy is limited to patients who have moderate to severe symptoms of congestive heart failure, and are not likely to improve with additional drug therapy. The device, implanted using minimally invasive techniques, stimulates the left and right ventricles to activate in unison, allowing the chambers to contract more normally.

Cardiac resynchronization can enhance the patient's quality of life, improve activity levels, and increase energy. Some patients experience subtle improvement, while those with severe dilated cardiomyopathy, or enlargement of the heart, often improve dramatically. "Implantation is successful in about 80 percent of patients," says Dr. Clyne, "and about 75 percent of those patients feel better almost immediately."



Dr. Christopher Clyne, pioneering biventricular pacing for CHF.

## What's going around...News & Breakthroughs

### Stem Cells on the Brain

Tremors and muscle rigidity caused by Parkinson's disease improved after a transplant of stem cells from a man's own brain, reports Cedars-Sinai Medical Center in Los Angeles. After two years, he shows no symptoms of Parkinson's, an incurable, fatal brain disease. Researchers isolated stem cells containing the neurotransmitter *dopamine*, nurtured them in special media and re-injected them into his brain.

### Testing for Alzheimer's

A simple pencil-and-paper test can reveal the early cognitive changes that occur in Alzheimer's patients as long as 10 years before the onset of symptoms. Testing accurately predicted who would develop the devastating disease, according to a study at the University of California at San Diego. While genetic testing reveals those at risk for the disease, neuropsychological testing indicates when it's time to start medication.

### Couch Potatoes Rejoice

Researchers at Duke University of School of Medicine have identified the chemical pathways used by muscle cells to build strength and endurance, according to a report in *Science*. Now it may be possible to develop a pill that pumps up muscle cells without exercise, allowing patients with heart disease or other debilitating conditions to achieve the health benefits of regular exercise.

### Bran News for Diabetics

Rice bran lowered blood glucose levels by up to 30 percent in a small study of patients with type 1 or 2 diabetes and reduced serum cholesterol in those with elevated cholesterol levels, reports the *Journal of Nutritional Biochemistry*. Researchers found that one in four were able to reduce their daily injection of insulin or medication dosages after adding stabilized rice bran to their diets for just two months.

## Minimally Invasive Spinal Fusion

Chronic back pain afflicts as many as one in four people in the United States. Last year, sufferers underwent approximately 150,000 operations to “fuse” their unstable spines in the hope of relieving pain. In a lower-lumbar spinal fusion, surgeons remove one or more degenerated disks and mechanically brace the spine with metal rods and bone grafts.

After surgery, patients often must endure post-operative pain and months of rehabilitation. Pain often lingers because of irreparable scarring and damage to deep layers of muscle. Recovery usually takes three to six months, but residual effects may be so long-lasting as to leave patients with worse pain than before.

The traditional “open” surgical approach involves making an incision about 12 inches long in the patient’s back and then stripping away tissues that shield the spinal column until the vertebrae are exposed. The bulky muscles are retracted, or pulled back, and matchstick-sized pieces of bone are harvested from the hipbone. The surgeon drills holes in the vertebral bones on either side of the spine, inserts the bone grafts, and secures the covering plate with titanium screws.

Recently W. Jay Krompinger, M.D., became the first surgeon in Connecticut to employ a new, minimally invasive technique to perform the spinal fusion endoscopically. A thin, flexible scope with a tiny camera allows the surgeon to view digital images of the spine on a high-resolution monitor. With the new technology, Dr. Krompinger can drill holes, insert screws and plates, and

fuse the spine through an incision only an inch long. He has so far used the new technique only for procedures involving a single disk level.

Fusion can correct back problems in a very dramatic way for demonstrated spinal instability, abnormal motion or deformity, says Dr. Krompinger. For patients with back pain caused by so-called “cracked” vertebrae, spinal fusion can relieve pressure on adjoining nerves. Unfortunately, back pain doesn’t always come from degenerated or herniated disks, says Dr. Krompinger. “After age 35, no one has a ‘normal’ spine, so determining the source of pain and the appropriate treatment may require advanced testing.”



*Dr. W. Jay Krompinger, first in the state to perform minimally invasive spinal fusion.*

### Depressing Warnings

The over-the-counter antidepressant St. John’s wort interferes powerfully with Camptosar, a common cancer drug, reducing its effectiveness long after people stop taking the herbal supplement, says Rotterdam Cancer Institute in the Netherlands. The Food and Drug Administration warned that the herb interferes with AIDS drugs. St. John’s wort also inhibits digoxin, beta blockers, seizure medicines and transplant drugs, and should be stopped prior to surgery.

### Cold Virus Attacks Cancer

Hopes are high for a genetically engineered cold virus that infects and kills only cancer cells, leaving healthy cells alone, say researchers at Stanford University Medical Center in California. The genetically altered virus was infused into the livers of patients whose colorectal cancer had spread. Colon cancer, which kills 50,000 Americans annually, often spreads to the liver, where it is very difficult to treat.

### Pregnancy Peril

Excessive weight gain during pregnancy increases the chances of later developing breast cancer, say researchers at Georgetown University. While adequate weight gain is essential for the baby’s health, women who put on more than 38 pounds (more for twins) during pregnancy had a 40 percent increased risk of developing breast cancer after menopause. Women who remain overweight after pregnancy are generally at higher risk.

### Going Up in Smoke

Smoking-related deaths in the United States rose by 10,000 to 440,000 yearly from 1995 to 1999, says the Centers for Disease Control and Prevention. Each pack of cigarettes sold costs the nation \$7 in medical care and lost productivity. Smoking causes men to lose more than 13 years of life and women to lose 14.5 years, on average. Smoking during pregnancy causes about 1,000 infant deaths each year.

# Epidural Anesthesia: Forget About Pain



Labor is unpredictable, difficult and often excruciating. The pain of childbirth seems more intense for some women than for others, which is why some need more analgesia, or pain relief. "Moms often try to deliver without medication," says Linda Taylor, M.D., an obstetrician-gynecologist at Hartford Hospital. "Once their labor goes on for 12 to 24 hours, especially in the

middle of the night, they become less pain-tolerant. Epidural analgesia is by far the most popular method of pain control, used by 80 to 85 percent of our patients."

The challenge for anesthesiologists is to stop or minimize pain without stopping labor, in the safest possible way for both the baby and mother. "Pain management has changed over the years," says Laurel A. Hortvet, M.D., chief of the hospital's obstetric anesthesia subsection. "We used to give heavy, dense labor blocks that paralyzed the pelvic floor. Women couldn't feel anything at all."

Today, anesthesiologists try to balance pain relief with the need to push. "Some first-time moms don't push very well," says Dr. Hortvet. "There's a fine line between *pain* and *pressure*. We want them to know they're having a contraction, but to be comfortable enough to push."

Doctors used to wait until the cervix was dilated five to six centimeters before

administering an epidural. "Today they may be dilated only a centimeter," says Dr. Taylor. "We turn off the lights, let the mom rest, and the uterus pushes the baby down. She may even *sleep* through her contractions."

Epidural anesthesia blocks the nerves that send pain impulses from the uterus and lower part of the body. A needle is placed between the vertebrae and medication is injected into the epidural space. A small catheter is then threaded through the needle into the space, the needle is withdrawn and the catheter is taped down. An automatic pump continuously infuses local anesthetic and pain-killing medication into the space until the baby is born.

"Most moms welcome the pinch of the needle that brings relief in the form of an epidural," adds Dr. Taylor. "The mind is a wonderful thing because women don't remember the pain, or at least it is worth

it once they see the baby. We often give a shorter-acting pain medication intravenously early in labor, but its effects last only about 45 minutes to an hour. That may be enough for someone having her second or third child."

Of the nearly 4,600 babies born at Hartford Hospital each year, about 3,600—or 10 moms a day—choose epidural anesthesia. With technological improvements such as finer needles, complications and side effects of epidural analgesia are infrequent. Rare side-effects include headache, back ache, low blood pressure, uneven pain relief, and increased need for pitocin to bring on labor. "Our physicians do many more epidurals than any hospital in the state," says anesthesiologist Jeffrey S. Morrow, M.D. "An anesthesiologist is on call all night here in the hospital, so if the pain becomes excruciating the mom doesn't have to wait."

## w a r n i n g s i g n s

### Urinary Tract Infections

Urinary tract infections are often caused by the *E. coli* bacteria, normally found in the gastrointestinal tract. Diabetics are particularly susceptible because sugar in the urine promotes bacterial growth. Infections are more common in women because the female urethra is shorter, though men with enlarged prostate glands are also at risk for urinary tract infections. See your doctor immediately because untreated infections that begin in the bladder can spread up to the kidneys, causing serious complications.

#### Symptoms of urinary tract infection include:

- pain or burning when passing urine
- frequent urge to urinate
- difficulty passing urine

- cloudy, blood-tinged or foul-smelling urine
- pain or discomfort in the lower abdomen
- pain or discomfort in the lower back (particularly with kidney infection)
- fever, chills, nausea or vomiting (particularly with kidney infection)

#### You can prevent urinary tract infections by:

- wiping from front to back
- drinking plenty of fluids
- drinking extra fluids before sexual intercourse and passing urine as soon as possible afterward
- emptying your bladder promptly when you need to go

Shaken by scandal, torn by charges of sexual abuse, the Catholic Church in the United States is in turmoil. Amid mounting revelations of molestation of children and adolescents by priests, some eminent church leaders have taken refuge in stonewalling and silence. Parishioners are outraged.

"The moral obligation to report sexual misconduct has not been universally recognized by bishops," says James J. Gill, S.J., M.D. Dr. Gill, a Jesuit priest, is senior consultant in psychiatry in the Program for Professionals at The Institute of Living (IOL), one of only a handful of hospitals treating, among others, pedophile priests. "In the past too many bishops have taken pride in their own ability to be forgiving and have minimized or disregarded allegations of abuse. Now they have learned at great cost not to ignore such complaints."

Dr. Gill divides his time between the IOL and his role as founder and director of the Christian Institute for the Study of Human Sexuality in Chicago, which provides education for clergy rather than therapy or treatment. "People who work with seminarians need preparation to understand and facilitate normal social and sexual development and to spot signs of immaturity and pathology in prospective priests," says Dr. Gill.

"Historically the emphasis in seminaries has been less on personal formation and more on academic disciplines like theology, sacred scripture and church history."

Calls for better screening of candidates for the ministry are on the rise. "Men attracted to children or adolescents show signs of sexual immaturity in their imaginings, impulses and yearnings," says Dr. Gill. Seminarians undergo psychological testing during their six or more years of preparation for the priesthood, but testing doesn't always weed out pedophiles. "About two percent of Catholic clergy are child molesters, no more prevalent than in any other religious denomination. Of course, *any* abuse of children is pathological, criminal, sinful and evil."

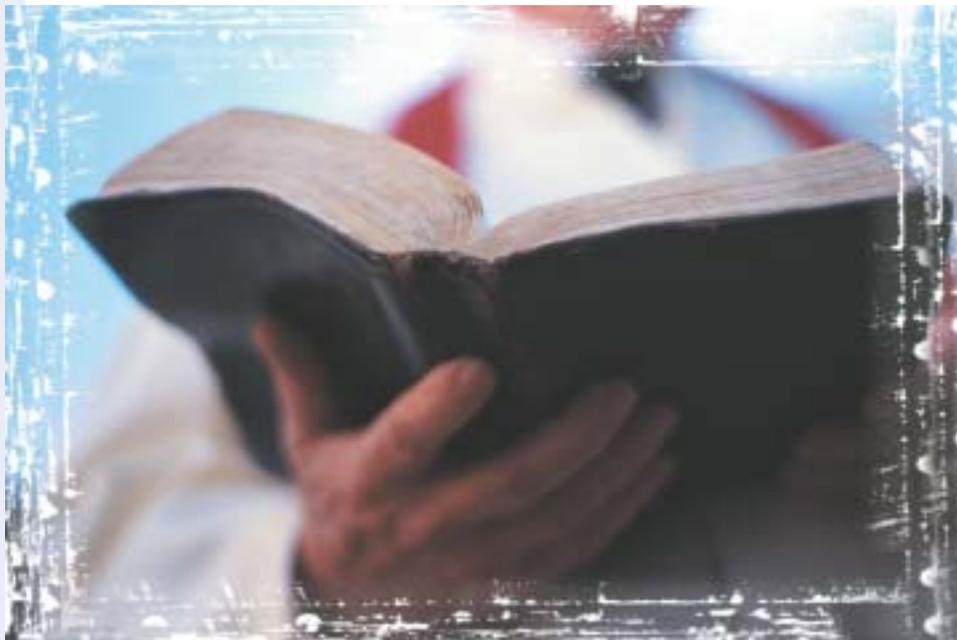
The goal of the Christian Institute for the Study of Human Sexuality is to teach seminary staff to help seminarians develop normal, adult relationships. "Many priests are lonely and isolated," says Dr. Gill, noting that the number of seminarians has dropped enormously over the past 20 years. "Nowadays you have a priest who lives alone and has responsibility for an entire parish—in the past he would have lived in a rectory with one or two other priests."

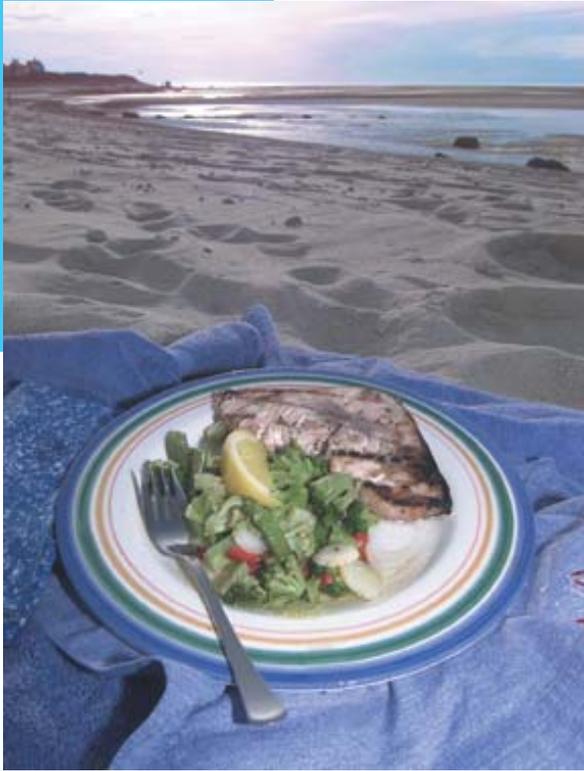
The Institute of Living's Program for Professionals for over 15 years has had among its patients clergy accused of sexual misconduct. "When they arrive for treatment, priests often begin by denying their behavior," says Dr. Gill. "They are blind to the damage they have done by exploiting children and adolescents. Our goal is to help them take

responsibility for their actions and their consequences." Treatment includes individual therapy, group therapy with other clergy, behavior modification and, in some cases, hormonal treatment.

"We have learned not to make recommendations regarding the reassignment of priest-patients. It is the bishop's responsibility to avoid putting a sexual abuser back into parish work, especially near children. We have also come to recognize that the laity—the *people* of the church—need to be involved in the lives of celibate priests, seeing how much human support they need."

## SHATTERED TRUST





**Marcia Williams-Olsson**, a manager in the Business Development and Community Relations Department of Hartford Hospital, says anyone can follow this simple, heart-healthy recipe. She adapted this Mediterranean-style recipe from a dish served at the former Market restaurant in Glastonbury. She suggests using the same olive oil, honey and garlic marinade to enhance the flavor of chicken, as well as fish. Adding vegetables that are fat-free, high in fiber and low in calories can help prevent certain kinds of cancer and protect the heart. Grilled swordfish is high in healthful Omega 3 fatty acids.

#### Ingredients

- 1 lb. swordfish steak
- 3/4 cup lime juice or lemon juice (preferably fresh)
- 4 tbs. honey
- 2 cloves crushed garlic
- 2 tbs. olive oil
- 1 tsp. dill

Mix all ingredients. Marinate fish for 2 hours. Discard marinade. Grill 4 to 5 minutes per side or until fish is done. Serve with green salad and roasted vegetables.

Serves 4.

## GRILLED SWORDFISH

#### Grilled Swordfish, per serving

Calories: 274

Protein: 23 g

Total Fat: 11.6 g

Saturated Fat: 2.2 g

Monounsaturated Fat: 6.9 g

Cholesterol: 45 mg

Niacin: 69% of daily value (DV)

Vitamin B<sub>12</sub>: 83% of DV

Vitamin B<sub>6</sub>: 32% of DV

Phosphorus: 305 mg or 44% of DV

Sodium: 104 mg

Recipe analyzed by **Brunella Ibarolla, MS, RD, CD-N.**