



Finally, relief from **gastroesophageal reflux disease (GERD)**

After eight years of suffering, Karen is grateful to her nurse practitioner and the Gastroenterology team at Touro.

4 Protect your knees

5 Cervical cancer screening

6 Foods to help with allergies

Help for GERD: Local woman finds

Sometimes acid reflux progresses to gastroesophageal reflux disease (GERD), a more severe form of reflux that includes symptoms that occur two or more times a week. This was the case with Karen Hayes. She experienced frequent symptoms, such as regurgitation of any foods she ate or liquids she drank, especially if she lay down afterwards.

"It felt like no matter what I ate or drank, it caused a burning sensation in my chest. Something as simple as a sandwich or soup would be hard for me to get down," explained Karen.

GERD is one of the most common gastrointestinal diseases, affecting up to 20% of the U.S. population. Over the years, Karen went to see a couple different gastroenterologists, and at every visit she was told she had GERD. She was taking over-the-counter medications, but they weren't helping. Her symptoms started getting progressively worse. She began experiencing chest pains and sometimes had trouble swallowing.

"Some nights I would wake up gasping for air because it felt like I couldn't catch my breath," she said.

Time for a change

At age 56, Karen knew she couldn't go on like this. She couldn't enjoy life nor the delicious foods that her city of New Orleans had to offer. In November 2021, she approached her primary care physician and told her that she needed help. Karen's physician referred her to Touro's Gastroenterology Clinic, where she met with Nurse Practitioner Stephanie Barnard.

After a couple of visits, conversations, and X-rays, Stephanie diagnosed Karen with a hiatal hernia. With a hiatal hernia, part of your stomach pushes up into an opening, the hiatus, in your diaphragm, the muscle between your belly and your chest. In most cases, your esophagus goes through the hiatus and joins your stomach. But with a hiatal hernia, the top part of your stomach moves up through that opening into your chest.



After finding relief for the first time in eight years, Karen is grateful for Stephanie Barnard, NP, and the Touro team.

"Basically, my stomach was pushed up into my chest," Karen said.

The road to recovery

Because of the hiatal hernia and her symptoms with GERD, Karen's esophagus started narrowing over time. It became very difficult and painful when she swallowed foods. To ease her symptoms, the Gastroenterology team at Touro performed three esophageal dilation procedures over the course of several months. Esophageal dilation is a procedure used to widen a narrowed section of your esophagus.

Stephanie and the GI team performed the procedures by inserting an endoscopic tube through the mouth and into Karen's esophagus. They used a balloon dilator to stretch muscle fibers inside her lower esophageal sphincter.

Along with the esophageal dilation procedures, Stephanie prescribed a new medication that helped Karen's symptoms tremendously. She went from experiencing severe pain every day to having minor reflux symptoms once or twice a week. "I don't know what Stephanie did, but she saved my

long-awaited relief at Touro



life. I have been in pain for the past eight years, and Stephanie saved my life. I am forever grateful," Karen said.

A vital partnership

Karen has had a long, tough journey living with GERD and a hiatal hernia that she didn't even know she had for many years. Now, she's finally found relief, but continues to work with her nurse practitioner to monitor her progress and keep her symptoms under control. As Stephanie told Karen, "I want to keep searching for the solution to get you feeling even better. That's our goal—no more symptoms. Right?"

Karen's follow-up visits to the Gastroenterology Clinic include monitoring her symptoms, evaluating her medication, and discussing positive lifestyle changes that can ease her symptoms. New habits like eating smaller, lighter meals; not lying down right after eating; and avoiding foods and beverages that could trigger

symptoms—such as acidic foods, carbonated beverages, and alcohol—can improve Karen's quality of life.

Monitoring symptoms is essential to your care and wellbeing, Stephanie explained to Karen, because a hiatal hernia can become strangulated: when the hernia is twisted so much that blood supply is cut off to the stomach. In those cases, surgical intervention may be recommended.

In good hands

If surgical treatment for hiatal hernia is needed down the road, Touro's team

of surgical gastroenterologists offers a minimally invasive technique to repair the hernia. Laparoscopic repair has several advantages over other hiatal hernia surgery types, including less pain, lower risk of infection, reduced scarring, and quicker recovery.

Karen understands there is no quick fix for her condition and that ongoing care is needed. But after finding relief for the first time in eight years, she's grateful for her nurse practitioner and the Touro team. "I trust Stephanie. She saved me! I am truly blessed."

Digestive care in New Orleans

Gastrointestinal conditions can get in the way of enjoying life, but the good news is that most are manageable. Touro's specialists can guide you through the tests, treatments, and lifestyle changes that will help you get back to doing what you love. For more information or to make an appointment, visit touro.com/gastro.

Protect your knees from **pain** and **damage**



By **Richard L. Meyer Jr., MD**
Orthopedic Surgery
Touro

Your knee is one of the largest, strongest joints in your body, with many moving parts.

Because of this complexity, knees are easily injured. Pain, swelling, and inflammation can make movement difficult—and keep you from activities you enjoy.

When to get help for knee pain

Common knee injuries and conditions include:

- Osteoarthritis, a disease in which cartilage wears away and bones rub together; this occurs with normal wear and tear of the joint over time
- Tears in the tendons or ligaments
- Trauma resulting in fractures of the bone or tears of the meniscal tissue

Signs include pain, stiffness, and swelling. You may also feel catching, locking, or the joint giving way. Sometimes, these problems are sudden. In other cases, they appear slowly over time.

Seek medical care if symptoms are severe, linger longer than three days, or reappear several times within a month. You should also book a visit if you're limping, see swelling, or can't move your knee through a full range of motion.

Treatments for knee problems include medications, injections, physical therapy, or, in some cases, surgery.

3 simple strategies for healthy knees

Fortunately, you can take steps every day to keep your knees happy. To start:

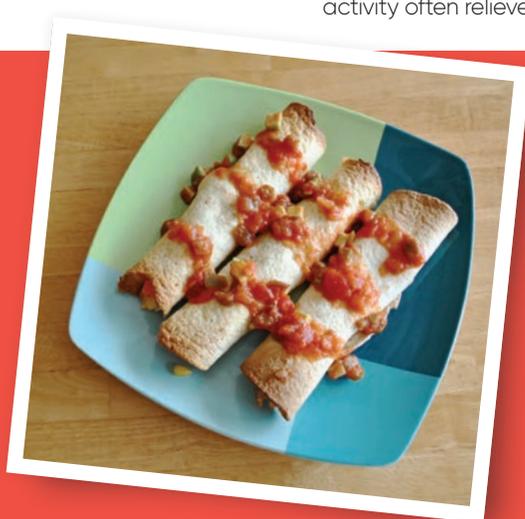
- **Sweat.** Contrary to popular belief, exercise doesn't cause or worsen knee problems. In fact, physical activity often relieves pain and improves function.



- **Strengthen.** Resistance training builds up muscles around your knee to support the joint. Exercises like biking, leg raises, squats, and bridges ward off pain.
- **Stretch.** Long, limber muscles allow your knee to move through its full range of motion. After you strengthen your legs, stretch them. For instance, stand on one leg and pull the other heel up toward your rear to stretch your quadriceps.

Orthopedic and spine care in New Orleans

At Touro, we believe that all patients deserve to understand the procedures they will undergo. We keep patients well-informed about the ins and outs of their conditions and work hard to make your surgical experience pleasant and stress-free. Visit touro.com/orthopedic to learn more about Touro's Orthopedic & Spine Center.



Tasty taquitos

Ingredients

- 2 cups frozen vegetables, thawed (peas, carrots, and corn)
- 1/3 cup crumbled queso añejo or shredded Monterey Jack cheese
- 12 corn tortillas, warmed
- 2 tsp. vegetable oil
- 2 cups fresh salsa
- 1/2 avocado, chopped

Directions

1. Heat oven to 450 degrees.
2. In a medium bowl, mix vegetables and cheese.
3. Spoon 1/4 cup of the vegetable and cheese mixture down the center of each tortilla. Roll up tightly. Place taquitos on a baking sheet. Brush each taquito lightly with oil.
4. Bake until crispy, about seven to 10 minutes. While taquitos are baking, mix fresh salsa with avocado. Spoon salsa mixture over each serving of taquitos and serve.

Per serving: Serves 4; serving size is three taquitos. Each serving provides 360 calories, 12 g fat (3 g saturated fat), 10 mg cholesterol, 230 mg sodium, 56 g carbohydrates, 8 g fiber, and 8 g protein.

Have you been screened for cervical cancer?



Cancer of the cervix was once one of the most common causes of cancer-related death among U.S. women, but effective testing has dramatically changed that. Screening can not only catch the cancer in its earliest, most treatable stages, but also prevent the disease by detecting abnormal cells before they can turn into cancer.

How can women decrease their risk?

Any woman can develop cervical cancer, but these strategies can lower risk:

- Delaying sexual relationships until at least age 18, and getting to know a partner before becoming intimate
- Not smoking
- Seeing their gynecologist for routine pelvic exams and Pap tests/HPV tests
- Following their physician's recommended course of the HPV vaccine, starting at age 11

What tests are used for screening?

There are two main tests used to screen for cervical cancer, both of which are performed in a doctor's office or clinic.

The Pap test can identify early changes in cells that can lead to cervical cancer. A sample of cells are collected from the cervix for testing (cytology) at the time of pelvic exam.

The HPV test looks for certain strains of high-risk HPV (hrHPV) that have been linked to cervical cancer. It's performed by testing a sample of cells collected from the cervix at the time of pelvic exam. The HPV test can be performed by itself—known as a

primary HPV test—or using the same cell sample collected for a Pap test (HPV cotesting).

What do screening guidelines say?

Screening guidelines can vary somewhat depending on a woman's age, health, risk factors, and medical history. In general, the American College of Obstetricians and Gynecologists (ACOG) recommends that women at average risk follow these guidelines:

- Women ages 21 to 29 should have a Pap test every three years.
- For women ages 30 to 65, ACOG recommends a Pap test every three years, an HPV test every five years, or HPV cotesting every five years.
- Women older than age 65 who have had normal test results for the past 10 years and are not at high risk for cervical cancer may stop screening.

Ask your healthcare provider when and how you should be screened.



By Pui "Joan" Cheng, MD
Gynecologic Oncology
Touro

We're here for women at every stage

Keeping you healthy at every stage is our priority, and Touro is proud to be your partner in women's wellness. From primary care to obstetrics and gynecology, we offer an array of specialists and lab and imaging services to address all your health needs. Learn more at touro.com/womenshealth.

Think you may be at risk for cervical cancer? Take our Cervical Cancer Risk Assessment at touro.com/cervicalrisk.

Healthy foods to help with allergies



By **Jamie R. Lurie, MD**
Allergy and Immunology
Touro

If you have seasonal allergies, you're probably familiar with the sneezing, runny nose, itchy throat, and other symptoms that pop up when plants are in bloom. Luckily, the following foods may help you feel a bit better this spring:

Apples, especially their peel, contain quercetin. This flavonoid compound is an antioxidant that helps prevent your body from pumping out histamines. Histamines are molecules in the body that trigger the immune system, causing congestion, itching, and other irritating allergy symptoms. Other sources of quercetin include onions, broccoli, and grapes.

Fish, such as salmon and trout, are high in omega-3 polyunsaturated fatty acids. Omega-3 fatty acids may help fend off symptoms, such as narrowing of airways, that can occur with asthma and some seasonal allergies.

Yogurt and kefir contain probiotics—healthy bacteria—that can alter the way your immune system responds to allergens. Some studies show probiotics may also help reduce itching and congestion.

Honey may also act as an antihistamine and reduce inflammation. So, it may help ease seasonal allergies. Plus, some theorize that because honey contains pollen, it might build up your tolerance to this allergen and relieve pollen allergies. However, studies have produced mixed results on honey's effectiveness.



Allergies ... or something else?

Distinguishing between COVID-19, the flu, and seasonal allergies can be difficult because many of the symptoms overlap. Visit touro.com/covidvsflu to learn how to tell the difference and get tips for staying well this season.

Taming irritable bowel syndrome



By **Lauren S. Pointer, MD**
Gastroenterology
Touro

Irritable bowel syndrome (IBS) can cause pain, distress, and discomfort. While some people have mild symptoms, others have pain so severe that it becomes disabling. Women are more likely than men to be affected.

Symptoms

People with the following symptoms may have IBS:

- Gas and bloating
- Constipation, diarrhea, or both
- Stomach cramping and pain
- Feeling as if a bowel movement is incomplete
- Mucus in their stool

Causes

The cause of IBS isn't known. However, stress may trigger IBS symptoms in some people, and some foods can cause symptoms to flare, such as:

- Coffee or other drinks with caffeine
- Carbonated beverages
- Dairy products
- Alcohol
- Raw fruits

Self-care

Self-care plays an important role in managing IBS.

Steps to take include:

- Eat a healthy, balanced diet.
- Slowly increase fiber intake.
- Eat four or five small meals a day instead of three large ones.
- Keep a food journal to determine if certain foods make symptoms worse.
- Exercise regularly.
- Get enough sleep.
- Reduce stress by learning and practicing relaxation techniques.

Treatment

Although there is no cure, many can attain relief for their symptoms. Fortunately, IBS has not been linked to cancer or any other diseases.

Possible medical treatments include taking fiber supplements, laxatives, medications to control diarrhea, antispasmodics, and antidepressants.

Digestive care in New Orleans

For more information about stomach and digestive care or to make an appointment with our gastroenterology team, please visit touro.com/gastro. Learn more about diet and lifestyle tips for irritable bowel syndrome at touro.com/ibs.

STROKE 101

Every **40 seconds**, someone in the U.S. has a stroke. A stroke happens when a blood vessel that carries oxygen and nutrients to the brain is blocked or bursts. This interrupts blood flow, causing brain cells to die.

SPOTTING A STROKE



Numbness or weakness in the face, arm, or leg (especially on one side of the body)



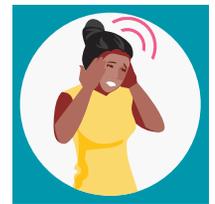
Trouble speaking or understanding others



Difficulty seeing



Trouble walking, dizziness, and loss of balance or coordination



Severe headache

If you notice any of the symptoms listed above, call **911** right away.

DID YOU KNOW?



Treatment is most effective within **3 hours** of the onset of symptoms.



Stroke is one of the **top 10** causes of death in children in the U.S.



An estimated **80%** of strokes can be avoided by making healthy lifestyle choices.

PREVENTING A STROKE



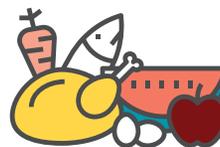
Get high blood pressure under control



Don't smoke



Manage your diabetes, if you have it



Eat a healthy diet



Exercise regularly

Touro Infirmary
1401 Foucher Street
New Orleans, LA 70115

Non-Profit Org.
U.S. Postage
PAID
Touro Infirmary

Touro LCMC Health

©2022. Articles in this magazine are written by professional journalists or physicians who strive to present reliable, up-to-date health information. Our articles are reviewed by medical professionals for accuracy and appropriateness. No magazine, however, can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems. Developed by Krames.

10313M

For a referral to a Touro primary care provider or specialist, call 504.897.7777 or visit touro.com/findadoc.



Where our past and our future come from

Since 1922, Touro has been the hospital where babies come from in New Orleans. Babies who grow up to become the leaders, dreamers, creators, and citizens who make our city the amazing place it is. We're proud to celebrate **100 years of delivering babies** and even more proud to be the hospital **"Where New Orleans comes from."**



Join the celebration at touro.com/100



Donna, Touro mom and grandma
Brienne, Touro baby 1991
Ramsey Jr., Touro baby 2021

CONNECT WITH US! You'll get instant access to health news and tips, special offers, event registration, and more!



Read our blog at touro.com/livingwell

Like us at facebook.com/Touro

Follow our boards at pinterest.com/TouroInfirmary

Follow us on Instagram at @TouroInfirmary

Follow us on Twitter at @TouroInfirmary

Check out our videos at youtube.com/TouroInfirmary

Follow us on LinkedIn at linkedin.com/company/touro-infirmary

Touro Infirmary does not discriminate on the basis of race, creed, color, national origin, religion, age, sex, sexual orientation, disability, or handicap in any of our activities or operations. Asistencia de interpretación disponible y gratuita. Hỗ trợ thông dịch miễn phí. 504.897.7135