



# Specialized physical therapy treatment focuses on trigger points

**J** Patrick Brumfield, PT, owner and operator of St. Francis Rehabilitation Services, an outpatient department of West Feliciana Parish Hospital, received specialized training on a physical therapy treatment called Trigger Point Dry Needling in March 2014.

## NEW PROCEDURE FOR CHRONICALLY TIGHT MUSCLES

Trigger Point Dry Needling (TDN), also known as Functional Dry Needling or Intramuscular Manual Therapy, is a relatively new procedure intended to reduce pain and restore function by treating trigger points in chronically tight muscles.

Trigger points are hypersensitive spots found within a taut band of skeletal muscle or in the muscle's fascia, commonly referred to by patients as knots. Trigger points are typically associated with chronic pain, referred tenderness, limited range of motion and are painful upon compression.

The primary goal of TDN is to desensitize or release trigger points, restore normal muscle function and induce healing in the targeted tissue.

This is achieved by introducing sterile needles into varying depths of muscle with a goal of obtaining a local muscle twitch response. The response releases the shortened muscle, essentially resetting it to a normal state. There is little or no discomfort as the needle passes through healthy muscle. However, if the muscle is sensitive, under tension or has active trigger points, the needle will elicit a twitch response that is often described as a muscle cramp sensation. Typically, positive results are apparent within two to four treatments but can vary depending on the cause and duration of the symptoms, as well as the patient's overall health. The needle used is very fine and most people don't even feel it.

## CENTERED ON REDUCING PAIN

TDN differs from acupuncture in that the latter is based on Eastern medical diagnosis, requiring training in traditional Chinese medicine. Ultimately, TDN works as another option to traditional physical therapy centered on reducing pain, improving joint mobility and restoring function.



**J. Patrick Brumfield, PT**  
Physical Therapist and Owner of St. Francis Rehab Services, an outpatient dept. of West Feliciana Parish Hospital

For more information please call (225) 635-2448 or visit our website at [www.stfrancisvillept.com](http://www.stfrancisvillept.com).

## AT WEST FELICIANA PARISH HOSPITAL WE'RE ALWAYS WORKING TOWARD OUR

### VISION:

"Best People, Best Care, Healthiest Community."

### MISSION:

To provide high-quality, cost-effective health care in a safe environment consistent with the needs of the community we serve.



# HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

## > 'FORBIDDEN' FRUIT JUICE

Too many kids are drinking too much fruit juice and suffering serious health consequences, according to the American Academy of Pediatrics. Problems like malnutrition, tooth decay, obesity and diarrhea are all too common among kids who overdo sucrose-laden fruit drinks, the Academy warns. In its report, the group said 20 percent of American kids are overweight because of too much juice and soda. It also made these observations:

Fruit juice offers no nutritional benefit for infants under 6 months old. For kids, it contains only trace amounts of nutrients except vitamin C.

Parents shouldn't substitute juice for milk or formula, both of which deliver hefty amounts of calcium—vital for kids' bones and cells.

Children ages 1 to 6 should drink no more than six ounces of juice a day; from ages 7 to 18, no more than 12 ounces a day.



## > LIVING WITH ASTHMA

More than 20 million people in the United States suffer from asthma, the lung disease caused by narrow or blocked airways.\* Symptoms include wheezing, shortness of breath and trouble breathing.

Left untreated, asthma can lead to death. Thankfully, managing your asthma doesn't have to limit your activities. You can take control of your asthma by paying attention to the factors that make it worse and by treating it with the appropriate medication.

## PREVENTING ASTHMA ATTACKS

Asthma attacks are often brought on by environmental factors called "triggers." Knowing what these are can help keep your symptoms under control.

Common triggers include:

- Cold air
- Pet dander
- Perfumes and other strong smells
- Dust
- Mold
- Pollen
- Smoke
- Pollution

Figure out what things make your asthma worse and do your best to avoid them. If this is not

## > GOOD NEWS: QUIT-SMOKING THERAPIES DON'T HARM THE HEART

If you've hesitated to start using nicotine gum and nicotine patches, or drugs such as varenicline (Chantix®) because of potential side effects, rest assured. According to recent research analyzing such therapies, they do not increase the chances of suffering a heart attack, stroke or heart-related death. In the case of the medication bupropion (Zyban®), it actually offered

enough, you may need to try medication to manage your symptoms.

## TREATMENT OPTIONS

Medication is one of the best ways to treat an asthma attack. There are two main types: long-term-control and quick-relief. The long-term-control medicines prevent symptoms by reducing the inflammation in your airways. They are taken every day. The quick-relief medicines relax and open your airways at the first sign of an attack. They are taken only as needed. It is important to take your asthma medication exactly as instructed. Even if your symptoms go away, that does not mean your asthma has.

## BREATHE A LITTLE EASIER

Asthma can be difficult to deal with, but it does not have to control your life. With the right treatment, you can live an active and healthy life.

\* Source: Asthma and Allergy Foundation of America.

protection against these heart problems.

The study, which was published in the journal *Circulation*, was the largest study to date to look at side effects involving these smoking-cessation therapies; it reviewed 63 clinical trials involving 30,508 people. The patch and gum, which are nicotine-replacement therapies, increased the risk for minor problems such as irregular heartbeats. But these effects were not long-lasting and typically occurred when people smoked while using them, resulting in



nicotine overdose and increased side effects. Nicotine replacement is designed to be used after the last cigarette is smoked.

Experts agree that the benefits of quitting smoking far outweigh any potential risk associated with the products. If you're looking to quit smoking, talk with your healthcare provider about your options. He or she can take into account your personal heart risk factors and best tailor a successful treatment plan to help you kick the habit once and for all.

## > A LOUISIANA MEDICAID PROGRAM APPLICATION CENTER



West Feliciana Parish Hospital is certified as a Medicaid Program Application Center. Jennifer Bonaventure, a Social Worker on staff, is an Application Center Representative and available by appointment to complete and submit Medicaid applications. Please contact Jennifer Bonaventure at **(225) 784-3480** to schedule your appointment. Appointments will be made within five working days of initial contact. Please note that Jennifer can submit applications via the online Louisiana Medicaid site, but cannot determine eligibility. To check the status of an application, contact the Louisiana Medicaid Hotline at **(888) 342-6207**.



## > COME JOIN OUR DIABETES SUPPORT GROUP!

Everyone's welcome to join us! The support group meets the second Monday of each month from 5:30 to 6:30 p.m. in the hospital cafeteria. Participants enjoy a healthy snack, engage in peer support, participate in fun educational activities and occasionally hear from a guest speaker.



## > WE STRIVE TO CONTINUOUSLY IMPROVE — AND YOU CAN HELP

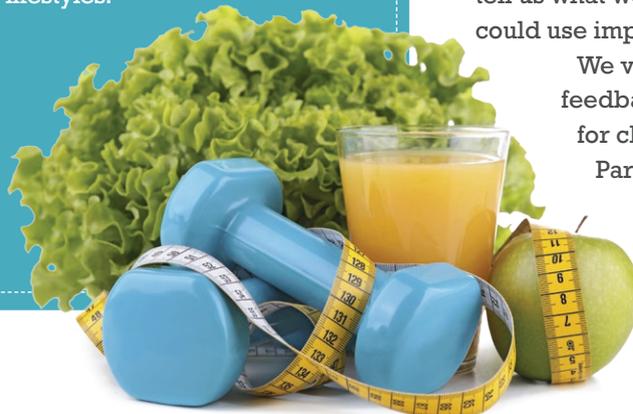
If you have been a patient of West Feliciana Parish Hospital recently, you may receive a phone call from J.L. Morgan and Associates, Inc. (area code 205) asking about your recent visit and care. We're asking the public to please participate. This is your opportunity to tell us what we did well, and where we could use improvement.

We value all of our patients' feedback and input. Thank you for choosing West Feliciana Parish Hospital for Quality Care in Your Community!

## > 'FOUR'-WARNED ABOUT OUR HEALTH

Many people talk about how they're living the four points of a healthy lifestyle, but a Michigan research team has found that most Americans don't "walk the walk." In a study of 4,000 adults, only 38 percent were at a healthy weight and just over 20 percent ate five or more servings of fruits and vegetables each day. In addition, only 25 percent got

regular exercise and another 25 percent were smokers. The bottom line: Just 2 percent of men and 4.5 percent of women said they practiced all four healthy lifestyles.



## Emergencies: 911

### West Feliciana Parish Hospital:

(225) 635-3811

### St. Francis Rehab:

(225) 635-2448

### Outpatient Scheduling:

(225) 635-2443

### Intensive Outpatient Psychotherapy:

(225) 635-6128

### Sleep Studies:

(225) 635-2554

### Louisiana Wound Care:

(877) 295-2273

### Dr. Nnamdi Nwabueze:

(225) 634-3517

### Dr. Larry Schneider:

(225) 635-3260

### Dr. Patricia Schneider:

(225) 635-9065

### Dr. Brandon Tilley:

(225) 635-5848

### Dr. Brooke Bock:

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### Dr. Chaillie Daniel:

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### Dr. Tim Lindsey:

(225) 635-5848

### Linda LeBlanc, Nurse Practitioner:

(225) 634-3517

### Dewana J. Bobo, Nurse Practitioner:

(225) 635-5845

### Margaret Perret Scroggs,

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(225) 635-5845

### Patty Hayden, Nurse Practitioner:

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## Satellite Offices

### Dr. Pamela Lewis:

(225) 201-0505

### Dr. Adam Whatley:

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### Dr. Alex Davis:

(225) 928-7065

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(800) 468-8345

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## > WFPH Asthma Education Program

West Feliciana Parish Hospital (WFPH) is pleased to announce the addition of a new Asthma Education Program. Janay Rinaudo Perkins, director of the program, is a registered Respiratory Therapist and most recently became a certified Asthma Educator. Having suffered from asthma since the age of 3, Janay has a passion to help others live a life without asthma symptoms. The Asthma Education Program educates adults and children about their medications, how to properly take the medications, certain indoor and outdoor triggers, how to manage asthma symptoms and much more. The goals of the program are to improve people's knowledge of the disease, to decrease doctor and emergency room visits, to decrease hospitalizations and to help patients follow through on management of asthma. Please speak with your doctor to obtain a referral for this wonderful new service. Janay looks forward to working with the community to help educate people on this condition that affects millions of Americans. For further questions, contact **(225) 635-2410**.

Source: Asthma and Allergy Foundation of America



### FACTS ABOUT ASTHMA:

- No. 1 chronic cause of missed school days; 14 million/year
- 44,000 asthma attacks per day
- 3,300 deaths per year; 9 per day
- 4,700 ER visits per day;
- 25 percent of all ER visits annually
- 5 million asthma sufferers under the age of 18

## > National Wear Red Day

*Hospital staff showed their support*

According to the American Heart Association, heart disease is more deadly than all forms of cancer combined, and remains the No. 1 killer in the United States. Heart disease may have no noticeable symptoms and is often called the silent killer. Employees of West Feliciana Parish Hospital ask that no one remain silent about a matter wreaking havoc on America. On Friday, Feb. 7, 2014, employees were certainly not silent about this matter. In a united front staff wore red signifying their stance against heart disease. Together employees urged everyone to protect their hearts, by knowing their cardiovascular risk and taking action to live longer, healthier lives.

