

Health Connection

Three Rivers
Medical Center

FROM YOUR FRIENDS AT THREE RIVERS MEDICAL CENTER

Getting better every day

CEO report to the community



Gregory A. Kiser, M.H.A.
Chief Executive Officer

I'm pleased to announce several new additions to our hospital and community. We've had two new physicians complete their medical residencies and start their practices right here in our community.

Chad McCreary, D.O., family practice physician, and Bernie Sergent, D.O., internal medicine physician, have begun their exciting new careers at the Louisa Medical Clinic alongside Marc A. Workman, M.D., family practice physician, and Jill Short, physician assistant. Louisa Medical Clinic is undergoing a major expansion project to accommodate the new physicians and we look forward to a grand opening soon.



I'm also pleased to announce the expansion of our day surgery area, which has increased from six to nine beds.

This will allow our surgery department to move our patients in a more comfortable environment and with much faster turnaround. Our surgeons are excited about this new addition and expect our day surgery department to be able to accommodate more surgery patients soon.

Getting better every day is what we're promoting with these new additions to our facility and our community.

Regards,

GREGORY A. KISER, M.H.A.
Chief Executive Officer
Three Rivers Medical Center

Growing for a healthy future



TRMC's new day surgery beds provide more patient comfort and faster turnaround time.

An open house and ribbon-cutting recently celebrated the renovated critical care unit at TRMC.

SURGERY 101:

A manual for peace of mind

Did you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.

- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.



PROTECTING AGAINST FEMALE CANCERS

What every woman should know

Gynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.



When it comes to babies, we deliver!



Three Rivers Medical Center's (TRMC) obstetrical department may be small, but it has a big heart. Called Tiny Treasures, the department has dedicated professionals who bring new life and new beginnings into the lives of our neighbors. The Tiny Toes maternity program provides quality care and treatment in a compassionate, caring environment.

TRMC offers parental education, immunization advice, nutritional resources and information, family and sibling involvement and flexible visitation hours. These services highlight the many ways we help families of today with tomorrow's future.

The Tiny Treasures unit features birthing rooms where mothers can labor and deliver in the same bed and then recover in the same room with family members' support. In the past year, we've delivered nearly 175 healthy babies to the community.

MANY BENEFITS

Free Tiny Toes membership comes with fun and gifts, including a monthly newsletter with health tips for mother and family, a CD of lullabies and a framed copy of the baby's first footprints. The baby's photo also can be displayed on the Tiny Toes Internet Nursery for family and friends.

DEDICATED, CARING STAFF

TRMC is pleased to have obstetrician/gynecologist Curt Edens, D.O., providing a full scope of services. The Louisa resident completed his medical degree at the West Virginia School of Osteopathic Medicine in Lewisburg and his residency at the Riverside Regional Medical Center in Newport News, Va. Dr. Edens stresses the importance of prompt prenatal care and is proud to participate in Tiny Toes.



From left to right: Curt Edens, D.O.; Tammy Carroll, unit secretary; Alexis N. Damron, R.N.; Libby Robinson, L.P.N.; and Kathy McGinnis, R.N.C., former director of obstetrical and nursery services.

TRMC also is pleased to have qualified, licensed personnel who learn new techniques through continuing education classes and programs.

We thank Kathy McGinnis, R.N.C., for her leadership as director of obstetrical and nursery services. Paula Hayes, R.N., CNOR, assumed the role of director on Nov. 1. Other nursing and support staff include Dreama L. Williamson, R.N.C.; Mary Cook, R.N.; Alexis N. Damron, R.N.; Kim Alley, R.N.; Abigail Ratliff, R.N.; Randi Martin, R.N.; Natalie Copley, R.N.; Elaine Burchett, R.N.C.; Shawnda D. Adkins, R.N., B.S.N.; Leigh Anna Crabtree, R.N.; Libby Robinson, L.P.N.; Rhonda Wright, L.P.N.; Sheri Blackburn, L.P.N.; Jenny L. Salyer, L.P.N.; Crystal L. Plummer, L.P.N.; Tricia L. Patrick, L.P.N.; Tammy Carroll, unit secretary; and Wendy L. Frasher, unit secretary.

Having a baby can be a wonderful, positive experience right here at TRMC. And the Tiny Toes maternity program can get you started in the right direction.

Give your baby a healthy start!

For more information about obstetrical services at TRMC, call (606) 638-1506.

To make an appointment with Dr. Edens, call (606) 638-4900. His office is at 108 Madison St., in downtown Louisa.

MEET OUR NEWEST DOCTORS

The experienced, dedicated physicians of Three Rivers Medical Center can help keep your family healthy. We'd like to introduce two of them to you.



CHAD McCREARY, D.O.
Family Practice

Louisa Medical Clinic
412 N. Lock Ave.
Louisa
(606) 638-4595

Chad McCreary, D.O., is excited to return to his hometown of Louisa and

to Lawrence County to practice medicine. Dr. McCreary brings a wealth of expertise in his family practice specialty.

Dr. McCreary received his medical education from Pikeville College of Osteopathic Medicine and completed his family practice residency at Lynchburg Family Practice in Lynchburg, Va. He looks forward to providing quality healthcare for all patients, from pediatric to geriatric.

Dr. McCreary is a member of the American Medical Association, Kentucky Medical Association, American Osteopathic Association, American Academy of Family Physicians and American College of Osteopathic Family Physicians. He'll be board certified by the American Academy of Family Practice.

Dr. McCreary has joined Three Rivers Medical Center as an independent member of the medical staff and partners with the Louisa Medical Clinic, where he's accepting new patients and old friends to his practice.

Son of Sheldon and Charlotte McCreary of Louisa, Dr. McCreary also is blessed with a beautiful wife, Karen, a teacher with Lawrence County Schools, and two lovely daughters, Emily and Aubrey. In his spare time, he enjoys hunting, fishing and weightlifting, as well as sports and video games.



BERNIE SERGENT, D.O.
Internal Medicine

Louisa Medical Clinic
412 N. Lock Ave.
Louisa
(606) 638-4595

Bernie Sergent, D.O., is a welcome addition to the medical staff of

Three Rivers Medical Center (TRMC). He specializes in internal medicine in patients over age 18.

The resident of Louisa received his medical education from Pikeville College of Osteopathic Medicine and completed his internal medicine residency training at Norton Community Hospital in Norton, Va. Dr. Sergent looks forward to providing quality healthcare and promoting good health for his patients.

He's a member of the American Osteopathic Association, Kentucky Medical Association, American College of Osteopathic Internists and American College of Physicians. He'll be certified by the American Osteopathic Board of Internal Medicine.

Dr. Sergent and his colleague and friend Chad McCreary, D.O., are partnered with Marc A. Workman, M.D., at the Louisa Medical Clinic. Dr. Sergent is accepting new patients to his practice. He also joins TRMC as an independent member of the medical staff.

Born in Whitesburg and raised in Deane of Letcher County, Dr. Sergent is married to Jayne, a registered nurse who's a case manager at TRMC. His interests include hunting, golfing and shooting.

HEALTHWISE QUIZ

How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

What does the word arthritis mean?

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

Which of the following statements about arthritis is true?

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

Osteoarthritis is caused by the breakdown/loss of _____ in the joints.

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

How is rheumatoid arthritis different from other forms of arthritis?

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

ANSWERS: 1. C, 2. B, 3. B, 4. A, 5. C

8

easy ways to get more exercise

Fitting exercise into your schedule doesn't have

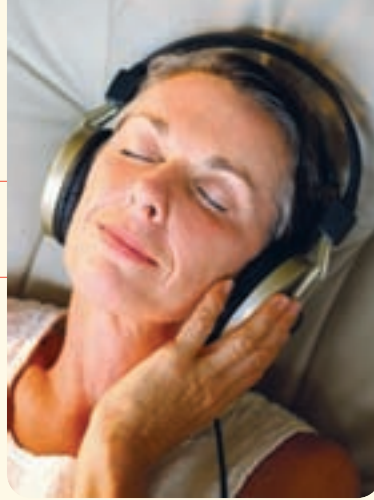
to involve a large bank account or even a lot of time. The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



Banish caregiver burnout



If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

1 Get regular medical checkups. Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.

2 Get plenty of rest. Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.

3 Eat a nutritious diet. A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.

4 Get regular exercise. Moderate exercise combats stress, increases energy and provides a mental-health break.

5 Manage stress. Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.

6 Ask for help. Don't try to be a superhero! Ask family

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

7 Schedule time for yourself. Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.

8 Be realistic and flexible. Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into "starvation" mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.

- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.

- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.

- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.

- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.

A sharper image

New technology gives doctors an inside view

Imaging just got better at Three Rivers Medical Center (TRMC). We've installed a new surgical C-Arm imaging system called the OEC FlexiView™ 8800. The new system incorporates GE-exclusive technology to produce detailed, quality images for cardiac exams and greater patient comfort in the operating room.

"The addition of this imaging system is a huge benefit to patients we serve here at Three Rivers Medical Center," says Leslie Wellman, director of radiology. "This system will allow us to perform an array of new procedures, such as orthopedic surgeries, general/vascular radiological exams for surgery and urological procedures. Before the new system, some of these procedures had to be done elsewhere."

LEADING-EDGE TECHNOLOGY

The OEC FlexiView 8800 is the latest mobile fluoroscopy system to join GE's line of X-ray imaging products. Building on the strength of thousands of systems worldwide and years of intraoperative imaging experience, GE



Pictured left to right are Leslie Wellman, RTRM, director of radiology; Jeanette Music, radiologic technologist; Valerie Music, radiologic technologist; Tonya Dingess, student who's rotating through our facility from Morehead State University; Mechele Deffinbaugh, radiologic technologist; and Jennifer Pannell, radiologic technologist.

has created a flexible and economical mobile C-Arm that has the same high-quality OEC imaging and technology as its gold-standard platform, with the simplicity and maneuverability of a compact point-and-shoot system. Now you can experience quality imaging for your intraoperative needs, including orthopedics, urology, gastrointestinal function, as well as chest imaging and pain management.

At TRMC, we're making strides to make you feel welcome, comfortable, relaxed and secure. While comparable in scope of services to much larger facilities, the hospital's smaller size allows physicians and staff to provide personalized, quality medical services, close to home.

From the 24-hour emergency room to the surgical suites, TRMC delivers emergency and routine medical care by highly trained physicians, nurses and allied health professionals, using the latest technology.

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2483 Highway 644
Louisa, KY 41230

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