

Health Connection



FROM YOUR FRIENDS AT THREE RIVERS MEDICAL CENTER

High scores for quality care

Dear community,

As chief executive officer of Three Rivers Medical Center, I'd like to tell you about our recent quality survey from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), what it means for us and, most importantly, what it means for you.

JCAHO recently evaluated Three Rivers Medical Center's quality of care. This process, which is unannounced every three years, helps us learn more about our organization, so we can serve patients to the best of our ability.

We're proud to report that Three Rivers Medical Center received very high scores from JCAHO. We earned a 99 percent overall score for the hospital and 100 percent for home health services. Three Rivers Medical Center also received the Gold Seal of Approval for healthcare quality. Our JCAHO scores are above average when compared to rankings of other facilities. Few hospitals garner such high scores.

JCAHO is an independent, not-for-profit organization established in 1951. Governed by a 29-member board that includes physicians, nurses, medical directors, administrators and consumers, JCAHO sets the standards by which healthcare quality is measured in the United States and around the world. JCAHO currently evaluates quality and safety of care for nearly 17,000 healthcare organizations.

Healthcare organizations earn and maintain accreditation through extensive on-site reviews conducted by a team of JCAHO healthcare professionals. Accreditation is awarded based on how well the facility meets JCAHO standards.



JCAHO provides evaluation and accreditation services for various types of organizations, including critical access hospitals, healthcare networks, home care organizations, nursing homes and assisted-living facilities.

Receiving accreditation and high scores means several things for our patients. It's a measure of quality care and safety and demonstrates our commitment to high standards of care.

The JCAHO process confirms that our efforts to build a strong facility haven't gone unnoticed. Our goals of recruiting a quality medical staff, obtaining advanced medical equipment and creating a professional, comfortable environment have helped us achieve high scores.

Our high scores for hospital and home health are a direct result of our ongoing focus on maintaining the standard of healthcare that patients request and deserve. The results of the JCAHO process



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

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Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?



- **after age 40:** clinical breast exam every year
- **before age 50:** mammograms as often as your doctor advises
- **after age 50:** mammograms every year

Most breast lumps are found by women during BSEs. Although most lumps aren't cancerous, it's important to see a doctor promptly, especially if you notice new lumps or anything unusual such as liquid coming from either nipple or scaly or dimpling skin.

Consult your physician or make an appointment with two of our experienced doctors, Laura Velcu, M.D., or Monica Hall, M.D., with Advanced Surgical Partners. In the war against breast cancer, early detection means a better chance of a cure.

Early detection for best prevention

Nearly 180,000 women in the United States will be diagnosed with breast cancer this year. The good news is that breast cancer is often curable, especially when screenings detect it early.

GET SCREENED

General recommendations for when to have breast cancer screenings include:

- **all ages:** breast self-exam (BSE) every month
- **between ages 20 and 39:** clinical breast exam every three years

Make an appointment today!

To make an appointment with Dr. Velcu or Dr. Hall, call (606) 638-3813.



MONICA HALL, M.D.
General Surgeon

Three Rivers Medical Center, Suite 105
(606) 638-3813

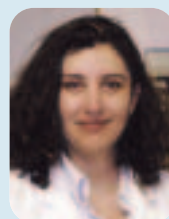
Medical school: University of Louisville in Louisville, K.Y.

Residency: University of Louisville in Louisville, K.Y.

Membership: American College of Surgeons, Kentucky Medical Association and American Medical Association

Family: Husband, Clay Hall, M.D.; son, Carlton; daughter, Mary

Hobby: Painting



LAURA VELCU, M.D.
General and Bariatric Surgeon

Three Rivers Medical Center, Suite 105
(606) 638-3813

Medical school: Carol Davila School of Medicine and Pharmacy in

Bucharest, Romania

Residency: Nassau University Medical Center in East Meadow, N.Y.

Membership: American Society of Bariatric Surgery, American Society of Breast Surgery and certified by the American Board of Bariatric Surgery

Family: Husband, Bogdan; daughter, Raluca

Hobby: Exercising

HIGH SCORES FOR QUALITY CARE | Continued from page 1

should comfort anyone in our community who's considering our facility for future healthcare needs.

I personally thank each employee, medical staff members and board members for their input in our recent survey. Alan Ferrara, M.D., pediatrician, and Susie Chambers, board chairperson, played an integral role in our survey. Each employee also deserves special recognition for the excellent survey results.

Regards,

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

Get screened! It could save your life



Three Rivers Medical Center (TRMC) is pleased to partner with the Lawrence County Health Department to provide the Kentucky Women's Cancer Screening Program (KWCSPP). This program, for women ages 21 to 64 who don't have health insurance, provides free or low-cost mammograms and Pap tests.

COMPLETE SCREENING SERVICES

The health department provides a full range of cancer screening services. A registered nurse takes a medical history and discusses ways the patient can improve her overall health. The nurse performs a clinical breast exam and teaches the patient how to examine her own breasts. Patients also can receive a Pap test, pelvic exam and other screening tests. An appointment is scheduled for women ages 40 or older who haven't had a mammogram in the past year. The staff and patient discuss the mammogram's results and whether other tests are needed.

Through the Department of Medicaid, KWCSPP diagnoses and treats breast or cervical cancer. Women must be screened through the program to be eligible for this medical coverage.

Laura Velcu, M.D., a general and bariatric surgeon with TRMC, provides diagnosis and treatment for women with abnormal mammograms. Dr. Velcu is certified by the

Breast cancer is the second-leading cause of cancer death in Kentucky women.

American Board of Surgery and is a member of the American Society of Bariatric Surgery.

FACTS ABOUT CERVICAL AND BREAST CANCER

- Cervical cancer can develop without symptoms.
- Most cases of cervical cancers in women are from those who haven't had a Pap test within the last 5 years.
- Women who smoke are twice as likely as nonsmokers to get cervical cancer.
- A Pap test can detect cervical cancer at an early stage, when it's easier to cure.
- All women are at risk for breast cancer.
- Breast cancer is the second leading cause of cancer death in Kentucky women.
- Each year, 620 Kentucky women die of breast cancer.
- A mammogram can detect breast cancer at an early stage when it's easier to treat.

Phyllis Ward, R.N., (left) with the Lawrence County Health Department, and Laura Velcu, M.D., of Three Rivers Medical Center, partner with the Kentucky Women's Cancer Screening Program.



Get screened today!

If you have any questions or would like to schedule your annual Pap test or mammogram, call the Lawrence County Health Department at (606) 638-4389.

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F



Director of diagnostic imaging Leslie Wellman, RTRM, (left) with radiology technologists, Valerie Music, RTRM, and Jeanette Music, RTRM

A better mammogram

TRMC is committed to women's health

Breast cancer often reveals itself in its early stages, when there's a good chance for a cure. But you must have the right screenings to detect breast cancer. At Three Rivers Medical Center (TRMC), the Diagnostic Imaging Department's mammography services take a significant role in women's health.

EXPERIENCED TEAM

TRMC has a skilled team of radiology technologists, Jeanette Music, RTRM, with over five years mammography

experience, and Valerie Music, RTRM, with over eight years experience. TRMC's imaging department performs mammography screening and diagnosis, ultrasound of the breast and needle biopsy prior to a lumpectomy.

Our mammography services facility is accredited by the American College of Radiology and the Federal Drug Administration. The entire mammography program is closely scrutinized, ensuring our patients receive quality care.

WHEN TO GET EXAMINED

For women with no prior family history of breast cancer, it's recommended that between the ages of 35 and 40, they have a baseline study. At age 40, women are encouraged to have an exam every other year and after age 50, an exam every year. If you have a family history, follow your physician's advice.

Studies show one in eight women will have breast cancer in their lifetime. And, breast cancer affects both men and women. Studies also revealed that the disease spreads quicker in men than in women.

Three Rivers Medical Center is committed to improving women's health. Take your breast health seriously and get screened today.

Make an appointment today!

To schedule an appointment for a mammogram, call (606) 638-1234.

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Health Connection

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