

Health Connection



FROM YOUR FRIENDS AT THREE RIVERS MEDICAL CENTER

No place like home

CEO report to the community



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

We'd all like to believe we'll never need home-care services but, unfortunately, we most likely will. "Healthcare you can trust in the comfort of your home" is our home-care department's slogan and our staff has proven to be one of the area's high-quality home-care agencies.

I want our community to

be aware of our agency and how we've grown to serve residents' needs.

Three Rivers Medical Center's (TRMC) home-care service is staffed by a specially trained team that provides care in the home setting. Our staff includes nurses, home-care aides, physical, occupational and speech therapists as well as medical social workers.

Home-care services are available for patients with diabetes, neuropathy, cerebral vascular accidents, dysphasia, Parkinson's disease, Alzheimer's disease, joint replacement due to fractures, gait disturbance, multiple sclerosis, gout, congestive heart failure, coronary artery disease, osteomyelitis, chronic obstructive pulmonary disease (COPD), peripheral vascular disease, ulcers and open wounds, burns, bladder conditions and incontinence, angina and hypertension. So all of us may benefit from home-care services given the wide range of services offered.



Having home care can improve quality of life, reduce the need for extended hospitalization or nursing home care and lower the risk of hospital readmission and emergency department visits. Because our home-care agency is affiliated with TRMC, you're assured that our program meets strict quality standards. Referrals to home-care services can be provided by the physician, family, friends, an insurance company, a nursing home, a hospital, rehab units and even the patient.

Regards,

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

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

• **Yoga.** This ancient practice involves stretching and holding

postures that focus on building flexibility, balance and strength.

• **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

• **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

• **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

• **Stability ball.** Sometimes

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

• **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

• **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.

A salute to home-care services

Three Rivers Medical Center (TRMC) would like to celebrate and pay tribute to the loyal home-care professionals whose untiring contributions enable elderly, disabled and chronically ill individuals to remain at home. As the United States' elderly population continues to grow rapidly, home healthcare will play a vital role in healthcare delivery in our nation's future.

TRMC is pleased to recognize and acknowledge its dedicated home-care staff. Thousands of home-care professionals and volunteers serve our nation and it's only appropriate to spotlight the meritorious service of the TRMC team.

The hospital administration salutes and congratulates the home-care team for its recent successful Joint Commission on Accreditation of Healthcare Organizations (JCAHO) survey. JCAHO sets the standards by which healthcare quality is measured. JCAHO currently evaluates quality and safety of care for nearly 17,000 healthcare organizations.

The home-care staff plays a special role in realizing TRMC's healthcare mission. The team provides comprehensive in-home services to residents of Lawrence and Martin Counties in Kentucky, as well as Wayne County, W.Va. The home-care team offers services ranging from basic assistance with daily living to advanced medical treatment.

In-home care can improve patient productivity and quality of life while providing primary medical care, nursing and rehabilitative services. It reduces the need for extended hospitalization or nursing home care. It also lowers the risk of hospital readmission and emergency room visits. And because home-care services are affiliated with TRMC, patients and families can trust that our program meets strict quality standards.

THE RIGHT TEAM

TRMC's home-care staff includes Director of Home Care Services Erica Daniels, R.N., B.S.N.;



Kristie Pratt, R.N., (left) provides home care for patient Mary Ratcliffe.



Robin Tibbs, P.T., (left) is here to help home-care patient Mary Ratcliffe.

Clinical Director Susan Ratcliffe, R.N.; Debbie Fitch, R.N.; Wesley Preece, R.N.; Melissa Jude, R.N.; Kristie Pratt, R.N.; Cynthia Rymer, R.N.; Melissa Duncan, R.N.; Ruth Stepp, R.N.; Stephanie Presley, R.N.; Crystal Ferguson, R.N.; Pamela Hazlett, R.N.; Ellen Ellison, R.N.; Rose Preston, L.P.N.; Rhonda Cole-Piper, L.P.N.; Kathy Kearns, L.P.N.; Nora Lemaster, L.P.N.; Sandy Castle, M.S.W.; Roberta Coldiron; Rhonda Cornett; Susan Hazelett; Cassie Adams; Rhonda Cline; Angela Cordle; Robin Tibbs, P.T.; Marie Maynard, P.T.A.; Elizabeth Mayhorn, P.T.A.; Shannon Daniels, O.T.; Tiffani Preston, O.T.; Patty Keene; Arzella Pratt; and Speech Therapist Ginger Fife.

Our qualified staff provides a team approach to home-health services. From the physician to the home-health providers, professionals are involved in each patient's care plan and progress. Our one-on-one patient care focus is on achieving functional outcomes and maximizing patient independence.

No place like home

For more information about home-care services at TRMC, call (606) 638-0246.

Better health is just a click away!

Everyone's been there. You're concerned about a bad cough, sore throat or a sick friend. Where can you turn to find complete and accurate answers to your healthcare questions? Three Rivers Medical Center's (TRMC) Web site, www.threeriversmedicalcenter.com. There, you'll find the information and tools you need to manage your personal health and gain a greater understanding of health issues important to you and your family. Discovery Hospital, produced by the company that owns the Discovery Channel, consists of more than 7,500 pages of health-related articles and interactive tools.

"At Three Rivers Medical Center, we serve our community by providing quality, comprehensive healthcare services and health information," says Gregory A. Kiser, chief executive officer of TRMC.

"There's no doubt the health tools we're providing through Discovery Hospital enhance our services to patients and help them manage their health. This fast, easy portal provides people the information and tools they need to help their families stay healthy, which is a wonderful benefit to our community."

AT YOUR FINGERTIPS

The Web site features numerous educational and interactive components, including a medical library of various diseases and conditions, an anatomy explorer, a body mass calculator, explanations of various procedures and tests, nutrition information, a

symptom explanation module, health centers and more.

"Using digital assets from across our services on cable as well as the Internet, we're able to leverage the content to provide an important educational service to patients using this Web site," says Mark Irwin, vice president of operations at Discovery Interactive Media. "Thanks to partnerships like the one we have with Three Rivers Medical Center, we can deliver Discovery's reliable health information to patients and allow them to gain a greater understanding of health issues they may be confronting."

This service is provided to TRMC through an agreement with Relegent, a healthcare marketing firm based in Nashville. Relegent is the exclusive marketer of Discovery Hospital content.

Visit us today!

To learn more about health issues impacting you, visit www.threeriversmedicalcenter.com.



HEALTHWISE QUIZ

How much do you know about **menopause**?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

Welcome, new doctors!

Three Rivers Medical Center hosted a physicians' reception to welcome the newest doctors to the medical staff and community. A huge crowd at the Lawrence County Community Center greeted and extended appreciation that the seven doctors and their families came to the Louisa area to practice medicine. The honored physicians were:

- Ben Browning, D.O., family practice
- Chad McCreary, D.O., family practice
- Bernie Sergent, D.O., internal medicine
- Carter Gussler, M.D., ophthalmology
- John Gross, M.D., ophthalmology
- Gabriel Rodriguez, M.D., pathology
- James Morris, M.D., pathology



Three Rivers Medical Center recently hosted a reception at the Lawrence County Community Center to welcome seven new physicians to the community: Ben Browning, D.O., family practice; Chad McCreary, D.O., family practice; Bernie Sergent, D.O., internal medicine; James Morris, M.D., pathology; Gabriel Rodriguez, M.D., pathology; John Gross, M.D., ophthalmology; and Carter Gussler, M.D., ophthalmology.

BSN photo/Roberta Blevins

Make an appointment!

To make an appointment with our newest doctors, call (606) 638-9451, ext. 400.

The crowd at the Lawrence County Community Center enjoyed good food and company at the recent physicians' reception.



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