

FALL 2015 www.crh.org

healthy TOMORROW



WHAT IS A
GASTROENTEROLOGIST?
pg. 3

DADS FEEL STRESS, TOO
pg. 5

YOUTH SPORTS INJURIES
pg. 7



COLUMBUS
REGIONAL
HEALTH

thinking beyond

WellConnect Lunch and Learn Sessions

All of the following events are held at noon at WellConnect, 237 Washington St., Columbus. Lunch is included. Seating is limited, and registration is required. Register at www.crh.org/events or call **812-343-9840**.

- **Sept. 24**, A Marathon Runner's Journey to the Antarctic, presented by Darryl Tannenbaum, M.D.

- **Oct. 22**, Women's Health, presented by George Albers, M.D., and Degaulle Haile, M.D.
- **Oct. 29**, Breast Health, presented by Deana Tuell, R.N., OCN, CBCN, Breast Health Center manager
- **Nov. 5**, Staying Healthy Through the Holidays, presented by Molly Marshall, CRH registered dietitian

Mill Race Marathon

Columbus Regional Health is proud to sponsor the Mill Race Marathon Health and Fitness Expo on **Sept. 25** from 10 a.m. to 8 p.m. and the Mill Race Marathon on **Sept. 26** at 7 a.m. For the schedule or more details, go to www.millracemarathon.com.



CRH Named to '100 Great Community Hospitals' List

Columbus Regional Hospital was named to Becker's Hospital Review's national list of "100 Great Community Hospitals" in the United States.



Health Insurance Marketplace Opens Nov. 1

Open enrollment for the 2016 marketplace plans runs from **Nov. 1, 2015, through Jan. 31, 2016**.

Consumers can go to the Insurance Marketplace to comparison shop for health insurance.

Purchasing health insurance through the insurance marketplace benefits those with low-to-moderate incomes who qualify to receive a subsidy to help pay their monthly health insurance premium.

Columbus Regional Health will again be promoting EnrollColumbus, a program where consumers can receive FREE one-on-one assistance with a certified navigator to help with the enrollment process and understanding available healthcare plans.

In 2014, our navigators helped more than 150 consumers enroll in a marketplace plan and assisted more than 450 consumers with information about the Affordable Care Act and EnrollColumbus.

If you are a consumer who is currently enrolled in a marketplace plan, you should revisit the marketplace during open enrollment in November to comparison shop for additional financial help. You are more likely to have lower premiums compared with people who allow their policies to renew automatically.

To schedule an appointment with a navigator or for information about the Affordable Care Act and EnrollColumbus, please call **812-343-9840**.

Construction Updates

Cancer Center Expansion

Expansion of our Cancer Center is well underway. The 6,600-square-foot addition will provide larger chemotherapy treatment bays and patient-and-family common areas, as well as an expanded pharmacy. As a part of the expansion, we will install a new state-of-the-art linear accelerator for radiation treatments. The expansion is expected to be completed by fall 2015, with interior renovations slated to be finished by early 2016.



New Emergency Department

Construction of a new Emergency Department began in January 2015. The new space, equipped with a second-floor clinical decision unit, will more than double the current space and will be located on the southeast side of the main hospital building. The new department is scheduled to open in early 2016.

The Cancer Center and Emergency Department remain open during expansion. For construction updates, go to www.crh.org/construction.

*Open Enrollment
Begins: Nov. 1, 2015
Ends: Jan. 31, 2016*

What Is a Gastroenterologist?

By Patrick R. Barrett, M.D.

Southeastern Indiana Gastroenterology, LLC

While some people understand what gastroenterology (GI) is, most people only truly understand what a gastroenterologist (GI doctor) does when they go in for their first colonoscopy to screen for colon cancer.

A gastroenterologist is an adult internal medicine doctor who has additional training in diseases of the digestive system and procedures, like endoscopy, used to examine the system. Gastroenterology involves every organ that is vital to digestion, including the liver and pancreas.

AREAS OF EXPERTISE

Along with screening for colon cancer, a GI doctor sees patients for:

- Abdominal pain
- Acid reflux
- Constipation
- Diarrhea
- Gastrointestinal bleeding

Often when initial testing and treatments done by a primary care doctor do not fully resolve a GI problem, a referral is placed to a GI doctor. This visit can be as simple as going to an endoscopy center to have a colonoscopy to remove colon polyps or as involved as a detailed clinic visit followed by advanced testing and endoscopy to evaluate a more complex disease.

COLONOSCOPY

As mentioned, a first encounter with a GI doctor usually comes when a patient schedules a colonoscopy. This is the primary tool used to screen for colon cancer for every American older than age 50. Some people with a family history of colon cancer and inflammatory bowel disease are typically screened at a younger age.

There is no doubt the preparation taken the night before a colonoscopy is not enjoyable. Patients typically have to fast for up to eight hours before the procedure, and they have to take a laxative, an enema and/or drink a special fluid that helps prepare their bowels.

However, the procedure itself is painless, and the nurses, GI doctor and sometimes anesthesiologists who take part in colonoscopies make the process efficient and reassuring. Since its universal adoption in 2001, colonoscopy screening has reduced colon cancer rates by about a third in the United States.

THE RIGHT STUFF

A handful of other providers may perform a

colonoscopy. GI doctors, however, carry the greatest volume of experience and skill and are the most routinely recommended specialist for any type of endoscopy.

Often GI problems can be frustrating and personal. While not every problem has a simple solution, many readily improve with treatment. Building a good working relationship with a GI doctor can be rewarding for both the patient and the doctor.



WELCOME, DR. BARRETT

Drs. Pletcher and Raymer are pleased to welcome Patrick Barrett, M.D., to their practice — Southeastern Indiana Gastroenterology, 2630 22nd St., Columbus. Dr. Barrett graduated from the Indiana University School of Medicine and is board certified in internal medicine.

Appointments can be made by calling

Southeastern Indiana Gastroenterology at **812-372-8680**.

Columbus Regional Health's Endoscopy Center provides convenient, high-quality access to digestive health treatments and screenings. To learn more, go to www.crh.org/endoscopy.

Avoid a Round-Trip Ticket Back to the Hospital

When you leave the hospital after an illness, the last thing you want to do is return. But one in five older adults makes a repeat visit the month after discharge. According to a new study, the risk of heading back remains elevated for months or even a year afterward, depending, in part, on the type of condition that took you there the first time.

Doctors can help reduce these risks by providing targeted follow-up care, the study authors note. But patients have a role to play, too. Watch your health — or your family member's — closely during the months after a hospital visit. Report any changes or concerns quickly to the healthcare team.

THE PRICE OF ADMISSION

The first days home after hospitalization pose a number of risks. For one thing, you're still recovering from the illness that required inpatient care to begin with, be it pneumonia or a heart attack.

But that's not all. Your odds of developing conditions not related to your initial diagnosis also increase.

Why? Stress from the hospital experience, changes in medications and exposure to new infections create a dangerous mix. You may develop a new gastrointestinal, respiratory or other type of illness as a result.

PLANNING STARTS BEFORE DISCHARGE

Healthcare experts are working to reduce these risks in several ways. Some of this starts while you're still in the hospital. Doctors now try to take better care of your overall health and encourage inpatients to eat well, sleep properly and move more.

Patients and their families can take an active role in preventing readmissions, too. Keep a checklist for when you check out. Make sure you ask — and write down the answers — to these questions:

- What should I do to continue getting better?
- What problems should I watch for? And what should I do if I have them?
- What medicines do I need, and how do I take them?
- Will I need a walker or other medical equipment?
- Do I need to schedule follow-up visits and tests?

Request written information you can take with you about your diagnosis and treatment plan. And if you and your family need further help coping with the transition, ask if you can speak with a social worker. He or she can speed access to the resources you need for a full recovery.

CRH Helps with the Transition

Columbus Regional Health is working to improve our patients' transition back to home or to the next site of care to help prevent readmissions.

Our clinical case managers and social workers work with our patients, families, physicians and the hospital interdisciplinary team to develop plans for care after discharge, including patient needs such as medical follow-up, transportation, medications or supplies, equipment or nursing care after a patient's hospitalization.

The planning for discharge begins when the patient enters our health system. We take these steps:

- We make follow-up appointments for our patients with their physicians before they leave the hospital.
- We have improved our discharge instructions to better support our patients' ability to care for themselves at home.
- We make follow-up phone calls to see that our patients have what they need to care for themselves at home and that they understand what they need to do to get better.
- We communicate the plan of care with patients' primary care physicians and any other site-of-care providers.
- We are even working closely with the extended care facilities in the community to improve how we communicate in order to provide the smoothest transition for our patients who will be going to one of these facilities at discharge.

Columbus Regional Health is committed to providing our patients with excellent care even beyond the doors of the hospital.



Dads Feel the Stress, Too

It's no secret that parenting can be stressful for both moms and dads alike. But a recent survey found that many fathers today are feeling extra pressure. In fact, about half of all fathers who work outside the home say they find it somewhat or very difficult to balance their roles at work and with their family. That's compared with 56 percent of working moms.

DADS FEEL EXTRA PRESSURE

Experts believe there are several reasons fathers today are so stressed. One is that social norms are shifting, and fathers are more involved with their families than ever. They are no longer just distant breadwinners. In addition, the latest recession left many men out of work. The resulting role changes and money problems may add to family tensions.

Men tend to express stress differently than women. They may feel emotions like anger instead of sadness or become more withdrawn from friends and family. Some evidence

suggests stressed-out or depressed parents can even affect their children's development.

TACKLE YOUR STRESS

Men may not realize that they have the potential to feel better. But there are plenty of ways to ease stress and relieve depression. Both moms and dads can use these tips to better cope with life's challenges:

- **Make a checklist.** Prioritize your time by making to-do lists. These lists can be helpful both at home and at work.
- **Think ahead.** Whether it's a job interview or a conversation with your teenager, prepare yourself for tough situations. Create a back-up plan if things don't go as expected.
- **Exercise.** Physical activity can help ease your mind and relax tense muscles. Try to get at least 150 minutes of exercise per week.

- **Defuse negative feelings.** Keep a list of ways to calm down when you become angry or frustrated. Going for a walk, counting to 10 or taking a few deep breaths may help.

- **Talk with your doctor.** If you begin to feel overwhelmed by pressure, talk with a doctor or mental health professional. These experts may recommend medications or therapy to help ease the strain.

FIND A DOCTOR FOR DAD

Be sure Dad stays healthy by getting an annual physical with his primary care physician. If he needs help finding a physician, go to www.crh.org and click on "Find a Doctor."



Preserving Summer All Year Long

Late summer and early fall are the ideal times to enjoy garden-ripe tomatoes, golden corn, green beans laced with pungent herbs and berries galore. But you also can freeze or can these seasonal gems for a chilly day. Here is how:

- Wash fruits and vegetables before freezing, but don't soak them.
- Blanch veggies in boiling water for a short time before freezing; cool quickly, then drain and freeze. Eat within eight to 12 months.
- Pack foods to be frozen in plastic bags, plastic freezer containers, heavy-duty foil or glass canning jars.
- Preserve basil by making pesto and freezing it.
- For most produce, precook before canning for the best quality.
- Corn, peas and lima beans will expand, so pack them loosely before you can.



Gazpacho

If you are knee-deep in tomatoes and cucumbers from your garden, try this classic chilled tomato soup. It is chock-full of garden-fresh vegetables, cholesterol-free and made with very little added oil.



INGREDIENTS

- 4 cups tomato juice*
- ½ medium onion, peeled and coarsely chopped
- 1 small green pepper, peeled, cored, seeded and coarsely chopped
- 1 small cucumber, peeled, pared, seeded and coarsely chopped
- ½ tsp. Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce
- ⅛ tsp. cayenne pepper
- ¼ tsp. black pepper
- 2 tbsp. olive oil
- 1 large tomato, finely diced
- 2 tbsp. minced chives or scallion tops
- 1 lemon, cut in six wedges

DIRECTIONS

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives and lemon wedges in the blender. Puree.
2. Slowly add the remaining 2 cups of tomato juice to pureed mixture.
3. Add chopped tomato.
4. Chill.
5. Serve chilled in individual bowls garnished with chopped chives and lemon wedges.

PER SERVING

Serves six; serving size is 1 cup.

Each serving provides:

Calories	87
Total fat	5 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	593 mg*

* To cut back on sodium, try low-sodium tomato juice.

Source: National Heart, Lung, and Blood Institute/National Institutes of Health



WANT MORE RECIPES?

Follow us on Pinterest at www.pinterest.com/crhpinterest for recipes that are kid-friendly, gluten-free, heart-healthy and more!



Keep Your Youth Athletes Safe and Healthy

For a lot of children, the beginning of the school year also means a return to team sports. Whether they're on the football field, basketball court or cross-country trail, the kids are looking to have a fun time. On the sidelines, however, you as a parent, may be concerned about their safety. Injuries in youth and high-school sports are bound to happen, but taking some preventive steps can keep your child safe from a serious injury.

HOW REAL IS THE CONCUSSION RISK?

If your child plays football, you may be wondering whether he or she could be at risk for a concussion. The risk is very real. However, keep in mind that concussions can be prevented, and most athletes will make a full recovery.

A concussion is a type of traumatic brain injury. When a blow to the body or head occurs, it causes the brain to move around in the skull. This damages cells and creates chemical changes in the brain.

Concussions make the brain more vulnerable to further injury until it heals. Playing sports with a concussion can lead to long-term issues and can even be deadly.

According to the Centers for Disease Control and Prevention, concussions are an epidemic in the U.S. Between 2001 and 2009 (the most recent year for which data is available), emergency room visits for concussions among eight- to 13-year-olds increased 62 percent. However, one reason for the spike in visits is increased awareness about the importance of seeking immediate medical attention for head injuries.

Researchers have found that for every 1,000 athletic exposures — that's each time a child steps onto a field for practice or a game — slightly more than two concussions occur in 11- to 12-year-olds. Most concussions are the result of helmet-to-helmet contact.

STAY AHEAD OF CONCUSSIONS

Here's how you can help your young athletes prevent concussions:

- Always make sure they wear a helmet and protective equipment, and that they wear them properly — with the chin strap of the helmet buckled at all times.
- Take your children to team practices so they can learn proper techniques for blocking and tackling.
- Tell your children to never lower their heads during a hit.

Tell your child to stop playing immediately if he or she has any signs of a concussion and to tell an adult.

Signs of a concussion include:

- Confusion
- Dizziness
- Fatigue
- Headache
- Nausea or vomiting

GET BACK IN THE GAME

Columbus Regional Health's Sports Medicine program can help you make a quick and safe return to training and competition with our individualized program designed to meet your specific goals. Learn more about the variety of conditions and injuries we treat at www.crh.org/sports.

Does your young athlete have asthma?

See the back cover for the facts on exercise-induced asthma.



Healthy Tomorrow is published by Columbus Regional Hospital. Information provided in this publication should not be substituted for medical advice provided by a physician. Please consult your physician regarding specific medical concerns and questions. ©2015 Printed in the U.S.A.



Printed on Recyclable Paper

10350M

Meet Our Bike Medics



Columbus Regional Health bike medics are EMTs and paramedics whose purpose is to get people the care they need quickly. Currently, the Bike Medic team has two bicycles supplied with necessary immediate care supplies, oxygen and an automated external defibrillator (AED).

Seven Columbus Regional Health Ambulance employees

went through 40 hours of training to learn how to quickly and safely get to a patient in need of care at crowded community events, such as the QMix Musical Fireworks and the Mill Race Marathon (read more about this event on page 2).

Bike medics have the same equipment and training as ambulance personnel. Many times a bike medic is able to provide necessary care at the scene. However, if additional care is required, they can stabilize the patient until an ambulance arrives.

Funding for the Bike Medic team was provided in part by a grant from the Central Indiana Bicycle Association and from the Columbus Regional Health Foundation. Contact Columbus Regional Health's Ambulance Service to request this FREE community service.

To learn more about our ambulance services, go to www.crh.org/emergency.

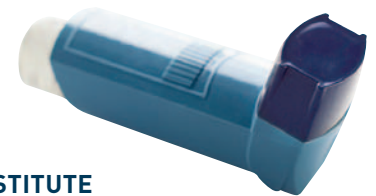
Get the Facts on Exercise-Induced Asthma

If your child has exercise-induced asthma (EIA), you may wonder whether it is a good idea for him or her to play sports. In this condition, physical activity sets off asthma symptoms. But there are ways to manage the problem without your child having to sit on the sidelines.

Most kids who take their medicine as prescribed are able to control their symptoms and stay active. In some cases, the doctor might tell your son or daughter to use a quick-relief inhaler 15 to 30 minutes before a game. The effects, which last two to three hours, can often prevent EIA symptoms.

EIA does not automatically rule out sports. Certain activities, however, may be less likely to trigger an asthma flare-up, such as:

- Swimming, because the warm, moist air around the pool is a plus.
- Stop-and-go sports, such as baseball, football and golfing.



ABOUT OUR LUNG INSTITUTE

Columbus Regional Health's Lung Institute offers diagnostic testing and individualized management plans for those suffering from asthma. To learn more about our full range of services, go to www.crh.org/lung.

Stay Connected
www.crh.org

Stay up-to-date on our latest events, health news, recipes, fitness and fun!
Sign up to follow us on these social media sites.



[www.facebook.com/
ColumbusRegionalHealth](http://www.facebook.com/ColumbusRegionalHealth)



www.pinterest.com/crhinterest



www.twitter.com/CRHwire



[www.youtube.com/
ColumbusRegionalHosp](http://www.youtube.com/ColumbusRegionalHosp)