

SPRING 2016 www.crh.org

healthy

TOMORROW

CANCER CENTER
OPEN HOUSE
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PEDIATRICIANS ISSUE
NEW GUIDELINES FOR
CHILDHOOD SCREENINGS
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YOU OFF YOUR FEET
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Receive a
\$5
STARBUCKS GIFTCARD!
See Back Cover.



COLUMBUS
REGIONAL
HEALTH

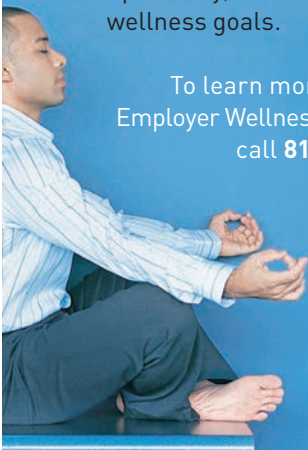
Employer-Based Wellness Programs

Most adults will spend a majority of their day at their jobs, often sitting for hours, making it difficult to maintain a healthy lifestyle. Therefore, to help them be successful, their health and wellness goals should be incorporated into their everyday work life. No matter what type of work you or your fellow employees do, Columbus Regional Health has the resources to help make wellness a way of life in your workplace.

If you or your employer has interest in a personalized health and wellness program, or a desire to reduce overall health care costs, Columbus Regional Health can help. Let us help you uncover and understand the health and wellness needs of your workforce and customize a program that fits your organization's environment.

At Columbus Regional Health, our vision is to be your health and wellness partner for life. Whether at home or work, we will be there to connect you to the appropriate resources, be the long-term partner you need to reduce healthcare costs, and most importantly, achieve your wellness goals.

To learn more about our Employer Wellness Programs, call **812-376-5347**.



EMERGENCY DEPARTMENT CONSTRUCTION UPDATE

Columbus Regional Hospital is close to opening the new Emergency Department, which will be more than twice the size of the current space. The department currently handles almost double the patient capacity for which it was originally built. The new two-story space will allow us to better serve our community's needs.

Watch a time-lapsed video and stay up-to-date on the latest construction news at www.crh.org/construction.

The Emergency Department will remain open during construction.

Watch for more information about public tours this spring/summer.



Connect with WellConnect



WellConnect is a health and wellness center open to the public, located in downtown Columbus, that offers a comfortable, modern environment where you can connect with wellness experts, healthcare professionals and others. Here we offer:



Care — We understand your life is busy, and you don't have time to be sick; so we make it easy to receive care quickly. Our Care Center offers walk-in care 7 a.m. to 7 p.m. Monday through Friday for minor illnesses such as, strep throat, pink eye, bladder infections, cold and flu symptoms, pregnancy testing and more.



Connection — Our Connection Specialists are here to answer health and wellness questions and to connect people with the most relevant resources available. Stop by, call or text us at **812-343-9840**, to discover just how helpful we can be.



Classes — We are here to partner with you on your health and wellness journey. We offer affordable exercise classes (\$2 each with no registration required) and **FREE** education sessions led by our clinical or medical staff. See page 7 for a list of free upcoming educational sessions.

To learn more, stop by, call or text us at **812-343-9840** or go to www.crh.org/wellconnect.



Joni Candler, RN, BS Director of Oncology



In December, Columbus Regional Health named Joni Candler, RN, BS, its Director of Oncology, a new role within the cancer care line of services.

Candler joined Columbus Regional Health in August 2015, and brings years of experience to this role. She has been an oncology nurse for more than five years and has served in numerous oncology leadership and innovation roles. As Director of Oncology, Candler leads the daily operations associated with patient care activities and clinical education and development of the staff in the Cancer Center.

Candler is leading the clinical transition and the implementation of the oncology electronic medical record system. She also assists in the recruitment of providers to expand the services provided to patients at the Columbus Regional Health Cancer Center.

Expert Cancer Care, Close to Home

Columbus Regional Hospital is excited to announce the completion of our newly expanded Cancer Center.

We offer:

- Today's best technology and pharmacological advances, delivered with an understanding human touch by board-certified radiation and medical oncologists, and certified oncology nurses and radiation therapists.
- Smart, compassionate people with years of experience who perform nearly 12,000 chemotherapy and/or radiation treatments each year.
- Convenient, expert care provided close to home so the people who love and support you can be by your side.
- A cancer rehabilitation team who is certified in the STAR Program® (Survivorship Training and

Rehabilitation) to help provide patients with well-coordinated rehabilitation care.

- An accredited center (by the American College of Surgeons' Commission on Cancer). Only one in four Cancer Centers nationwide receives this recognition.

We are committed to meeting your emotional, educational and social needs every step of the way. It all adds up to great cancer care, right here in Columbus.

Want to see our new center for yourself? **Come to our public open house on March 24 from 5:30 – 6:30 p.m. and tour our newly expanded Cancer Center.**

To learn more, visit our new website at www.crh.org/cancer.

Gena Luhn, RN, BSN, OCN Manager of Medical Oncology



Gena Luhn, RN, BSN, OCN, is the new Manager of Medical Oncology, Columbus Regional Health Cancer Center.

Gena has worked at CRH for 18 years, starting her career on 6 Tower, then transferring to the Cancer Center. Luhn served most recently as Medical Oncology Shift Coordinator.

As Manager of Medical Oncology, Luhn leads staff in daily duties and responsibilities related to chemotherapy, biotherapy and other treatments. She, along with other medical oncology staff, will be implementing the new electronic medical record through 2017. She offers guidance to staff and represents the department throughout the hospital.

4 New Health Checks Your Child Needs

Doctor visits aren't just for sick kids. Check-ups help your child's doctor catch hidden health problems early. And the nation's leading child health organization just updated its checklist for these visits.

In 2014, the American Academy of Pediatrics revised its guidelines to advise four new screenings. Consult this guide before your child's next appointment.

1. CHOLESTEROL

In the past, only kids with a family history of heart problems got routine cholesterol tests. Under the new guidelines, all kids ages 9 to 11 will have a blood test measuring their levels.

Without help, kids may not outgrow high cholesterol, and it could lead to hardening of the arteries. About 7 percent of children ages 10 to 15 already show early signs of atherosclerosis. Often, diet changes and exercise can steer them back on the right path.

2. DEPRESSION

At any given moment, about 5 percent of children and teens are suffering from depression. Between ages 11 and 21, your child's doctor will ask questions at each visit to assess your child's risk. Early treatment with medication and counseling can help lift your child's mood.

3. HIV

About one in four new HIV infections occur in young people ages 13 to 24. Many don't know they're infected. They may pass the virus to others without even realizing it.

The AAP now advises at least one HIV test between ages 16 and 18. Those at risk, including sexually active teens or injection drug users, should undergo more frequent screenings.

4. HEART DEFECTS

Most babies are born with healthy hearts. But about 18 of every 10,000 newborns arrive with heart defects. Many have no symptoms within the first hours or days.

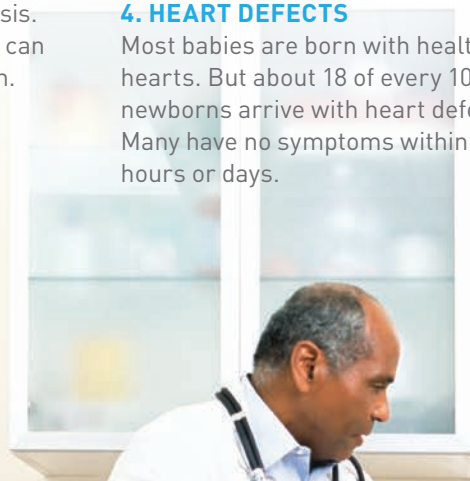
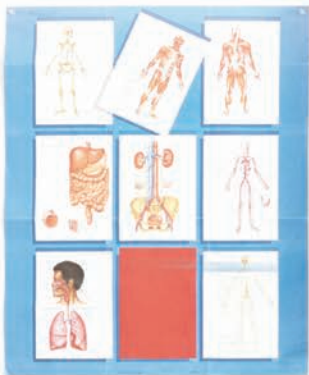
If doctors catch these problems early, surgery can usually repair them. Following the AAP's guidance, newborns will now undergo screening for heart defects before leaving the hospital. The doctor or nurse will check to see how much oxygen is in your baby's blood — a sign of how well the heart is working.

One more change: The AAP no longer recommends testing healthy girls and women age 21 and younger for cervical cancer with a Pap test. Girls and women at a younger age are often able to clear the HPV infection that may lead to cervical cancer. In some high-risk situations, such as HIV infection, Pap tests are done earlier than age 21.

Always check with your child's pediatrician about which tests and checks are right for your child. Based on medical and family history, the doctor may set a different schedule to safeguard your kid's good health.

FIND A DOCTOR FOR YOUR CHILD

If you are looking for a pediatrician, go to www.crh.org and click on "Find a Doctor" and search by specialty.



The Three A's of Sinus Pain

BY MARK ROYER, M.D., AND ALLISON ROYER, M.D.

“Sinus problems” is a catch-all term many of our patients at Columbus ENT & Allergy will use to describe a wide variety of symptoms including nasal congestion, drainage, facial pain and pressure. As sinus surgeons, we often explain to our patients that the cause of sinus problems can be divided into the three A's.

A NATOMY

The anatomy is evaluated through a combination of physical exam, visualization with endoscopes in the clinic and medical imaging. Through the exams, we typically see the bone that forms the sinus passageways may be narrowed, which causes recurrent sinus infections; the septum — the cartilage that divides the left side from the right side — may be deviated; or the turbinates — swellings in the nose that warm and humidify the air — may be enlarged. These abnormalities of the nasal and sinus anatomy often require surgery to open or repair. Fortunately, sinus surgery at Columbus ENT & Allergy focuses on minimally invasive procedures with reduced recovery time and no removable packing.

A LLERGIES

Indiana is a rough place to live for allergy sufferers. Inhaling the many pollens and molds in our region can cause inflammation, swelling, drainage and pain in the sinuses and nasal



cavity. Frequently these symptoms can be controlled with steroid nasal sprays (e.g. Flonase®), nasal saline rinse and antihistamines (e.g. Zyrtec®). Occasionally, allergy testing and immunotherapy (shots or drops under the tongue) may be required to treat severe allergies.

A LL ELSE

While the first two A's are responsible for 90 to 95 percent of all sinus complaints, the third A represents the wide variety of

diseases and pathologies that are less common causes of sinus and nasal complaints. This category includes a variety of benign and malignant tumors, auto-immune disorders (e.g. lupus, Wegener's, sarcoidosis), trauma or extension of dental disease.

FIND RELIEF

When sinus symptoms persist despite standard treatment, an evaluation by an otolaryngologist (ENT surgeon) at Columbus Regional Health Physicians may be useful to rule out these and other conditions. Understanding the specific cause of various sinus and nasal problems is the first step to finding relief.



Drs. Mark and Allison Royer are board certified in otolaryngology – head & neck surgery (ENT surgeons) and practice at Columbus ENT & Allergy at 2326 W. 18th St. on the Columbus Regional Health Campus.

Are Your Periods Cause for Worry?

A lot of women experience painful cramps and heavy and/or irregular bleeding during their periods, but they often hesitate to bring up the subject with their doctors or to seek treatment.

SEEKING MEDICAL ADVICE

Do any of the following apply to you?

- My period affects my quality of life.
- I am bothered by the amount of bleeding or the pain during my period.
- My period makes me feel depressed, tired or moody.
- I am afraid of having an embarrassing accident.
- I have PMS symptoms, such as headaches, during my period.
- I bleed more often than once a month.
- My periods last too long.
- My period affects my social, athletic or sexual activities or causes me to miss work.
- My life would improve if I could decrease or completely eliminate my period.

If you answered yes to any of these questions, talk with your doctor. If you do not wish to have any children in the future, endometrial ablation can help.

WHAT IS ENDOMETRIAL ABLATION?

Endometrial ablation can reduce or stop menstrual bleeding. It works by permanently removing the



endometrium, or the lining of the uterus (the part that causes the bleeding), with a quick delivery of radio frequency energy. After this simple, five-minute procedure, most women feel back to themselves and can resume normal activities within a day or so. Most women who have had the procedure have lighter periods or no periods afterward.

Remember, endometrial ablation is for premenopausal women with heavy periods due to benign causes who are finished having children. There are a

number of treatment options available to treat heavy menstrual bleeding. Talk with your doctor to see which treatment option is best for you.

HELP IS HERE

To learn more about endometrial ablation and other treatments for heavy periods, contact your doctor or schedule an appointment with a physician at Southern Indiana OB/GYN at **812-376-3311** or OB/GYN Associates at **812-372-1581**.

We Are Dedicated to the Early Detection of Colorectal Cancer

Columbus Regional Hospital's Endoscopy Center is honored to receive recognition from the American Society for Gastrointestinal Endoscopy (ASGE).

We are one of 14 honorees in Indiana to receive this recognition, which means that we have shown our commitment to safety and quality by meeting the program's rigorous criteria. This is just another way we

demonstrate our dedication to the delivery of high-quality patient care and our commitment to the early detection of colorectal cancer through screening colonoscopy.

The American College of Physicians recommends all men and women 50 or older get a screening colonoscopy. Early detection saves lives! To learn more, visit www.crh.org/endoscopy.



Get Help for Heel Pain

BY DARRYL TANNENBAUM, M.D.

Pain to legs, knees and feet comes with the territory of running, walking or spending a lot of time on your feet. If you experience heel pain, you can probably point to one of two common sources:

Achilles tendinitis, inflammation in the long tendon that inserts in the back of your heel; or

Plantar fasciitis, an inflammation located in a different spot on the undersurface of your heel affecting the long band of tissue running from your heel bone to your toes.

Both conditions are caused by repetitive impact or any motion that results in the tearing or irritation in the soft tissue, such as running.

REST AND ICE

It is important to tackle the problem when it begins by stopping the activity and putting ice on the problem for 10 minutes at a time, two to three times each day. Anti-inflammatory medications such as Aleve or Advil, in combination, with calf stretching are important.

Rest, ice and anti-inflammatories are standard treatments for a number of orthopedic conditions that involve inflammation and pain, but they will get you pain-free only if you are diligent and do all three each day for the recommended time frame. Try this

approach for at least three full weeks and don't miss a day.

CARE FOR YOUR FEET

Additionally, if you have plantar fasciitis, rolling a golf ball under the arch of your foot will massage the irritated tissue and make it feel better. A cortisone injection may be helpful, too. In the case of Achilles tendinitis, splinting or even casting is also a short-term option. Surgery is rarely needed for either condition.

Before returning to running, consider getting a shoe evaluation at a running store to ensure that you are wearing an appropriate model for your foot positioning. I have seen accomplished runners let too much time go by and run on worn-out shoes. Once you can raise your toes without pain, it is best to begin training with jumping jacks or skipping rope and gradually return to running.

You can be back to training without any heel pain with this straight forward approach to caring for your feet.

INJURED? SEE A SPECIALIST.



Dr. Tannenbaum practices at Southern Indiana Orthopedics, 940 N. Marr Road, Columbus. You can contact him at **812-376-9353**.

Save the Date

UPCOMING **FREE** EDUCATION SESSIONS AT WELLCONNECT

Be Heart Smart

Friday, March 11

Noon at WellConnect

Presenter: Harriet Armstrong, Purdue Extension Health & Human Sciences Educator

Heel Pain

Thursday, April 21

Noon at WellConnect

Presenter: John Hladik, D.P.M.

Acupuncture from an Internal Medicine Perspective

Thursday, May 5

Noon, WellConnect

Presenter: Alan Watanabe, M.D.

A light lunch is provided at the above listed sessions.

Register at www.crh.org/events or by calling **812-343-9840**.

UPCOMING **FREE** JOINT AND BACK PAIN SEMINARS

Joint Pain Seminar

Thursday, March 10

Noon

Mill Race Center, Columbus

Presenter: Darryl Tannenbaum, M.D.

Light lunch will be provided.

Back Pain Seminar

Monday, March 21

5:30 p.m.

Hotel Indigo, Columbus

Presenter: Lynn Billeter-Ellegood,

DPT, Senior Physical Therapist

Light snacks will be provided.

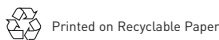
Call to register for the Joint and Back Pain Seminars at **800-699-1019**.

Columbus Regional Hospital Cancer Center Open House

Thursday, March 24

5:30 – 6:30 p.m.

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Check Out Our New Responsive Website!

We have totally redesigned our website, www.crh.org. Here you will get relevant information that adapts to the device you're using, whether it's a cell phone, tablet or desktop. Easily navigate through even more comprehensive health information, resources and tools.

We've added an interactive image of the body that allows you to point and click to get pertinent information about conditions and services associated with that body part.



CLICK FOR COFFEE!

Give us your opinion of our new site, www.crh.org, and get a

STARBUCKS GIFT CARD!

\$5

Be one of the first 200 to take our short survey, and you'll receive a \$5 Starbucks electronic gift card. Find the survey at www.crh.org/htsurvey.

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.



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