

SUMMER 2016 www.crh.org

healthy TOMORROW

**WELCOME TO OUR NEW
CANCER CENTER**
pg. 2 & 3

**INTENSIVE CARDIAC REHAB
HELPS YOU GET BACK ON
THE ROAD TO HEALTHY**
pg. 5

**CAR SEATS AND CARRIERS
ARE NO SUBSTITUTE FOR
YOUR BABY'S CRIB**
pg. 7



**COLUMBUS
REGIONAL
HEALTH**

your partner for life

Welcome to Our Newly Expanded Cancer Center

We know a cancer diagnosis is a frightening, life-altering experience, both physically and emotionally. Columbus Regional Health is here to be a trusted partner in the fight. We have expanded our center and added larger chemotherapy bays, state-of-the-art radiation therapy equipment and a larger pharmacy in order to bring high-quality, innovative cancer care with a personal touch to our community. We also have a trusted team of the best medical providers and technology available in the industry today.

State-of-the-Art Technology

We are pleased to offer state-of-the-art technology for cancer treatment.

Stereotactic body radiation treatment (SBRT):

SBRT is a type of radiation therapy that uses precisely targeted radiation on body tumors in fewer high-dose treatments.

Brachytherapy: Brachytherapy is known as internal radiotherapy, where a sealed radiation source is placed inside or next to the area in the body requiring radiation treatment. Brachytherapy is used as an effective treatment for many tumors, including prostate, breast, cervical, lung and skin cancer.

Stereotactic radiosurgery (SRS):

SRS delivers high doses of radiation to tumors with great precision. SRS is a non-surgical radiation therapy used to treat small tumors of the brain and spine that delivers precisely targeted radiation in fewer high-dose treatments than traditional therapy, which helps preserve healthy brain tissue.

RADIATION ONCOLOGISTS

John Cox, M.D.
Radiation Oncologist



SPECIALTIES: Radiation oncology, brain and spine stereotactic radiosurgery, stereotactic body radiosurgery, HDR brachytherapy and

advanced radiation delivery techniques
EDUCATION AND TRAINING: University of Louisville School of Medicine, Kentucky
BOARD CERTIFICATION: Radiation oncology, American Board of Radiology
RESIDENCY: University of Texas Medical Branch, Galveston, Texas, department of radiation oncology with clinical rotations at MD Anderson Cancer Center with additional training in prostate brachytherapy.

SPECIAL RECOGNITION: American Brachytherapy Society HDR Scholarship Recipient

Kevin McCullen, M.D.
Radiation Oncologist



SPECIALTIES: Radiation oncology, neuro-oncology, brain and spine stereotactic radiosurgery, body radiosurgery and advanced radiation delivery techniques
EDUCATION AND TRAINING: Mayo Medical

School, Rochester, Minnesota
UNIFORMED SERVICE: U.S. Army, brigade flight surgeon
BOARD CERTIFICATION: Radiation oncology, American Board of Radiology
RESIDENCY: Wake Forest University School of Medicine, Winston-Salem, North Carolina
POST-DOCTORAL: Pediatric radiation oncology, Sloan-Kettering Cancer Center, New York, New York
SPECIAL RECOGNITIONS: Indianapolis Top Doc, 2014 and 2015; U.S. Army Forces Command Flight Surgeon of the Year, 1998

Columbus Regional Health's Cancer Center is nationally accredited by the Commission on Cancer. To learn more about all that is available to patients receiving care at our center, go to www.crh.org/cancer.



Services and Treatments

Radiation oncology: Our radiation program is staffed by full-time, board-certified radiation oncologists and radiation physicists. State-of-the-art, high-energy linear accelerators are used to deliver intensity-modulated and stereotactic body radiation therapies.

Medical oncology: Our medical oncology program is staffed by two board-certified medical oncologists.

Clinical nutrition: Our registered dietitian provides a nutrition assessment, consults and educates patients.

Support: Our oncology social worker assesses a patient's needs in order to provide an individualized cancer care program that addresses the physical and emotional needs of the patient and family.

Cancer rehabilitation: The STAR (Survivorship Training and Rehab) Program is comprised of a highly trained team ready to help all cancer survivors heal optimally, both physically and emotionally, whether they are cured, in remission or living with cancer as a chronic condition. Each patient's cancer rehabilitation plan is individualized with goals that focus on increasing strength and energy, managing pain and improving function and well-being.

Prevention and education: We offer free community screenings, education and reduced-fee mammograms for those who qualify.

MEDICAL ONCOLOGISTS/HEMATOLOGISTS

Anita Conte, M.D.
Medical Oncologist/Hematologist



SPECIALTIES: Medical oncology and hematology
EDUCATION AND TRAINING: University of Zurich Medical School

BOARD CERTIFICATION: Medical oncology, hematology and internal medicine

RESIDENCY: University Hospital Stony Brook, State University of New York

FELLOWSHIP: New York University Medical Center

Stephanie Wagner, M.D.
Medical Oncologist/Hematologist



SPECIALTIES: Medical oncology, hematology and neuro-oncology
EDUCATION AND TRAINING: Ross University School of Medicine, New York, New York/

Dominica, West Indies

BOARD CERTIFICATION: Medical oncology and internal medicine

RESIDENCY: Henry Ford Hospital, Detroit, Michigan

FELLOWSHIPS: University of Louisville, Kentucky, and Duke University, Durham, North Carolina

Columbus Regional Health Opens New Emergency Department

Ready when you need us, 365



To learn more about our new ED and services, go to www.crh.org/emergency.

You can't plan when an emergency will happen, but Columbus Regional Health's new Emergency Department (ED) is ready when you need emergency medical care.

Our new ED is more than twice the size of the old space and provides an increased number of exam and treatment rooms, an expanded ambulance bay, dedicated radiology equipment and numerous technological advancements. The new two-story space will allow us to meet the growth and service needs of our community.

We have designed the space around the patients so they receive the best care possible in a warm, welcoming environment. We also designed it to support our highly qualified physicians,

nurses, technicians and emergency responders, enabling them to provide high-quality service and timely care.

Some of the features we've added are:

- Dedicated radiology equipment for quicker access to imaging needs
- An enlarged waiting area with dedicated waiting space for little ones
- Automated prescription dispenser

Columbus Regional Hospital is a Level 3 trauma center, which means that we provide 24-hour immediate coverage by emergency medicine physicians and prompt availability of general surgeons and anesthesiologists. We also have emergency air medical services available through LifeLine Critical Care Transport.

Our staff consists of board-certified emergency medicine physician specialists and a team of registered nurses, emergency technicians and support personnel with specialized training and certification.

We're especially focused on heart attack and stroke care when every minute can make a difference in the outcome. Our door-to-treatment time in the ED for heart attack patients is better than national standards set by the American Heart Association.

We're a nationally certified Primary Stroke Center and accredited Chest Pain Center — this gives you added trust that our emergency services team is following the best processes for the best results.

Could You Have a Heart Attack — And Not Know It?

Crushing chest pain, shortness of breath, feeling light-headed or faint. Some heart attacks are not subtle. Others, sneak up so softly you may not know something is wrong.

About one in five heart attacks has no symptoms at all. Called silent heart attacks, these events often go unnoticed.

SMALL WARNING SIGNS

Though they're called silent, some of these events do have subtle symptoms. For instance, you may feel:

- Unexplained fatigue that lingers
- Pain similar to a muscle strain in the chest or upper back
- Tightness in the jaw, back or arms

These signs should cause even more concern for people with risk factors for heart attacks, such as high blood pressure or

cholesterol, a family history of heart disease, smoking, obesity and being older.

PROTECT YOUR HEART

The same steps that protect your heart from regular heart attacks also ward off the silent variety:

- Eat a healthy diet rich in fruits, vegetables, whole grains, fish and nuts.
- Exercise for two hours and 30 minutes a week.
- Do not smoke. If you currently smoke, get help to stop. (See page 6 for details about our tobacco cessation program.)

Listen closely to your body and talk with your doctor about any unusual sensations. If you suspect you're having a heart attack, call **911** immediately.

INTENSIVE CARDIAC REHABILITATION: The Road Back to Healthy

For patients living with cardiovascular disease, the road back to a healthy and active lifestyle can be overwhelming. Columbus Regional Health is making it easier for you to make meaningful changes to improve your health. We are excited to offer a new intensive cardiac rehabilitation program called Pritikin Intensive Cardiac Rehabilitation (ICR)[™]. This is a complete lifestyle education program of diet and exercise and promotes a healthy mind-set.

Pritikin ICR was created at the Pritikin Longevity Center, a full-service health resort located in Miami, and is now conveniently available to Columbus Regional Health patients. By partnering with Pritikin ICR, we are working toward improving health outcomes and reducing hospital readmissions, while continuing our commitment to provide high-quality care to the Columbus-area community and surrounding areas.

ABOUT PRITIKIN ICR

The Pritikin Program emphasizes exercise, a healthy mind-set and an eating plan focused on fruits, vegetables, whole grains, fish, lean meat, nonfat dairy and protein-rich plant foods like legumes or beans. Its goal? The Pritikin Program is a scientifically proven approach to reducing your chances of having another heart event.

Numerous studies have documented the Pritikin Program's ability to lower blood cholesterol levels, improve blood pressure and blood sugar control and reduce other lifestyle-related risk factors. Pritikin ICR involves eating well, exercising regularly and nurturing a healthy mind that promotes long-term health and well-being.

PROVEN EFFECTIVE

Studies showed that within three weeks of adopting the Pritikin Program:

- 83 percent of individuals taking drugs for high blood pressure markedly reduced their dosages or stopped taking the drugs completely.¹

References

1. Barnard RJ, Guzy PM, Rosenberg JM, et al. Effects of an intensive exercise and nutrition program on patients with coronary artery disease: five-year follow up. *J Cardiopulm Rehabil.* 1983,3:183-190.
2. Barnard RJ. Effects of lifestyle modification on serum lipids. *Archives of Internal Medicine.* 1991,151(7):1389.
3. Roberts CK, Barnard RJ. Effects of exercise and diet on chronic disease. *Journal of Applied Physiology.* 2005,98(1):3.

Formula for Pritikin Program Success

EAT WELL + EXERCISE REGULARLY + NURTURE A HEALTHY MIND = REDUCE YOUR CHANCES OF HAVING ANOTHER HEART EVENT

- LDL (bad) cholesterol fell an average of 23 percent, and triglyceride levels plunged 33 percent.²
- 74 percent of people with type 2 diabetes decreased their dosages or eliminated their oral drugs.³

MEDICARE COVERAGE

All Pritikin Programs are covered by Medicare for qualifying individuals. The medical conditions that qualify for Medicare reimbursement include: heart attack, coronary artery bypass surgery, angioplasty, stable angina (chest pain), heart or heart-lung transplants and heart valve repair or replacements.

OUR TEAM

To ensure that you receive the best possible care, our Intensive Cardiac Rehabilitation services are provided by a multidisciplinary team, including: cardiologists, cardiovascular surgeons, a cardiology medical director, nurses, exercise physiologists, pharmacists, dietitians, diabetic educators and social service professionals. We will communicate with your physician through progress reports and evaluations of your cardiovascular health.

To learn more about our Intensive Cardiac Rehab program, call us at **812-376-5247** or go to www.crh.org/heart.



EVENTS CALENDAR

A light lunch will be served at the following events.

Joint Pain Seminar

Thursday, June 9, noon
Mill Race Center, 900 Lindsey Street, Columbus
Presenter: Darryl Tannenbaum, M.D.
Register online at www.crh.org/events or by calling **800-699-1019**.

How to Use the CRH Patient Portal

Thursday, July 14, noon
WellConnect, 237 Washington Street, Columbus
Presenter: Jane McLeod, HealthLife Expert
Register online at www.crh.org/events or by calling **812-343-9840**.

Back Pain Seminar

Thursday, July 21, noon
WellConnect, 237 Washington Street, Columbus
Presenter: Aubrey Conner-Jackson, DPT, CRH Physical Therapist
Register online at www.crh.org/events or by calling **812-343-9840**.

Support Groups and Sessions

Nurse N' Chat – Mothering Essentials (Breastfeeding Support)

Get support while visiting with other breastfeeding moms. Certified lactation consultants will be available to answer your questions.
10:30 a.m. – noon, the second Friday of each month
5:30 – 7:30 p.m., the fourth Wednesday of each month
424 Washington Street, Suite 9 (above Lockett's Ladies Shop)



Tobacco Cessation Program

July 6 – August 24 (eight weekly classes)
September 7 – October 26 (eight weekly classes)
6 – 8 p.m., Wednesday evenings



To register, log on to www.crh.org/healthycommunities or call **800-699-1019**.

To see all of our events, go to www.crh.org/events.

Asian Quinoa Chop Salad

Quinoa (KEEN-wah) is referred to as “the mother of all grains.” It’s loaded with protein, fiber and minerals (while also being gluten free).



Ingredients

1 cup **water**
½ cup dry **quinoa**
½ cup diced **red bell peppers** (about ½ medium red bell pepper)
½ cup diced **carrots** (about 2 medium-sized carrots)
½ cup chopped **pea pods** (about 8 to 10)
¼ cup chopped **green onions** (about 2 to 3)
2 tbsp. **rice vinegar**
1 tbsp. **sesame oil**
1 tbsp. tamari **soy sauce**
1 tbsp. **honey**
½ tsp. grated fresh **ginger**
1 **garlic clove**, minced
2 tbsp. minced **cilantro**
6 large leaves **romaine lettuce** or
6 cups mixed greens

Per Serving

Serves six; serving size is ½ cup and one lettuce leaf.
Each serving provides: Calories 100, Total fat 3 g (Saturated fat 0 g), Cholesterol 0 g, Sodium 178 g, Total carbohydrates 15 g, Fiber 2 g, Sugar 4 g and Protein 3 g.

Directions

In a medium saucepan over high heat, bring water to a boil. Add quinoa, stir, cover and reduce heat to medium-low. Simmer for about 30 minutes or until quinoa is soft and water is absorbed. (If you have a rice cooker, you can cook quinoa as you would cook rice.)

Meanwhile, in a large bowl, combine red peppers, carrots, pea pods and green onions. In a medium bowl, whisk together rice vinegar, sesame oil, soy sauce, honey, ginger, garlic and cilantro. Set aside.

Pour cooked quinoa into a large bowl and let cool for at least 10 to 15 minutes. (It chills faster in the refrigerator.) When the quinoa is no longer steaming, mix in chopped vegetables and then stir in dressing.

To serve, place one large romaine lettuce leaf or 1 cup of mixed greens on a plate, then top with ½ cup of salad.



Sleep Safely

Visit www.healthychildren.org to find more resources for keeping your child safe at home or on the go.

CAR SEATS AND CARRIERS: No Substitute for Crib

New parents know babies can fall asleep almost anywhere. But that doesn't mean babies should sleep anywhere. Contrary to popular belief, car seats, carriers and other sitting or carrying devices are not meant to be used as alternative sleeping environments. In fact, a recent study suggests allowing infants to sleep in these devices could put their lives at risk.

KEEP A CLOSE WATCH

Unfortunately, deaths have been associated with sitting or carrying devices. A study, published in *The Journal of Pediatrics*, found two-thirds of those deaths occurred in car seats. And in more than half of car seat-related deaths, babies could not breathe due to incorrectly placed straps. Other cases occurred when infants were positioned incorrectly in the device, restricting their airways.

Strollers, slings, bouncers and swings were also found to have hidden hazards. Deaths from these devices occurred when babies were not positioned correctly in the device and were unable to breathe.

To keep young children out of harm's way, researchers made clear that babies should not be left unsupervised in these devices, and they should not be used in place of a crib or bassinet. Parents should always keep a close eye on youngsters

in a carrying or sitting device — whether babies are awake or catching z's.

AVOIDING ACCIDENTS

To keep infants and young children safe in any sitting or carrying device, follow these tips:

- Do not leave children in a car seat with partially buckled or unbuckled straps, and never place car seats on an unstable surface.
- Follow instructions for the device. Make sure your baby's head cannot slump forward or twist into a blanket, pillow or other soft bedding.
- If your baby will be spending a lot of travel time in a car seat or carrier, give him or her occasional breaks from the device.
- In bouncers, swings and strollers, keep in mind that infants can move into dangerous positions even if straps are used correctly.
- When using a sling, make sure that your infant's face is "visible and kissable" at all times.
- During naptime or bedtime, it is best to place your infant in a crib or bassinet. If your little one falls asleep in a carrier, check often to make sure his or her neck is straight and the face is uncovered.

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PromptMed – New and Improved With No Waiting!

PromptMed, located at 2502 25th Street in Columbus, has been redesigned and updated to better serve our customers. We have added more patient rooms, updated equipment and improved wait times.

QUICK AND CONVENIENT

PromptMed offers convenient walk-in medical treatment for common illnesses and non-emergent injuries with no appointment necessary. The doctors and medical staff at PromptMed can treat a wide range of illnesses and injuries, such as cuts, burns, sprains and fractures, and can perform minor procedures, such as casting and suturing.

PromptMed also offers quick and convenient care for common ailments, including sore throat, ear infection and strep tests. We are equipped to provide lab testing and X-rays with on-site radiology services and laboratory equipment.

SKIP THE WAIT

PromptMed recently introduced the use of Clockwise MD. Clockwise MD is an online self-scheduling and queue management tool that saves time in your busy schedule. Clockwise MD self-scheduling is



also available at the PromptMed located within WellConnect in downtown Columbus. Go to www.promptmed.org to find out the current wait time, reserve your spot at either location or watch a video demonstrating how Clockwise MD works. You can also stop by and check in. We'll call you when it's time for your appointment.

OCCUPATIONAL HEALTH

PromptMed also offers a comprehensive line of occupational health services with flexibility to meet businesses' specific needs, such as pre-employment physicals, drug and alcohol testing and injury management.



Learn more by visiting www.promptmed.org or calling us at 812-372-8883.

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