

FALL 2016 www.crh.org

healthy TOMORROW

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AND VASCULAR CARE**
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**COLUMBUS
REGIONAL
HEALTH**

your partner for life



Columbus Regional Health's Heart and Vascular Center

We are proud to be the area's only hospital to offer comprehensive heart care services, around the clock, every day. Columbus Regional Health's Heart and Vascular Center includes a highly advanced cardiac intensive care unit, state-of-the-art cardiac operating rooms, cardiac catheterization labs (including the first all-digital cardiac catheterization lab in Indiana) and an electrophysiology laboratory.

OUR SERVICES INCLUDE:

- Heart surgery
- Electrocardiogram (EKG)
- Holter monitoring
- Echocardiogram
- Nuclear cardiology stress testing
- Vascular screening
- Cardiac catheterization
- Interventional cardiology procedures, such as angioplasty and stenting
- Implantation of pacemakers and defibrillators
- Electrophysiology studies and ablation (a procedure to treat irregular heartbeat)
- Heart failure services for patients with congestive heart failure

- Minimally invasive laser treatment for patients with venous insufficiency
- Intensive cardiac rehab

HOW WE COMPARE

Door-to-balloon time is important in emergency cardiac care. This is the time between a heart attack patient arriving at the hospital to the time he or she gets intervention. Columbus Regional Hospital beats the national average by 32 minutes.

Our team uses a cardiovascular

surgery suite that has the most advanced heart care technology. Point-of-care testing allows us to get lab results in the operating room immediately to make critical decisions faster.

We are among the first hospitals in Indiana to use an all-digital X-ray cardiovascular imaging system. Our cardiologists can see your heart more clearly than ever before. We also use PET/CT imaging for the early diagnosis of heart disease.

Drop Excess Weight for Your Heart

While there are many risk factors for heart disease you can't control, such as your age and family health history, you can take steps to manage your weight. Losing just 5 to 10 percent of your current weight can lower your heart disease risk.

THE HEART-HEALTH CONNECTION

A larger body size means your heart may have to work harder to send blood throughout your body. This can contribute to high blood pressure. Over time, high blood pressure can cause the heart to get larger or weaker, leading to heart failure.

REDUCE YOUR RISK

- Tips to help you lose weight are:
- **Set doable goals.** Aim to lose about 5 to 10 percent of your



Columbus Regional Hospital is one of only seven hospitals in Indiana to have received accreditation as a National Chest Pain Center. To learn more about our Heart and Vascular Center, go to www.crh.org/heart.

Our Heart Surgery and Interventional Team

CARDIOTHORACIC SURGEONS

Through our partnership with Indiana University Health Cardiovascular, you have access to an expert team of cardiac surgeons close to home. A cardiothoracic surgeon specializes in surgical procedures of the heart, lungs, esophagus, and other organs. Contact us at our office at 2326 E. 18th St., Suite 130 or by calling 812-376-0555.

Gregory K. Dedinsky, M.D., F.A.C.S.



BOARD CERTIFIED: Cardiothoracic surgery, general surgery
EDUCATION: Creighton University, Omaha
RESIDENCY: Indiana University Medical Center (general surgery)
FELLOWSHIP: Indiana University Medical Center (cardiothoracic surgery)
Dr. Dedinsky brings over 30 years of experience treating patients in Central Indiana.

David W. Hart, M.D.



BOARD CERTIFIED: Cardiothoracic surgery
EDUCATION: University of Texas Medical Branch, Galveston
RESIDENCIES: University of Texas Medical Branch Hospital (general surgery) and Indiana University School of Medicine (thoracic surgery)
FELLOWSHIP: Methodist Hospital (cardiothoracic surgery)
Dr. Hart brings over nine years of experience treating patients in Central Indiana.

INTERVENTIONAL CARDIOLOGISTS

An interventional cardiologist diagnoses and treats heart disease through catheter-based procedures, such as angioplasty and stenting. Southern Indiana Heart & Vascular is the most experienced and respected cardiovascular physician group in South Central Indiana. Contact us at our office at 2325 18th St., Suite 130 or by calling 812-379-2020.

Nandu Gourineni, M.D.



BOARD CERTIFIED: Cardiovascular disease, internal medicine
EDUCATION: Gandhi Medical College, India
RESIDENCY: Michigan State University (internal medicine)
FELLOWSHIPS: Allegheny General Hospital, Pittsburgh (heart failure/transplantation); Michigan State University, East Lansing, (cardiovascular disease); Rush University Medical Center, Chicago (interventional cardiology)

SPECIAL RECOGNITION: Chief resident at Michigan State University

Evan Russell, M.D.



BOARD CERTIFIED: Interventional cardiology, cardiovascular disease, general surgery
EDUCATION: University of Cincinnati College of Medicine
RESIDENCY: University Hospitals Case Medical Center, Cleveland (internal medicine)
FELLOWSHIPS: St. Vincent Hospital, Indianapolis (interventional cardiology and cardiovascular disease)

SPECIAL RECOGNITION: Chief cardiology fellow at St. Vincent Hospital; Peter Morgan Award for outstanding performance as a medicine resident and contribution to the advancement of the medical residency training program (University Hospitals Case Medical Center)

After heart surgery, patients are taken to our universal bed cardiovascular unit. This new approach allows you to remain in the same room throughout your stay, cared for in the same bed, by the same team.

We are also the only hospital in Indiana to offer the Pritikin Intensive Cardiac Rehabilitation lifestyle education program, a scientifically proven approach to reducing the chances of having another heart event.

weight over six months. Losing 1 to 2 pounds per week can help you lose weight safely and keep it off.

- **Cut calories.** Cutting 500 to 1,000 calories per day can help you lose 1 to 2 pounds per week.
- **Eat a healthy diet.** Fruits, vegetables, lean meat, whole grains and low-fat dairy products may also lower your heart disease risk.
- **Increase your physical activity.** Aim for 150 to 300 minutes of exercise, such as brisk walking, weekly.

Catch Gynecologic Cancers Early

Cervical cancer used to be one of the most common causes of cancer death for women in the United States. But the American Cancer Society notes cervical cancer deaths have decreased by more than 50 percent over the past three decades. The reason: more women getting Pap tests.

This screening procedure can find changes in the cervix before cancer develops. It can also find cervical cancer early — in its most curable stage.

HOW OFTEN DO I NEED A PAPER TEST?

Screening should start at age 21, and then you should have a Pap test every three years to check for cervical cancer.

If you are older than age 30, and both your Pap test and your test for human papillomavirus (HPV, the virus that causes genital warts and cervical cancer) are normal, you can get your Pap tests every five years.

Most women can stop having Pap tests after age 65 and up to 70, as long as they have had three negative tests within the past 10 years.

You may not need to have a Pap test if you have had a total hysterectomy (uterus and cervix removed) and have not had an abnormal Pap test, cervical cancer or other pelvic cancer. It is best to discuss how often you need a test with your healthcare provider.

CERVICAL CANCER DEATHS HAVE DECREASED BY MORE THAN

50%

OVER THE PAST THREE DECADES

OTHER GYNECOLOGIC CANCERS

The only cancer the Pap test screens for is cervical cancer. It does not screen for ovarian or uterine cancers. So, even if you have a Pap test regularly, see your doctor if you have these symptoms for more than two weeks, and they are not normal for you:

- Abnormal bleeding
- Pelvic pain
- Bloating
- Abdominal or back pain

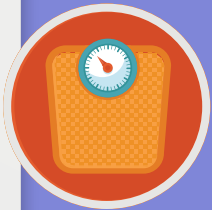
Every woman is different. That's why it's important to pay attention to what is normal for you and see a doctor if something doesn't seem quite right.



STEPS TO Lower Your Risk OF BREAST CANCER

Breast cancer is one of the most common types of cancer among American women. And, unfortunately, some risks for this disease cannot be changed. For one thing, you're more likely to develop it as you get older. In fact, women older than age 50 make up most advanced breast cancer cases. Those whose mothers, sisters or daughters have had breast cancer also face a higher risk. Ethnicity plays a role, too. For example, breast cancer develops more often in Caucasian women than in African-American, Hispanic or Asian women.

But you may be able to change some other risk factors:



Scale back. Obese women have a higher risk to get breast cancer than lean women.



Stay on the move.

Studies indicate there's a lower rate of breast cancer in women who exercise.



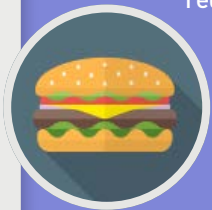
Don't tip your glass too often.

Having one to two alcoholic drinks a day can increase your risk.



Clear the smoke away.

In a study of more than 73,000 women, the rate of breast cancer among current smokers was about 24 percent higher than in nonsmokers. It is never too late to quit. Here's some good news: The women who had once smoked but quit reduced their risk for breast cancer by nearly half compared with current smokers.



Cut the fat. Your risk for breast cancer rises along with the amount of fat in your diet. Limiting fat, especially saturated fat, may curb your risk.

When breast cancer does strike, it's very important to catch it in its early stages, when it's most treatable.

Mammography can help, but its benefits and limitations vary based on factors like age and personal risk.

Experts have different recommendations for mammography. The American Cancer Society recommends a mammogram yearly for all women ages 45 to 54, and every other year for women ages 55 and older.

Talk with your doctor about your personal risk factors before making a decision about when to start getting mammograms or how often to get them. Also discuss with your doctor whether you need a clinical breast exam.

At Columbus Regional Health's Breast Health Center, we have a full range of diagnostic capabilities available, including digital mammography, ultrasound imaging and magnetic resonance imaging (also known as MRI), so we are able to catch problems earlier. Call us to schedule your mammogram at 812-376-5064 or learn more about our center at www.crh.org/breast.



Mammography Assistance Program

Through support from the Columbus Regional Health Foundation, the Breast Health Center is able to offer the Mammogram Assistance Program (MAP).

This program provides women who qualify with a screening mammogram for just \$5. MAP helps women who have household incomes that are too high to be eligible for government assistance but who do not earn enough to afford screening mammograms through employee health insurance or by direct payment.

MAP funds cover the clinical costs of the initial screenings, while the Breast Health Center's nurses, mammography technologists and office staff donate their time and expertise. We work with women on a case-by-case basis to resolve any barriers and obstacles that may prevent them from getting the care they need.

To find out whether you qualify, call the Breast Health Center at **812-376-5064**. For more information about our center, go to www.crh.org/breast.



Are Diet **Cleanses** a Good Idea?

Call it a cleanse, a detox diet or a juice fast. But what you probably shouldn't call it is a safe or effective way to lose weight or improve health.

A wide variety of diet plans promise to help you release toxins, rest the gastrointestinal tract and shed fat. Some people even use an extreme version of a cleanse — called Gerson Therapy — to treat cancer. For this complex regimen, patients eat a special organic diet and detox with coffee enemas.

LITTLE BENEFIT, SIGNIFICANT RISK

There's no scientific proof that flushing or cleansing your liver or other organs is necessary or good for you. Your digestive system already has a finely tuned way to eliminate waste. Plus, many of these plans:

- **Are too low in calories.** Eating less than 1,000 calories per day if you're a woman (1,200 for men) is best done under medical supervision.
- **Exclude key nutrients.** Restrictive plans can leave you short of calcium, vitamin D or other key nutrients.
- **Pose food safety risks.** Raw or untreated juices forgo processes like pasteurization, which kills bacteria that causes illnesses.
- **Move too quickly.** Dropping more than 3 pounds per week for several weeks can lead to fatigue, gallstones and other complications.
- **Eat a rainbow of fruits and veggies.** Vibrant produce in every hue comes packed with fiber, vitamins and minerals.
- **Cut back on processed foods.** They often contain unnecessary salt, starch or sugar.
- **Choose smaller portions.** Eat less than you burn to lose weight. But stick to a plan that will help you drop about 1 to 2 pounds per week at most.

DESIGN YOUR OWN RESTORATIVE DIET

Many cleansing diets do have healthy components. Borrow these strategies from cleansing programs to safely kick-start a DIY dietary cleanup:

Crunchy Pumpkin Pie

This pie uses only a small amount of oil in the crust and skim milk in the filling to make it heart-healthy.

Ingredients (for the pie crust):

1 cup quick-cooking **oats**
 ¼ cup whole wheat **flour**
 ¼ cup ground **almonds**
 2 tbsp. **brown sugar**
 ¼ tsp. **salt**
 3 tbsp. vegetable **oil**
 1 tbsp. **water**

Ingredients (for the pie filling):

¼ cup packed **brown sugar**
 ½ tsp. ground **cinnamon**
 ¼ tsp. ground **nutmeg**
 ¼ tsp. **salt**
 1 **egg**, beaten
 4 tsp. **vanilla**
 1 cup unsalted canned **pumpkin**
 ⅔ cup **evaporated skim milk**

Directions

1. Preheat oven to 425 degrees.
2. Mix oats, flour, almonds, sugar and salt together in small mixing bowl.
3. Blend oil and water together in a measuring cup with a fork or small whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into a 9-inch pie pan and bake for eight to 10 minutes, or until light brown.
6. Turn down oven to 350 degrees.
7. Mix sugar, cinnamon, nutmeg and salt together in a bowl.
8. Add egg and vanilla. Mix to blend ingredients.
9. Add pumpkin and milk. Stir to combine.
10. Pour into prepared pie shell. Bake for 45 minutes at 350 degrees or until knife inserted near center comes out clean.

Per Serving

Serves 10; serving size is one piece of pie.
 Each serving provides: 150 calories, 6 g total fat (1 g saturated fat), 15 mg cholesterol, 150 mg sodium, 20 g carbohydrates, 2 g fiber, 10 g sugar, 4 g protein



EVENTS CALENDAR

A light meal will be served at the following events.

The Diabetic Foot

Thursday, September 15, Noon
WellConnect, 237 Washington St.,
Columbus
Presenter: John Hladik, D.P.M.
Register online at www.crh.org/events
or by calling **812-343-9840**.

Joint Pain Seminar

Monday, September 26, 6 p.m.
Salt Creek Golf Resort, 2359 State Road
46 East, Nashville
Presenter: Darryl Tannenbaum, M.D.
Register online at www.crh.org/events
or by calling **800-699-1019**.

Back Pain Seminar

Wednesday, October 19, 5:30 p.m.
Hotel Indigo, 400 Brown St., Columbus
Presenter: Jackie Meinders, M.S.P.T.,
CRH senior aquatics therapist
Register online at www.crh.org/events
or by calling **800-699-1019**.

Diabetic Related Foot Conditions

Thursday, November 3, Noon
WellConnect, 237 Washington St.,
Columbus
Presenter: Ansgar Olsen, D.P.M., Ph.D.
Register online at www.crh.org/events
or by calling **812-343-9840**.

COLUMBUS REGIONAL HEALTH
IS PROUD TO SPONSOR THE
FOLLOWING COMMUNITY EVENTS:

Mill Race Marathon Expo – September 23

Come meet "Surgery Sam" at the
Expo from 10 a.m. - 7 p.m. Try your
hand at this life-size version of the
classic "Operation" game. Learn
more at www.crh.org/events.

Mill Race Marathon – September 24 www.millracemarathon.com

Walk to End Alzheimer's – October 2 www.alz.org



WellConnect

NEED A DOCTOR?

Connection Specialists at WellConnect can help patients or family members find a primary care physician for FREE. To chat with a Connection Specialist, stop by the WellConnect office or text or call the specialist at **812-343-9840**.

LIVE CHAT

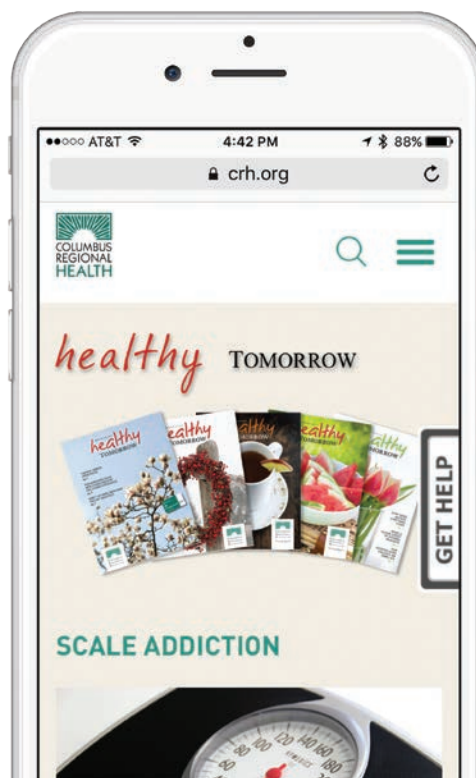
Since WellConnect opened in 2013, our Connection Specialists have been great at answering questions and helping people connect with services in person or over the phone. Now we are making it even more convenient! Now you can chat live on www.crh.org with a Connection Specialist during regular business hours or send a message 24/7.

WALK-IN MEDICAL CLINIC WITHOUT THE WAIT

WellConnect offers convenient care for minor illnesses, medical screenings, immunizations, cold or flu treatment and more without an appointment. Now through the introduction of Clockwise MD, you can choose the time you would like to come in, and we'll hold your spot. Go to www.crh.org/wellconnect to learn the current wait time, reserve your spot or watch a video demonstrating how the online scheduling tool works. Clockwise MD is also available at PromptMed on 25th Street.

WellConnect is open to the public and is located at the intersection of Third and Washington streets in downtown Columbus.

Monday through Friday
7 a.m. to 7 p.m.
812-343-9840



Healthy Tomorrow Blog

Stay up-to-date on all the latest news when you subscribe to Columbus Regional Health's Healthy Tomorrow blog. Here are just a few of the topics we've been covering: Columbus' BMX (Bicycle Motocross) track, men's health, baby car seats and carriers, recipes and more! Subscribe to our blog at www.crh.org/healthytomorrow.

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Supplements: HEALTHY HABIT – OR RISKY ROUTINE?

Consider it the new American breakfast: a glass of juice, a bowl of cereal ... and a vitamin. More than half of all adults in the U.S. take at least one supplement, studies show. But is this routine really improving your health — or hurting it?

Supplements include vitamins, minerals, herbs and other substances. While some may have benefits, others can be dangerous. Here's how to get the most from supplements without falling for bogus claims or buying poor products.

MEDICATIONS VS. SUPPLEMENTS

The distinction between a supplement and a medication is that a supplement is not meant to treat, prevent or cure disease. A supplement can't make a claim like "relieves arthritis pain."

Supplements are not approved by the government before they hit store shelves. No one is responsible for making sure supplements on the drugstore shelves are safe or effective. The FDA removes a product

if it's shown to be unsafe, but only after it's on the market. This is very different from prescription and over-the-counter medications, which must go through a long approval process before they can be sold.

USE SUPPLEMENTS SAFELY

Just because you can buy them without a prescription, don't assume that all supplements are right for you. Many supplements can have strong effects on the body, and some can be risky.

The ingredients in supplements can interact with the ingredients in some medications or other supplements. This means that they mix in ways that can cause health problems or unwanted side effects. For example:

- St. John's wort can reduce the effectiveness of antidepressants.
- Vitamin C, vitamin E and other antioxidant supplements may affect certain types of chemotherapy cancer treatments.
- Vitamin K can make warfarin, a common blood thinner, less effective.

Can Supplements Help You?

It can be hard to get enough of certain vitamins and minerals, especially if you follow a special diet. You might benefit from taking supplements if you:

- Eat a vegan or vegetarian diet, or do not eat certain food groups
- Have food allergies that limit what you can eat
- Eat fewer than 1,600 calories per day

Talk with your doctor to learn whether supplements can help you meet your nutritional needs. He or she may suggest blood tests to learn whether you are deficient in some substances.

Always keep these supplement safety tips in mind:

- Check with your doctor before taking supplements. This is an especially important step if you take other supplements or medications.
- Don't take extra doses of supplements. Some vitamins and minerals can cause health problems if you take too much.

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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