

SPRING 2015 [www.crh.org](http://www.crh.org)

# healthy

## TOMORROW



STOP GERD  
BEFORE  
SYMPTOMS  
START

pg. 3

MAKE A  
CLEAN SWEEP  
OF ASTHMA  
TRIGGERS

pg. 4

OUR  
HOSPICE CARE  
FOCUSES ON  
FAMILIES

pg. 7



COLUMBUS  
REGIONAL  
HEALTH

*thinking beyond*

## Columbus Regional Health Construction Update

### LOADING DOCK

Columbus Regional Hospital's new loading dock was completed and began receiving shipments in January. Scan the QR Code or go to <http://goo.gl/JPg7k0> to watch a time-lapsed video of the construction.



### CANCER CENTER EXPANSION

Expansion of our Cancer Center is well on its way with an additional 6,600 square feet being added to the existing space. The expanded space will double the center's waiting area and provide more space in treatment areas and patient-and-family common areas. The Cancer Center expansion is expected to be completed this fall, with interior renovations slated to be finished by early 2016.

### NEW EMERGENCY DEPARTMENT

Construction of a new Emergency Department began in January. This new two-story department will be to the east of the main hospital building and will more than double the size of the current space. The new department will open in early 2016.

**The Cancer Center and Emergency Department will remain open during construction.**

## Calendar of Events

### Home, Health & Garden Show

*April 18, 10 a.m. to 4 p.m.; April 19, noon to 4 p.m.*

Columbus Regional Health is here to help you live a healthy lifestyle during this spring landscaping season. Stop by our booth for giveaways, prizes and health information to support your outdoor activities.

### It's a Joint Effort

*April 25*

If you suffer from chronic joint pain or limited mobility as a result of arthritis or a recreational or sports injury, attend "It's a Joint Effort." Our Joint & Spine Center offers a FREE screening X-ray and education. Registration is required by calling Southern Indiana Orthopedics at **812-376-9353, ext. 226 or 227**.

### Ostomy Support Group

The Ostomy Support Group welcomes all ostomy patients, their friends and family members. Gain a personal understanding of how life can be full and fun. Join us as we share coping strategies, learn of personal experiences and establish a support system for living life with an ostomy.

For more information about the Ostomy Support Group's meeting times, call **812-376-5298** or email: [crhostomysupportgroup@CRH.org](mailto:crhostomysupportgroup@CRH.org).

For more information about other CRH events, go to [www.crh.org/events](http://www.crh.org/events).

## Quality and Patient Satisfaction — A Great Combination

### HFAP ACCREDITATION FOR QUALITY

Columbus Regional Health was accredited by the Healthcare Facilities Accreditation Program (HFAP).

The HFAP is an independent accreditation organization recognized by the Centers for Medicare & Medicaid Services. Accreditations are awarded only after an extensive and objective review of the hospital and its various specialties and departments. The review is based on federal and national standards for patient safety, quality improvement and environmental safety. Every three years, Columbus Regional Hospital undergoes the review and the hospital met or exceeded standards in every case in order to receive the designation.

The HFAP has been accrediting healthcare facilities for more than 60 years, and under Medicare since its inception. Its mission is to advance high-quality patient care and safety through objective application of recognized standards. Its accreditation is recognized by the federal government, state governments, managed care organizations and insurance companies.

### CRH RECOGNIZED BY THE STUDER GROUP FOR PATIENT SATISFACTION

CRH was chosen as the February 2015 Studer Group® Healthcare Organization of the Month Award winner.

Studer Group continually studies partner results to identify high-performing organizations and has

developed a recognition process that names an outstanding entity monthly. CRH was featured on Studer Group's website for the month of February.

The Healthcare Organization of the Month Award is a distinguished honor that Studer Group bestows upon hospitals or health systems.

Recipients are recognized as an organization that stands out from its peers and serves as a premier example of what is right in healthcare. Studer Group works with over 600 clients nationally and internationally to implement evidence-based leadership tools and processes. We are honored to receive this award as it reflects the passion and talent of our employees, physicians and volunteers.



## Stop GERD Symptoms Before They Start

**Frequent heartburn**, called gastroesophageal reflux disease (GERD), occurs when acid in the stomach flows backward up the esophagus, causing burning in the chest or a sour taste in the mouth. People with a chronic illness, like diabetes or asthma, are more prone to the problem.

Although GERD can make you feel lousy, there are more important reasons to prevent it. Some chronic conditions, like asthma and chronic obstructive pulmonary disease (COPD), actually can worsen with GERD. It also can complicate treatment by mimicking symptoms of other problems. For example, GERD can cause severe chest pain, similar to a heart attack. If not controlled, GERD can lead to serious problems like esophageal cancer.

### LIFESTYLE CHANGES

Help prevent GERD by carefully managing your condition. If you experience heartburn, talk with your doctor. GERD often is treated with medication, but lifestyle changes also can help reduce symptoms. Try to:

- Elevate the head of your bed 6 to 10 inches.
- Avoid wearing tight clothing.
- Eat small, frequent meals.
- Avoid foods and drinks that can trigger GERD, such as chocolate, citrus, spicy and fried foods, tomatoes, coffee, and carbonated beverages.
- Avoid alcohol.
- If you smoke, try to quit.

The Endoscopy Center offers innovative testing and treatment to meet your unique needs. Our professional, experienced staff work closely with our board certified gastroenterologists and surgeons, who are committed to providing the highest quality care to our patients. Learn more at [www.crh.org/endoscopy](http://www.crh.org/endoscopy).

## Keep Your Family Safe This Summer

**Through a child's eyes**, summer looks like an endless array of long, playful days. As a grown-up, you see things a bit differently. You also see potential dangers that lurk outdoors. A few extra precautions will keep you and your kids safe this summer. Follow these tips.

### SWIMMING

Drowning is a concern for both children and adults. About 10 people die from drowning each day, and two of them are younger than age 15. Supervise children closely around any source of water. Preschool-age children should be at an arm's reach at all times while playing around water.

The American Academy of Pediatrics recommends signing up kids for lessons when they're ready, which almost always occurs by age 4. Still, even trained swimmers need a watchful adult nearby. And keep safety equipment, such as life preservers, on hand.

### SUN

It only takes 15 minutes of unprotected sun exposure to cause skin damage. Apply sunscreen with an SPF of at least 30 before going outside, and reapply every two hours—even if you'll be in the shade or it's partly cloudy.





# Make a Clean Sweep of Asthma Triggers

**Spring cleaning is a great way** to freshen up your home after a long winter indoors. But it can also help cut down on asthma triggers. By clearing out dust mites and mold, you'll reduce common triggers for allergic asthma.

## DUST OFF MITES

To combat dust mites:

- Use a damp rag or mop for cleaning. A dry cloth, mop or broom just stirs up dust mite allergens.
- Choose a vacuum cleaner with a HEPA filter or double-layered microfilter bag, which helps trap allergens that are sucked up.
- Wear a dust mask while vacuuming. Then leave the area for 20 minutes to give dust mite allergens time to settle out of the air.
- Have your heating or ventilation ducts and filters serviced and cleaned regularly.

## WIPE OUT MOLD

To fight indoor mold:

- Scrub mold off hard surfaces with fragrance-free detergent and water.
- Avoid using chlorine bleach to kill the mold. Dead mold can still cause allergic reactions.

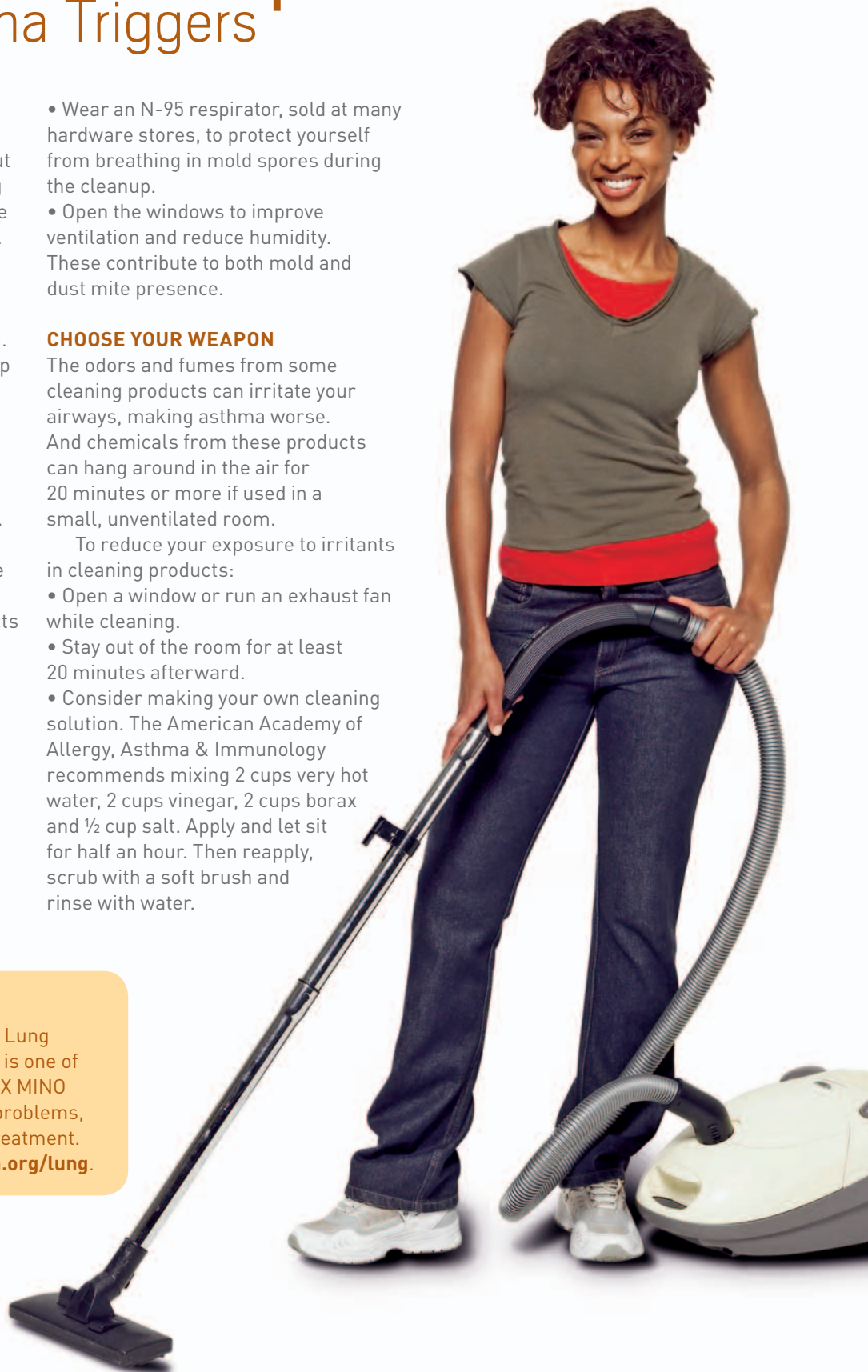
- Wear an N-95 respirator, sold at many hardware stores, to protect yourself from breathing in mold spores during the cleanup.
- Open the windows to improve ventilation and reduce humidity. These contribute to both mold and dust mite presence.

## CHOOSE YOUR WEAPON

The odors and fumes from some cleaning products can irritate your airways, making asthma worse. And chemicals from these products can hang around in the air for 20 minutes or more if used in a small, unventilated room.

To reduce your exposure to irritants in cleaning products:

- Open a window or run an exhaust fan while cleaning.
- Stay out of the room for at least 20 minutes afterward.
- Consider making your own cleaning solution. The American Academy of Allergy, Asthma & Immunology recommends mixing 2 cups very hot water, 2 cups vinegar, 2 cups borax and ½ cup salt. Apply and let sit for half an hour. Then reapply, scrub with a soft brush and rinse with water.



## GET TESTED

Columbus Regional Health's Lung Institute offers diagnostic testing and is one of only five centers in Indiana to use NIOX MINO to monitor airway activity to look for problems, symptoms and response to asthma treatment. For more information, go to [www.crh.org/lung](http://www.crh.org/lung).

# Is Your Healthcare Due for Tax Breaks?

**Uncle Sam provides tax relief** for a variety of health-related expenses. But it doesn't happen automatically.

To get all you're entitled to, you've got to know where to look for credits, check your eligibility, keep good records and do the paperwork.

## QUALIFYING MEDICAL EXPENSES

This deduction can be huge, but to qualify, the medical and dental expenses you paid for yourself, your spouse and your dependents must be more than 7.5 percent of your adjusted gross income.

The Internal Revenue Service (IRS) defines medical expenses as "the costs of diagnosis, cure, mitigation, treatment or prevention of disease."

This includes the cost of services by doctors, dentists, eye doctors, chiropractors, occupational therapists, mental health professionals and physical therapists. The costs of medical equipment, supplies and diagnostic devices qualify, too. Unfortunately, the IRS says, it excludes "expenses that are merely beneficial to

general health, such as vitamins or a vacation."

Some costs cannot be deducted, such as cosmetic surgery, health club dues, medicines from other countries, nonprescription drugs, teeth-whitening and weight-loss programs.

## CAREGIVER CREDITS

Taxpayers who paid someone to care for a dependent while they worked or looked for work can get relief from the Child and Dependent Care Credit on their federal income tax. Some states allow taxpayers to deduct caregiver expenses, as well.

## LONG-TERM CARE DEDUCTIONS

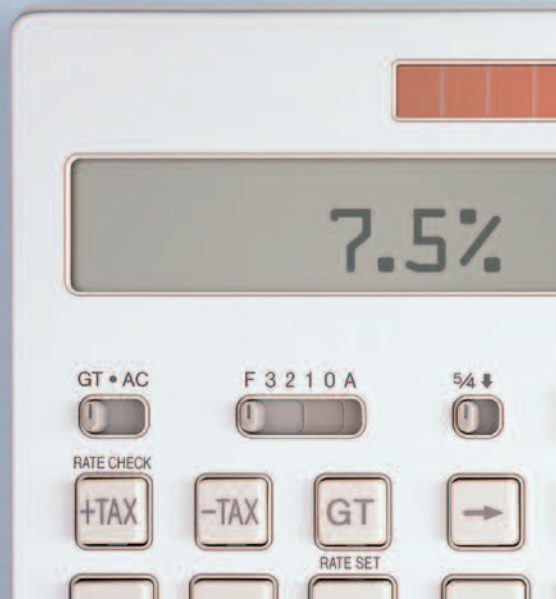
Purchasers of long-term care insurance may be able to get tax credits or deductions depending on their state's tax laws.

A doctor or other medical professional needs to certify that you, your spouse or a dependent has a chronic condition; your medical expenses must be more than 7.5 percent of your adjusted gross income;

and in some states the policy must be federally qualified for you to use this credit.

## DEDUCTIONS VARY

Depending where you live, you may be eligible for a variety of other health-related tax deductions. Call or visit the IRS online or check with a qualified tax preparer.



## Pack Some Nutrition in That Lunch

**Children have their own ideas** of what's cool, and those ideas may not score well on nutrition. Try these kid-pleasing ideas to keep lunches nutritious:

### VEGGIES: KEEP IT SIMPLE

Most children don't get enough fruits and vegetables, so add a couple of healthy extras to the lunch sack. Make fruits and vegetables more appealing and easy to eat by peeling, cubing and slicing them as needed.

Finger-friendly options include orange sections, melon cubes, grapes, cherries, baby carrots, sugar snap peas, edamame, cherry tomatoes,

cucumber rounds, zucchini sticks and bell pepper slices. Children love to dip, so don't forget the yogurt dip for fruit or a low-fat ranch dip or hummus for vegetables.



### GET YOUR KIDS INVOLVED

Involving children in packing their lunch is a great way to ensure they'll eat it. Children can choose the cut-up fruits or vegetables to pack or put together their own custom trail mix with ingredients such as almonds, peanuts, shaved coconut, pumpkin and sunflower seeds, raisins, and dried apples, cranberries, pineapple and blueberries.

Nutrition: WellConnect offers education sessions to help you take control of your health and well-being. To download our class schedule, go to [www.crh.org/wellconnect](http://www.crh.org/wellconnect) and click on the "classes" link.

# NOW HEAR THIS: New Advances Improve Hearing Aids

## **Microchips. Digital processing. Computerized analysis.**

Those aren't the features of the newest smartphone — they're the technologies available in modern hearing aids.

About four out of five Americans who could benefit from a hearing aid don't use one. If you're among them, it may be time to reconsider. Assistive devices have come a long way since the vacuum tubes and heavy batteries your grandparents used. The latest models ...

... **are smaller and less visible.** Designs with plastic cases that rest behind the ear are recommended for children because they are easily adjusted as the child grows. But now, most models for adults are nearly invisible, fitting partially or completely within the outer ear or ear canal. Some are even surgically attached to your skull or a bone in your middle ear.

... **can be worn all the time.** Your doctor or audiologist can implant extended-wear hearing aids directly into your ear canals, and then you can wear them continuously for several months. Their design protects against moisture from sweating, swimming and showering.

... **amplify only the sounds you want to hear.** Now, many hearing aids have a directional microphone. Switch it on so that sounds in front of you — say, a person speaking — will

sound louder than noise behind you. Digital hearing aids allow more precise adjustment. Programmable models save settings for different listening environments, from a quiet home to a loud party, so that you can transition with ease.

... **loop you in to clear sound.** About two-thirds of hearing aids now come equipped with a telecoil. This small, magnetic coil acts like a wireless antenna. Using it, you receive sound through the circuits of the hearing aid. Landlines and some cellphones let you hear clearly using this technology. What's more, many churches, performance halls and other public places now use what's called an induction loop to broadcast directly to your hearing aid.

If you're having trouble hearing, check with your doctor or an audiologist. He or she can help pinpoint the cause of your problem and choose the hearing aid that's best for you.

## **LISTEN UP**

If you experience symptoms of hearing loss, call **812-376-5373** to speak to a member of our team. Our audiologists can evaluate your hearing and determine if a hearing instrument is appropriate for you. We provide innovative, effective and affordable digital hearing aids to match your lifestyle and budget. To learn about our services, visit [www.crh.org/speech](http://www.crh.org/speech).

## Spinach-Stuffed Sole

Heart healthy doesn't have to mean boring, as this special dish shows.



### **INGREDIENTS**

Nonstick cooking spray  
1 teaspoon olive oil  
½ pound fresh mushrooms, sliced  
½ pound fresh spinach, chopped  
¼ teaspoon oregano leaves, crushed  
1 clove garlic, minced  
1½ pound sole fillets or other white fish  
2 tablespoons sherry  
4 oz. (1 cup) part-skim mozzarella cheese, grated

### **DIRECTIONS**

1. Preheat oven to 400 degrees.
2. Coat 10-by-6-inch baking dish with nonstick cooking spray.
3. Heat oil in skillet and sauté mushrooms for about 3 minutes or until tender.
4. Add spinach and continue cooking for about 1 minute or until spinach is barely wilted. Remove from heat and drain liquid into prepared baking dish.

5. Add oregano and garlic to drained sautéed vegetables. Stir to mix ingredients.
6. Divide vegetable mixture evenly among fillets and place in center of each.
7. Roll each fillet around mixture and place seam-side down in prepared baking dish.
8. Sprinkle with sherry, then grated mozzarella cheese. Bake for 15–20 minutes or until fish flakes easily. Lift out with slotted spoon.

**Yield:** 4 servings

**Serving size:** 1 fillet roll

**Each serving provides:**

Calories: 273, total fat: 9 g, saturated fat: 4 g, cholesterol: 95 mg, sodium: 163 mg, total fiber: 2 g, protein: 39 g, carbohydrates: 6 g, potassium: 880 mg.



For more healthy recipe options and to learn how to make fitness fun, follow us on Pinterest at [www.pinterest.com/crhpinterest](http://www.pinterest.com/crhpinterest).



# Our Hospice Care Extends to the Whole Family

**When Our Hospice of South Central Indiana** admits a patient, we make a commitment to care not only for the patient, but also for the patient's family. Our team of experts from various disciplines work together to make this possible.

The physician, nurse practitioner, nurse case manager and health care aides focus on the comfort and care of the patient while other members of the team — social workers, chaplains, bereavement specialists and volunteers — focus on the family.

## **SOCIAL WORKERS LEND AN EAR**

Our Hospice employs only master-level social workers to support the social and emotional needs of the family. While the social workers spend time with patients directly, they also meet with family members individually to explore their emotional reactions to being caregivers. They listen to caregivers and teach them positive coping skills and relaxation techniques.

Social workers also help the family take a break. They may suggest the caregiver turn to a hospice volunteer to allow time for needed self-care activities: a haircut, a trip to the grocery store or lunch with a friend. Social workers may also recommend families turn to the Hospice Center for an extended rest. The Center provides respite care, which means a patient can come for up to five nights to give the primary caregiver a much-needed rest. Our Hospice is the only not-for-profit hospice in this area with a Hospice Center to help families in this way.

Our goal is to walk alongside families as they care for their loved one. If family members are having difficulty caring for their loved one in their home, social workers can help explore community resources and caregiving agencies. Social workers can also facilitate a transfer to a nursing home or assisted-living facility as needed.



## **CHAPLAINS OFFER SUPPORT**

Chaplains provide spiritual care for patients, as well as family members. Often, caregiving and stress bring up spiritual questions or concerns. Our chaplains meet individually with family members to discuss spiritual concerns that may be on their minds, or to be an additional layer of spiritual support. Our chaplains have a strong network of support in the community if families wish to be connected with a particular faith network.

## **CHILDREN'S NEEDS ADDRESSED**

Our social workers and bereavement specialists are available to meet with children individually or to meet with parents regarding children and grief. Our staff can help families understand normal grief reactions to an illness in a family and help parents understand what a child can comprehend at each age level. We also have games and books to help children express their emotions.

## **VOLUNTEERS CONTRIBUTE TIME**

Many patients like to have company for conversation, to do hobbies, read or listen to music. Our trained volunteers provide that alternative companionship that not only complements the care of patients, but also gives families the comfort of giving the patient additional opportunities to interact with others.

Most importantly, Our Hospice of South Central Indiana is here to provide caregivers with support services as they care for their loved one. We take excellent care of both the patient and the family as we manage the physical, social, emotional and psychological aspects of this journey.

To find out more about Our Hospice and the support services available. Call us at **812-314-8000** or visit our website at **[www.ourhospice.org](http://www.ourhospice.org)**.

**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

## Enjoy Fitness with Flexibility



**Now you can have fitness your way** with a Columbus Regional Health Wellness Center membership!

Membership includes:

- Unlimited attendance to **ALL** Wellness classes offered at Mill Race Center, WellConnect and Cummins COB
- Unlimited access to the Fitness Center at Mill Race Center
- Certified trainers in the fitness center
- Certified fitness class instructors

There are no joining fees and you can join at any time throughout the year.

- \$29 monthly—12 monthly automatic withdrawals or
- \$39 monthly—automatic withdrawal until canceled

### FITNESS CENTER AT MILL RACE CENTER

The Fitness Center has floor-to-ceiling windows that overlook beautiful, award-winning Mill Race Park.

As you work out on our innovative, top-rated cardio and strength equipment you will enjoy the scenery and comfortable, versatile equipment that will create the ultimate workout experience for everyone from beginners to advanced-level participants. Our center includes a beautiful locker room area that offers showers, restrooms and lockers at no additional cost.

You will get an effective workout that feels great on equipment that is easy to use.

Plus, our certified trainers will work with you to develop a fitness plan based on your goals and a personal fitness evaluation.

Stop by during our open hours for a tour.

### FITNESS CENTER HOURS

Monday–Thursday, 6:30 a.m. to 7 p.m.

Friday, 6:30 a.m. to 5 p.m.

Saturday, 8 a.m. to noon

### WELLNESS CLASSES

Your membership includes a variety of fitness classes at three convenient locations: Mill Race Center, WellConnect and Cummins COB. Our fitness class instructors are all certified and will provide you with high-quality personal service to help you achieve and maintain improved health and well-being. Our classes are designed for different fitness levels and interest and are open to adults of all ages.

Don't wait, join now so you can feel your best this spring and summer!

### SIGN-UP IS SIMPLE

Register through Columbus Parks and Recreation at [columbusparksandrec.com](http://columbusparksandrec.com) or call **812-376-2680**. Learn more and view the current class schedule at [crh.org/wellness](http://crh.org/wellness) or call **812-376-5808** for information about this exciting membership option.

Stay Connected  
[www.crh.org](http://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/crhpinterest](http://www.pinterest.com/crhpinterest)



[www.twitter.com/CRHwire](http://www.twitter.com/CRHwire)



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