

SUMMER 2014 www.crh.org

healthy TOMORROW

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COLUMBUS
REGIONAL
HEALTH

thinking beyond

HOSPITAL NEWS — Excellence in Patient Care

Our NEW Patient Portal

You shop online. You bank online. You share online. Now you can manage your health online through the MyCRH Patient Portal. When you have an in-hospital stay or lab procedure at Columbus Regional Health, you will be given the opportunity to set up your personal secure account.



EASIER HEALTH MANAGEMENT

Whether you want to see results from a recent test, update your personal information or view your future CRH appointments, you can get the answers you need on your computer or smartphone.

Use the MyCRH Patient Portal to access important health information at your convenience.

- Access your health records in one place, such as procedures history, medications and allergies
- View lab results after 72 hours rather than waiting for them in the mail
- Send a request to update personal information
- Quickly access helpful CRH website resources
- View or download and transmit pertinent information to share with other care providers
- Review visit summaries as well as discharge and educational information
- View future CRH appointments

PRIVATE AND SECURE

You must be 18 years or older to register for the patient portal. All information is private and secure. And it is offered to you at no cost.

Be informed: Visit our information desk in the main lobby to learn more about the MyCRH Patient Portal.

Lung Screening Program

Lung cancer is the leading cause of cancer-related deaths among both men and women in the U.S. We offer high-risk patients CT Lung Screening, a low-dose CT scan of the chest. Those eligible for a screening scan include:

- Patients ages 55 – 74 who smoked one pack a day for 30 years, who continue to smoke or who quit less than 15 years ago
- Patients age 50 or older who smoked one pack a day for 20 years with at least one additional risk factor (occupational exposure, residential radon exposure, cancer history, family history of lung cancer, COPD, pulmonary fibrosis or history of lung disease)

A physician order is not required. A screening fee of \$99 is due at the time of the test. Results will be sent to the patient and their ordering provider (if applicable), as well as the Lung Institute for review.

Schedule a CT Lung Screening today. Call **812-376-5757** Monday through Friday from 8 a.m. to 4 p.m.



Best Places to Work

Columbus Regional Health has been named one of the Best Places to Work in Indiana for the seventh time by the Indiana Chamber of Commerce. CRH is one of only 18 companies in the major companies category (1,000+ U.S. employees) and one of only four hospitals to be named to this list.

Honorees are selected based on employee surveys and employer reports. In addition to being named a Best Place to Work in Indiana, CRH has also been designated a Hall of Fame company, which means we've been named a Best Place to Work at least two-thirds of the time since the program's inception in 2006.

CRH also was recognized in a special section of the Indiana Chamber's BizVoice magazine and on Inside Indiana Business with Gerry Dick.

What Is WellConnect?



walk-in care for minor illnesses and travel medicine



wellness classes, massage therapy and cooking demos



connection specialists to answer questions

Our latest innovation is focused on health and wellness for our community. At WellConnect, our goal is to help you feel better ... even when you're well.

Visit us at 3rd and Washington streets. We're open Monday through Friday, 7 a.m. – 7 p.m.

www.crh.org/wellconnect.



Balance Better with Simple Exercises

Nearly half of otherwise healthy older adults injure themselves from falls each year. Many break a bone or sustain another serious injury. The reason: Changes to your eyes, ears and muscles as you age can make you less steady on your feet.

Doing specific balance-building exercises three days a week can go a long way in preventing falls and injuries. Many senior or community centers offer group balance-training sessions. Or, look for a tai chi class. This ancient Chinese martial art form also improves balance, research shows.

Each of these exercises takes only a few minutes. Start by consulting with your doctor or physical therapist, and then work these moves into your routine. Once the beginner moves feel easy, progress to the advanced level.



BALANCE WALK

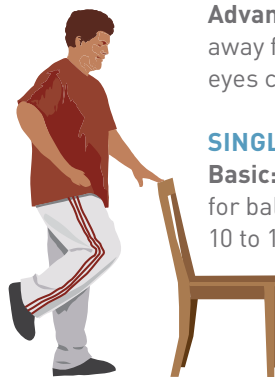
Basic: Stand tall and raise your arms to your sides at shoulder height. Focus on a spot ahead of you and walk in a straight line toward that spot. With each step, as you bring your back leg forward, hold it in the air for one second before stepping forward. Travel 20 paces as you do this.

Advanced: Look from side to side as you walk. However, stay at the basic level if you have inner-ear problems.

HEEL-TO-TOE WALK

Basic: Stand near a wall with the heel of one foot just in front of the other toe. Raise your arms to your sides at shoulder height. Step forward, continuing to place your heel directly in front of your toe. Continue for 20 steps, touching the wall for support if you need to.

Advanced: Once you're steady, move farther away from the wall. Or, try walking with your eyes closed.



SINGLE-LEG STAND

Basic: Start behind a sturdy chair, holding on for balance. Lift one leg off the floor. Hold for 10 to 15 seconds. Repeat with the other leg.

Advanced: Try holding on with one hand, then one finger. Eventually, let go of the chair.



Get yourself in balance with the Fall Prevention Program at Columbus Regional Health. Start with our seminar on Tuesday, Sept. 16. Call **812-376-5806** and ask to join in this opportunity to learn more about balance and fall prevention. You may also request a referral to our Fall Prevention Program from your physician.

Know the Signs: How to Spot Testicular Cancer

Every year, nearly 8,000 U.S. men are diagnosed with testicular cancer. Unlike other types of cancer where your risk climbs as you age, testicular cancer is most likely to strike when you're in the prime of your life. The average age of men diagnosed with testicular cancer is only 33 years old. Still, it can occur at any age — in children and older adults — so it's important to know the warning signs.

THE CANCER YOU CAN FEEL

Most kinds of cancer you can't feel. But with testicular cancer, you may be able to spot the signs early on just by touch. Often, the first symptom men experience is a change in a testicle. You may feel a lump or the testicle may be swollen or larger than normal.

Currently, there aren't any known ways to prevent testicular cancer. The best thing you can do is get to know what's normal and healthy for your body. That way, it's easier to identify something that doesn't feel right. If you ever have any concerns, contact your doctor immediately. Additional

tests, such as an ultrasound, can determine whether or not you have a tumor.

Visit your doctor for an examination of your testicles as part of a yearly physical exam. Feeling each testicle monthly to check for any hard lumps or bumps is a good idea.

KNOW YOUR RISK

There are a few risk factors that may increase your chances of developing testicular cancer. These include:

- Undescended testicle(s)
- A family history of testicular cancer
- HIV or AIDS
- Previous diagnosis of cancer in the other testicle
- Your race and ethnicity — it's more common in white men than black men and Asian-American men

This Father's Day, make sure the special guy in your life knows the signs of testicular cancer and schedules an annual exam with his physician.



Expectant Mothers Should **Plan Ahead** with Prenatal Care

When you're expecting, there's almost no end to the offbeat advice you'll receive. But don't lose sight of the most crucial tip: Proper prenatal care helps prevent and treat any issues that develop during pregnancy. In fact, it's the best thing you can do for your health — and your baby's. Here are a few tips to get the most from your prenatal care:

GET A HEAD START

If you can, see your doctor before trying to conceive. Together, you can plan ways to prepare. For instance, you may want to stop taking some medications and add others, including folic acid supplements. This key nutrient prevents birth defects.

KEEP YOUR DOCTOR IN THE LOOP

As soon as your pregnancy test turns up positive, call for your first prenatal visit. During this appointment, your doctor will give you a physical exam and ask about your personal and family health history. And, he or she can answer any questions you have about what to expect in the months ahead.

STAY UP-TO-DATE ON TESTS

At each visit, your doctor will weigh you, check your blood pressure, and take samples of your blood and urine. Blood tests check for viruses, high blood glucose and anemia. Urine tests spot kidney problems, urinary tract infections

or early signs of gestational diabetes. In some cases, your doctor may recommend special tests to monitor your baby's heart rate or assess the risk of birth defects. At about 18 to 20 weeks, you'll get an ultrasound, which uses sound waves to create an image of your baby.

STICK TO YOUR SCHEDULE

Discuss how often to return for checkups. Typically, you'll go once a month for the first 28 weeks, every two weeks from 28 to 36 weeks and weekly from week 36 on. If you have a health condition or are older than 35, you may need more frequent visits. Don't skip a visit, even if you're feeling fine.

DON'T FORGET GOOD NUTRITION

Prenatal care doesn't stop when you leave the doctor's office. Every day, eat a variety of healthy foods, including fruits, vegetables and whole grains. Avoid raw fish, deli meats and nonpasteurized cheeses. And talk with your doctor about exercise. In most cases, regular physical activity helps you feel better, improves your sleep and prepares your body for birth.

Columbus Regional Health's Birthing Center offers a variety of classes, including Expectant Parent, Breast-feeding, and New Brother and Sister classes. To learn more, go to www.crh.org/birthing.

Sports Medicine Program Keeps Student Athletes **Powered**

Alex Algee, a junior at Columbus North High School (CNHS), is 16, and his world revolves around sports. He plays football, basketball and track, with some sports training simultaneously.

PLAYING LEADS TO INJURY

Football in particular is a favorite. Alas, when he was tackled during practice last year, Alex broke his fibula—the bone in the lower leg. The injury required surgery, a six inch plate, and seven screws to repair. After that, recovery began with a cast and many months of therapy.

Robyn Coffey was one of the first to reach Alex's side after the injury. The Columbus Regional Health athletic trainer, located at CNHS, accompanied Alex and his family to the hospital for X-rays. As athletic trainer, Coffey's primary role was to help Alex get back to the sports he loves. She attended some of Alex's doctor's appointments with Cary Guse, M.D., Medical Director of Columbus Regional Health's Sports Medicine team. Coffey kept in contact with Dr. Guse to determine how she could assist, and encouraged him in his recovery.

VALUABLE PARTNER IN RECOVERY

"The athletic trainer position is the perfect blend for me between sports and helping people," says Coffey, who earned a bachelor of science degree in athletic training from Indiana Wesleyan University, where she played college softball for four years. "I get to see kids do what they love. When something goes wrong, I get to take care of them and get to know them better. I love my kids!"

Thanks to Coffey's help, Alex was back on the field in time to play the last three games of the season, even catching the final junior varsity touchdown of the year.



Alex Algee and Robyn Coffey

Alex couldn't be happier with how everything turned out and he gives Coffey all the credit.

"Robyn was a big support. I couldn't have done it without her," Alex says. "She helped me keep a positive attitude and pushed me to make sure I was doing everything right. Robyn was a big contributor to my getting well and I would like to thank her."

FOUR TRAINERS OFFER SUPPORT

Columbus Regional Health began working with Bartholomew Consolidated School Corporation in July 2013 to provide sports medicine services at CNHS and Columbus East High School (CEHS). There are more

than 600 students who participate in sports at CNHS alone. Prior to the CRH and BCSC partnership, there was only one trainer at each school. The partnership made it possible to offer two trainers at CNHS and two trainers at CEHS.

"The Sports Medicine program is still new and we continue to learn about each other, but Columbus Regional bends over backwards for us to get us what we need," Coffey says.

Stay in the game with Columbus Regional Health's Sports Medicine program. Touch base at www.crh.org/sports or call **812-372-3035**.

Heart Failure Is **Manageable**

No one wants to have heart failure. Yet the condition might have a silver lining: It may motivate you to change things that improve your overall health and well-being.

You have plenty of good reasons to change. Adopting a healthy lifestyle and taking your heart medication may help you:

- Stop heart failure from getting worse
- Reduce symptoms such as tiredness, shortness of breath, and swelling in your feet, ankles, legs, belly and neck veins
- Treat related conditions, such as high blood pressure, coronary artery disease and diabetes
- Lead a longer, more satisfying life

CHANGING FOR GOOD

If you smoke, quitting is one of the most important steps you can take for your health. Quitting isn't easy, but there are

many resources available to help you succeed. Other key steps include eating wisely and balancing physical activity with rest.

CHOOSE HEALTHY FOODS

Eating a heart-smart diet is another key to living well with heart failure. Work with your doctor to create an eating plan that fits your specific needs. Here are some general guidelines:

- **Choose a variety of fruits and vegetables.** Also include whole grains, low-fat or fat-free milk, and healthy protein foods (such as fish, skinless poultry, lean meat, nuts, seeds, and dried beans and peas) in your diet.
- **Watch what you drink.** Heart failure symptoms such as shortness of breath and swelling are caused by a buildup of fluid in your body. Drinking too much fluid of any kind can make the problem worse for some people. You should avoid alcohol altogether.
- **Reduce salt and sodium.** They can increase fluid buildup in your body. Also limit saturated fat and trans fat. They contribute to unhealthy cholesterol levels.
- **Get plenty of potassium.** Some heart failure medications deplete this mineral. Good sources of potassium include potatoes, sweet potatoes, spinach and bananas. Talk with your doctor about the right amount of potassium for you. Too much can also be harmful.

Columbus Regional Health's Heart Failure Clinic is nationally accredited, assuring the highest quality of care. If you need help managing your heart failure symptoms, call us at **812-375-3443**.



Be Smoke-Free for Life

Once you become an ex-smoker, make it permanent. The tips below help you quit for good:

- **Be ready for cravings.** These intense urges to smoke usually last only five to 10 minutes. Plan other things you can do while you wait for the urge to pass. For example, you might text a friend, walk up and down the stairs, play a game app, or gnaw on a couple of celery sticks.
- **Know your weak spots.** When you were smoking, your brain learned to associate certain people, places and things with cigarettes. After you quit, being around those things may trigger the urge to smoke. Avoid the ones you can and use anticraving strategies to cope with the rest.
- **Keep a positive attitude.** If you slip up and have a cigarette, don't be too hard on yourself. Just learn from the experience and then get back on track.

If you need help quitting, call **1-800-QUITNOW** or visit www.QuitNowIndiana.com.

Recipe for the Grill: Scallop Kabobs

These colorful kabobs use scallops, which are naturally low in saturated fat.



Servings: 4

3 medium green peppers,
cut into 1½-inch squares

1½ lb. fresh bay scallops

1 pint cherry tomatoes

¼ C dry white wine

¼ C vegetable oil

3 T lemon juice

dash garlic powder

black pepper to taste

4 skewers

1. Parboil green peppers for 2 minutes.
2. Alternately thread first 3 ingredients on skewers.
3. Combine next 5 ingredients.
4. Brush kabobs with wine/oil/lemon mixture, and then place on grill (or under broiler).
5. Grill for 15 minutes, turning and basting frequently.

Nutrition information per serving:

Calories: 224

Cholesterol: 43 mg

Total fiber: 3 g

Total fat: 6 g

Carbohydrates: 13 g

Sodium: 355 mg

Saturated fat: 1 g

Protein: 30 g

Potassium: 993 mg

Source: Recipe from "NHLBI: Keep the Beat Heart Healthy Recipes"

Calendar of Events

Coronary Heart Disease in Women

Thursday, June 19, noon
Mill Race Center — Columbus
Presenter: Sorin Pusca, M.D.
Call **800-699-1019** or go to
www.crh.org/events to register.

Joint Pain Seminar

Tuesday, June 24, noon
Sherman House — Batesville
Presenter: Darryl Tannenbaum, M.D.
Call **800-699-1019** or go to
www.crh.org/events to register.

Bartholomew County Fair — Free Parking Day

Monday, July 7 beginning at 5 p.m. at the main gate. Columbus Regional Health will sponsor free parking at the Bartholomew Fair. Parking is limited to the first 1,000 cars.

Diabetes Group Info Sessions

Thursdays, July 10, Aug. 14 and
Sept. 11, 3 – 5 p.m.
Mill Race Center — Columbus
Call **812-376-5500** to register.

Quarterly Diabetes Awareness Program

Thursday, Aug. 14, 5:30 – 6:30 p.m.
Mill Race Center — Columbus
No registration required.

Back Pain Seminar

August 6, 5:30 p.m.
Hilton Garden Inn, Edinburgh
Call **800-699-1019** or go to
www.crh.org/events to register.

Mill Race Center Senior Expo

September 9, 9 a.m. – 3 p.m.
Mill Race Center — Columbus
CRH is the proud sponsor. Featuring CRH experts in fitness, pharmacy and healthy cooking.



Mill Race Marathon —

Powered by Cummins — sponsored by Columbus Regional Health and Main Source Bank.
Saturday, Sept. 27, 8 a.m.
www.millracemarathon.com.



Put healthy events on your calendar.
Find listings at www.crh.org/events.

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Caring for and Preventing Wounds that Won't Heal

Small cuts and scrapes can sometimes turn serious. If you are older or have certain health problems, such as diabetes or kidney disease, even small injuries can turn into chronic wounds that take a long time to heal.

If you develop such a wound, you and your doctor can choose from many treatments to help it get better. Between doctor's visits, here are ways you can help speed the healing process:

- Avoid harsh products such as iodine, hydrogen peroxide and antiseptic solutions to clean your wound.
- Use dressings to cover the wound and keep it moist. This helps speed healing.
- Protect sores on your feet from pressure by using special shoes, crutches or other equipment your doctor may recommend.
- Help leg sores heal by propping up your legs or wearing special stockings that put pressure on them. These measures improve blood flow and tame swelling.

If you're at risk for stubborn wounds, you can help prevent them from cropping up in the first place. Protect your skin by following these tips:

- Keep clean by washing with a mild soap. Check bath or shower water with a thermometer to make sure it's not too hot (80 to 95 degrees is safe). Dry skin well, including under arms, between legs and between toes.
- Smooth on an unscented, alcohol-free moisturizer, if your skin is dry. But avoid putting lotion between toes. This could lead to an infection.
- Choose shoes that are comfortable and fit well. Walking sneakers are a good option. You also may want to try cushioned insoles filled with air or gel.

Check your skin — especially on your legs and feet — every day for cuts, blisters and other sores. If you find a new sore, call your doctor.

The Wound Center at Columbus Regional Health offers advanced wound healing therapies, including hyperbaric oxygen therapy and more. Call **812-376-5373** to schedule an evaluation with one of our wound care physicians.



Stay Connected

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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