

SUMMER 2015 www.crh.org

healthy

TOMORROW



MEET OUR FIRST
FEMALE CHIEF OF STAFF

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HEALTHY AND THRIVING
AFTER BREAST CANCER

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SPORTS INJURIES
ACROSS THE AGES

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COLUMBUS
REGIONAL
HEALTH

thinking beyond

Save This Number

WALK-IN MEDICAL CLINIC

Your time is valuable. That's why we have made it more convenient than ever to receive fast care for a minor illness. Now you can text or call us for wait times in the WellConnect Walk-In Medical Clinic.

Text or call 812-343-9840.

We'll let you know the best time to visit.

CONNECTION SPECIALISTS

Connection specialists at WellConnect are available to you for FREE. The specialists will help you find and establish a relationship with a primary care physician, specialty



care physician or medical service. To chat with a connection specialist, stop by our center or text or call us at **812-343-9840**. We're here to help you navigate the healthcare system.

WellConnect's Walk-In Medical Clinic and connection specialists are available 7 a.m. to 7 p.m., Monday through Friday. We are located on the corner of Third and Washington streets in downtown Columbus.

Calendar of Events

Better Breathers Club Support Group

July 23, 3 p.m., Mill Race Center, 900 Lindsey St., Columbus

The Better Breathers Club is a support group for adults with chronic lung disease. The meetings, offered by the Lung Institute at Columbus Regional Hospital, are held several times throughout the year. Attendees are welcome to bring their spouse or other family members. No registration is required.

For more information or for a class schedule, call **812-376-5757**.

Community Support

Columbus Regional Health is proud to sponsor the following community events:

- Columbus Farmer's Market in downtown Columbus, Saturdays from June through September
- Columbus Indiana Philharmonic concert performances
- County Fairs Summer 2015 (Bartholomew, Decatur, Jackson and Johnson)
- Q-Mix Musical Fireworks, July 3, 10 p.m., Columbus Municipal Airport
- Our Hospice Concert, September 5, 6 p.m., Mill Race Park
- Mill Race Marathon, September 26, 7 a.m., downtown Columbus



For more information about other CRH events, go to www.crh.org/events. We look forward to seeing you this summer!

Medical Identity Theft Protection

Columbus Regional Health has partnered with healthcare intelligence firm CrossChx to offer our patients advanced medical identity theft protection.

In December 2014, the CrossChx system, Safe Chx, was installed at registration points throughout Columbus Regional Hospital, improving both security and patient registration.

CrossChx uses biometric technology to assign a unique code to each patient's fingerprint. The code is linked to patients' medical information, allowing for a fast and secure way to verify identity through a simple fingerprint scan.

The fingerprint scan is not stored. Patients are scanned at each visit for greater security.

The identification system is a voluntary security option offered to new and existing patients of Columbus Regional Hospital.

It is helping to eliminate medical errors due to patient misidentification, and it is enhancing our patients' experience.

Need to Enroll in a State Program?

An Advocate Can Help

Columbus Regional Health has partnered with ClaimAid to provide trained patient advocates to assist patients enrolling in state health insurance programs such as:

- HIP 2.0
- Health Insurance Marketplace
- Social Security Disability
- Hoosier Healthwise
- Medicaid and more

Call **812-376-5035** or **812-376-5565** to schedule an appointment. Assistance is provided for FREE. To learn more about this service go to www.claimaid.com.



Amanda Dornfeld, M.D.

Columbus' First Female Chief of Staff



From early childhood, Dr. Amanda Dornfeld knew she wanted to practice medicine.

Dr. Dornfeld was born in Boston, but she was raised in Indianapolis and considers the Hoosier State home. After graduating from Valparaiso University and obtaining her medical degree from Loyola University in Chicago, Dornfeld returned to Indiana for her residency at Ball Memorial Hospital in Muncie. She knew she wanted to find a permanent place in the state to practice.

"I really didn't know much about Columbus," she said. "I just knew it had a great reputation. As I learned more, I realized what a great fit it was for me and my family."

She found her niche as a primary care physician at Sandcrest Family Medicine, a Columbus Regional Health practice. At just 38 years old, she is the first female chief of staff for Columbus Regional Hospital.

"I'm honored to be given the opportunity to represent my colleagues, but also to represent the hospital and keep the lines of communication going between Columbus Regional Health and the physicians," Dornfeld said. "Ultimately, we all want what is best for our patients and for the community."

In addition to the full-time work of seeing about 90 patients weekly, Dornfeld puts in about 25 hours monthly as chief of staff.

ADVOCATING FOR BABIES

Dr. Dornfeld co-founded the Bartholomew County Breastfeeding Coalition and served as the physician lead of the UNICEF/WHO's Baby-Friendly Hospital Initiative for Columbus Regional Health. The four-year undertaking moved the health system toward a worldwide certification in an evidence-based care model of adopting policies and practices that allow for the best possible environment for new moms to care for their babies, from breast-feeding practices to skin-to-skin bonding after birth and ongoing support programs and groups.

"Achieving Baby-Friendly status was really important to me but not an easy task, and not something I could do alone. We have such great nurses and nursing leaders who stepped up and said, 'Yes, this is really important for our patients,'" Dornfeld said. "And it was really such a collaborative effort as the pediatricians, OB-GYNs and family medicine physicians all signed on, as well."

▶ Learn more about Dr. Dornfeld and her new role at Columbus Regional Hospital in a video interview.



Go to <http://goo.gl/WcCqRc> or snap the QR code with your smart phone to view.

CULTIVATING EXCELLENCE

For Dr. Dornfeld and her colleagues, Baby-Friendly status is just the beginning and just one example of the exemplary care Columbus Regional Health and its physician affiliates strive to bring to the surrounding community.

"I'm really proud to be a part of Columbus Regional Health," Dr. Dornfeld said. "It's pretty neat that we're an independent hospital, and because we are smaller, as opposed to a very large system, I think things can move a little faster. If someone has a passion, we're more flexible at being able to help them pursue that and make a real difference."

"We have an amazing staff and administration that has made difficult but good decisions, such as keeping the staff paid during the flood [which closed the hospital in June 2008] and investing in and creating an Innovation Center in a hospital our size. It's an environment that cultivates excellence and continues to strive for excellence all the time."

She and her husband, David, a part-time accountant, have three children, Luke, Noah and Violet, and exchange student daughter, Jiyi Choi.



BE PREPARED BEFORE YOU WELCOME YOUR NEW BABY

Columbus Regional Health offers prenatal classes to provide families with information concerning pregnancy, childbirth and newborn care. We offer many class options to best fit your schedule.

For pricing information or to register for classes, call Columbus Regional Hospital at **812-376-5500** or **800-841-4935**, 8 a.m. to 5 p.m., Monday to Friday.

Is It Time for Your Pap Test?

A Pap test is a regular part of a woman's healthcare. The test screens for cancerous and precancerous cells that can be treated before cancer occurs. Results of a Pap test also help to diagnosis infections and can track any changes in the cervix that could signal another problem.

A lot of women can be confused about Pap tests, especially about when to start, when to stop and how often they should see their OB-GYN.

SCREENING FREQUENCY

According to the American College of Obstetricians and Gynecologists, general guidelines are as follows:

- Cervical cancer screening should begin at age 21 for all women, including those who are not sexually active.
- Most women younger than 30 can be tested every other year.
- Women older than 30 can be tested once every three years if they have had three consecutive Pap tests with normal results.

- Women ages 65 to 70 who have had at least three normal Pap tests in a row, are sexually inactive and have had no abnormal Pap tests in the past may decide, on consultation with their healthcare provider, to stop cervical cancer screening.
- Women who have had a total hysterectomy do not need to undergo cervical cancer screening, unless the surgery was done as a treatment for cervical precancer or cancer.

WHAT YOU NEED TO KNOW

Patients who are allergic to or sensitive to latex should notify their healthcare provider.

If you are pregnant or think you may be pregnant, make an appointment to see your doctor or OB-GYN.

There may be other risks depending on your specific medical condition. Be sure to discuss any concerns with your healthcare provider prior to having a Pap test.

Several factors or conditions can alter the results of a Pap test. Keep these interfering factors in mind when scheduling your appointment.

- Avoid getting a Pap test while you are menstruating.
- Avoid using vaginal creams, jellies, medications or spermicidal foams for two to three days before the Pap test, as these substances may alter the pH of the cells or hide abnormal cells.
- Do not douche for two to three days before a Pap test, as douching can wash away surface cells.
- Avoid vaginal intercourse 24 hours prior to the test. Intercourse may cause inflammation of the tissue.
- Infections.
- Certain medications, such as tetracycline.

Pap test results usually take a few days. Ask your healthcare provider how you will be notified.

DON'T HESITATE

Take the very best care of your health. If you haven't had a Pap test recently, don't wait. Call your physician to schedule an appointment today.





Cheryl Kenyon rides a Clydesdale on her horse farm in Brown County.

Healthy and Thriving

Cheryl Kenyon, 63, has always advocated for health. A social worker for the past 40 years, she is committed to giving her clients the tools to live healthy lives. To support them, she has been committed to caring for herself.

Without fail, Kenyon got yearly mammograms from the Breast Health Center at Columbus Regional Health. In October 2013, her routine screening showed a mass. The discovery worried her, but she was thankful that she had always been diligent about getting her annual mammogram.

SMOOTH SURGERY

Kenyon went through a series of additional testing that confirmed the mass was breast cancer. She would need surgery to have the mass removed.

Being told surgery is necessary can leave anyone feeling anxious. Yet Kenyon went into surgery feeling confident. She credits the Breast Health Center nurse navigator Tammy Creech, R.N., with easing her fears along the way.

Creech explained to Kenyon everything that would happen before, during and after surgery. The nurse navigator made sure Kenyon spoke with everyone on her surgery team and understood her care plan.

Fortunately, her surgery went smoothly. Kenyon experienced no complications and went home that same night to Blossom Valley Farm, the horse farm in Brown County where she lives with her husband, Thomas.

PROFESSIONAL CARE

Kenyon says her follow-up care has been professional and meticulous. Surgery was followed by two to three months of radiation treatments done daily during her lunch hour. She never missed a day of work post-surgery.

Kenyon is thankful to have her treatment done at such a high-quality Cancer Center right here in Columbus.

"I'm very grateful for my good health and the great medical help I received," she said. "Every step of the way my treatment was professional. The interactions were personal, and

▶ Cheryl Kenyon shares more about the help and hope she received at Columbus Regional Hospital.

Watch her video interview at <http://goo.gl/3e7vpx>.

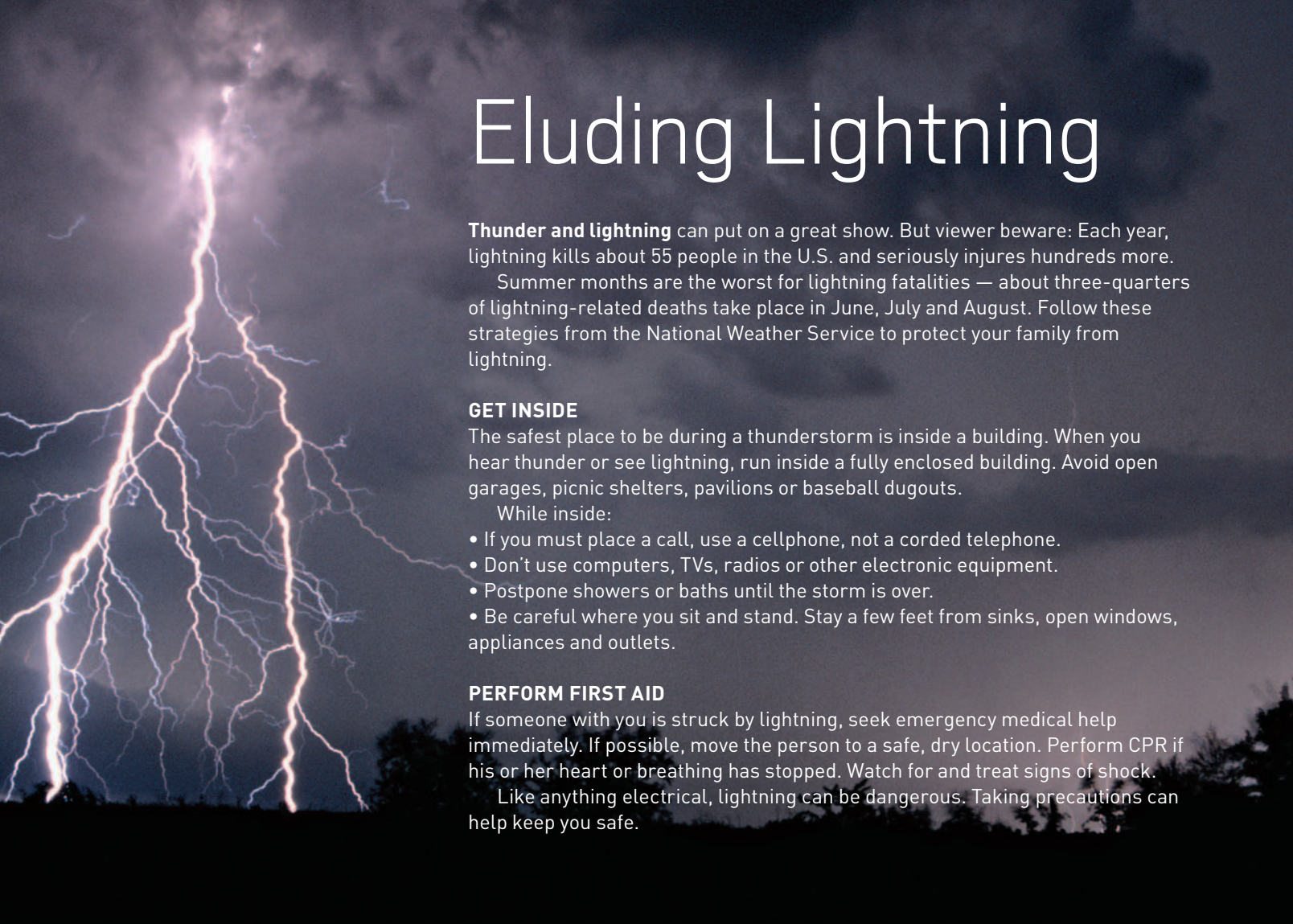


everyone had a great bedside manner. As a social worker, those attitudes and behaviors are important to me."

Kenyon is now in remission and enjoying her time with the Clydesdales on Blossom Valley Farm. She's back riding and preparing the horses for shows and fairs and continuing to care for her clients and herself.

HOLISTIC THINKING

Columbus Regional Health is proud to have treated and supported many breast cancer survivors in our community. Women should have regular mammograms starting at age 40. To schedule yours, call the Breast Health Center at **812-376-5064**. Learn more at www.crh.org/breast.



Eluding Lightning

Thunder and lightning can put on a great show. But viewer beware: Each year, lightning kills about 55 people in the U.S. and seriously injures hundreds more.

Summer months are the worst for lightning fatalities — about three-quarters of lightning-related deaths take place in June, July and August. Follow these strategies from the National Weather Service to protect your family from lightning.

GET INSIDE

The safest place to be during a thunderstorm is inside a building. When you hear thunder or see lightning, run inside a fully enclosed building. Avoid open garages, picnic shelters, pavilions or baseball dugouts.

While inside:

- If you must place a call, use a cellphone, not a corded telephone.
- Don't use computers, TVs, radios or other electronic equipment.
- Postpone showers or baths until the storm is over.
- Be careful where you sit and stand. Stay a few feet from sinks, open windows, appliances and outlets.

PERFORM FIRST AID

If someone with you is struck by lightning, seek emergency medical help immediately. If possible, move the person to a safe, dry location. Perform CPR if his or her heart or breathing has stopped. Watch for and treat signs of shock.

Like anything electrical, lightning can be dangerous. Taking precautions can help keep you safe.

Berry Coffeecake

With their wide range of flavors, textures, colors and nutritional benefits, berries offer something for everyone.



INGREDIENTS

- 1 cup low-fat lemon yogurt
- 3 tbsp. canola oil
- 2 egg whites
- ½ cup sugar
- 1½ cup flour
- 1 tbsp. grated lemon peel
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1½ cups fresh or frozen (thawed and drained) blueberries, raspberries or strawberries

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Spray a 9-inch-square, 2-inch-deep pan with nonfat cooking spray.
3. Beat yogurt, oil, egg whites and sugar in a large bowl.
4. Stir in remaining ingredients, except berries.

5. Carefully stir in berries.
6. Spread all ingredients in pan.
7. Bake about 45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes and serve.

PER SERVING

Serves eight; serving size is one piece.

Each serving contains about:

Calories	227
Total fat	6 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	192 mg
Total carbohydrate	38 g
Dietary fiber	2 g



Get more recipes from our Pinterest page. Follow us at www.pinterest.com/crhpinterest.

Sports Injuries Across the Ages

Participating in sports or recreational activities is fun and good for you. But if you aren't careful, you can sprain a muscle, tear a ligament, dislocate a joint, break a bone or get a concussion. Common sports injuries among kids and adults are:

Ages 5-9 Watch Out at Recess

Nearly half of all playground injuries are severe, including broken bones, internal injuries, concussions and dislocations. Most of the severe injuries occur at school.



Ages 6-19 Stay Safe on the Playing Field

In this age group, sports-related injuries are to blame for about 20 percent of all injury-related emergency department visits. Children and teens are most likely to suffer from strains and sprains, followed by fractures, bruises and scrapes, and concussions.



Ages 13-15 Prevent ACL Tears

Teens ages 13 to 15 account for 37 percent of all sports-related injuries. Common among this group is an injury to the anterior cruciate ligament (ACL), which connects the thighbone to the lower leg. Girls are eight times more likely than boys to injure their ACL.



Ages 5-24 Practice Bike Safety

This group has the highest rate of nonfatal bicycle-related injuries. To reduce the risk of head injuries, all bicyclists, regardless of age, should wear a helmet every time they ride.



Ages 25-40 Remove the Risk in Recreational Sports

Men are most likely to get hurt from bicycling, basketball, football, baseball, softball or soccer, while women are most likely to get injured bicycling or playing softball.

Injuries Vary by Sport

- Basketball most often injures fingers, ankles and knees.
- Bicycling causes head and shoulder injuries.
- Baseball and soccer are hard on ankles, knees and the face.
- Football damages fingers, knees and shoulders more than any other parts of the body.

PICTURE PERFECT

Columbus Diagnostic Imaging, a part of the Columbus Regional Health system, provides a complete range of outpatient imaging services at 790 Creekview Drive in Columbus. Our new high-field Tesla MRI provides more detailed and clearer images, with faster image times. Call us at 812-376-1000 or visit www.crh.org/imaging to check out our services.

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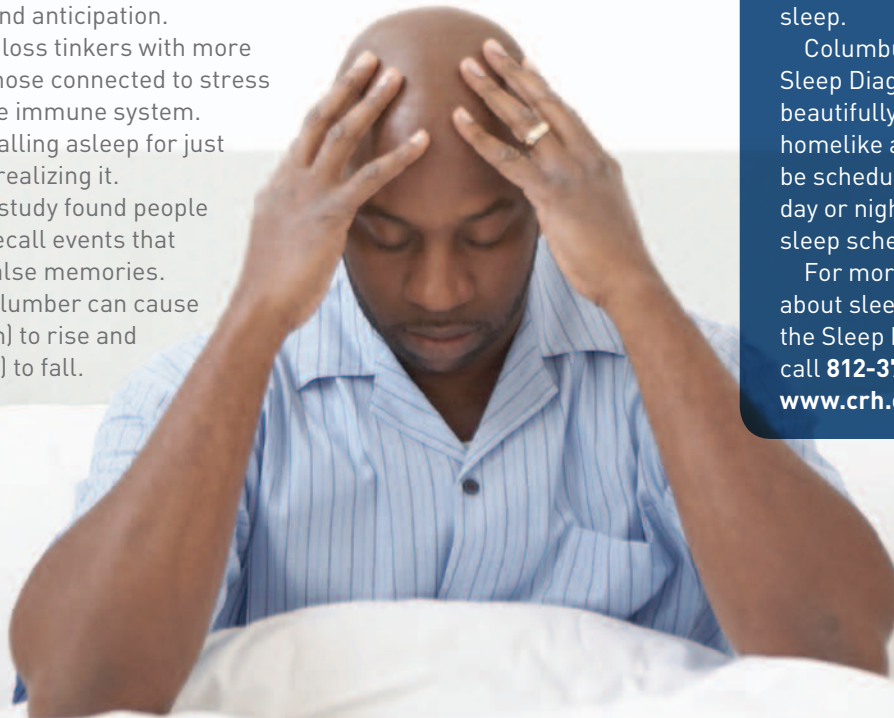
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Sleep Loss: A Public Health Crisis

Not getting enough sleep is costly and bad for your health. The Centers for Disease Control and Prevention connects sleep deprivation to \$16 billion in healthcare expenses, \$50 billion in lost productivity and 100,000 car accidents.

Researchers are still studying the effects of sleep deprivation, and their findings report several issues that can cause trouble in waking life. You may want to hop in bed early after hearing their findings. For example, not getting enough sleep can:

- **Lead to anxiety.** Researchers found that loss of sleep can contribute to anxiety — causing unnecessary worry and anticipation.
- **Mess with your DNA.** Sleep loss tinkers with more than 850 genes — including those connected to stress response, metabolism and the immune system.
- **Cause microsleep.** That is falling asleep for just a few moments without even realizing it.
- **Muddle your memory.** One study found people who are sleep deprived can recall events that never happened — creating false memories.
- **Destroy your diet.** Lack of slumber can cause your hunger hormone (ghrelin) to rise and your fullness hormone (leptin) to fall.



HOW ARE YOU SLEEPING?

You may feel grouchy or forgetful or rely on caffeine to make it through your day. And if you hit the snooze button every morning, you're probably not getting enough sleep.

Columbus Regional Health's Sleep Diagnostic Center provides beautifully decorated rooms in a homelike atmosphere. Studies can be scheduled seven days a week, day or night, to follow your natural sleep schedule.

For more information about sleep disorders and the Sleep Diagnostic Center, call **812-376-5246** or go to www.crh.org/sleep.

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