

WINTER 2014 www.crh.org

healthy TOMORROW

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COLUMBUS
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HEALTH

thinking beyond

HOSPITAL NEWS — Excellence in Patient Care



Top 100 HealthStrong Hospital

CRH was named one of the country's Top 100 strongest hospitals for 2013 in the The Hospital Strength Index, a national ratings and analytics program developed by iVantage Health Analytics. The Index ranks all 4,400+ U.S. general acute care hospitals on eight performance pillars comprised of 56 different performance metrics.

The Hospital Strength Index is an objective, quantitative measurement framework based on publicly available data. It sets benchmarks for optimal population demand, operational and clinical outcomes, patient satisfaction and financial performance.

Top Ranked US Hospital

The 24th annual edition of *U.S. News and World Report Best Hospitals* ranked Columbus Regional among the best hospitals in the nation in 2013. The report placed CRH 7th in Indiana (out of 167 Hoosier hospitals), up from 13th in 2012.

CRH also was recognized as one of America's high-performing hospitals in the following areas:

- Gastroenterology and GI Surgery
- Geriatrics
- Neurology and Neurosurgery
- Orthopedics
- Pulmonology

The rankings were published by *U.S. News* in collaboration with RTI International, a research organization. The complete rankings are available at <http://health.usnews.com/best-hospitals>.



Columbus Regional Health Named Leader in Healthcare Equality

The Healthcare Equality Index 2013 report, an annual survey conducted by the Human Rights Campaign (HRC) Foundation, has recognized CRH as a "Leader in Healthcare Equality." Just three Indiana hospitals and 464 healthcare facilities nationwide received the honor.

CRH met key criteria for equitable care, including nondiscrimination policies for lesbian, gay, bisexual and transgender patients and employees, a guarantee of equal visitation for same-sex partners and parents, and health education for key staff members.

For more information about the Healthcare Equality Index 2013, visit www.hrc.org/hei.



Excellence in Patient Care Award

Columbus Regional Hospital has received an Excellence in Patient Care award from outcomes firm Studer Group®. The award recognizes CRH's increase in patient care satisfaction in the Emergency Department. These outstanding results ranked CRH among the highest from a database of more than 850 organizations coached by Studer Group.

“Down in the Dumps” vs. Depression: Do You Know the Difference?

You know that diseases like arthritis and diabetes can have a negative impact on health. Yet you may not realize that another disease—depression—is just as serious.

Many older adults suffer from clinical depression without knowing it—and they’re unlikely to get better without help.

The good news is that depression is highly treatable. Recognizing depression and seeking treatment will improve your mental and physical health.

ARE YOU DEPRESSED?

Depression is commonly diagnosed when five of the following symptoms are present for a period of two weeks or longer:

- Constantly feeling sad, “empty,” or anxious
- Loss of interest or pleasure in activities previously enjoyed
- Gaining or losing a lot of weight, not on purpose
- Sleeping too much or too little
- Being very jittery or very slow
- Feeling fatigued, or having decreased energy
- Feeling worthless, helpless, or guilty
- Being unable to concentrate or think
- Feeling pessimistic or hopeless
- Difficulty remembering, concentrating, or making decisions

- Irritability or restlessness
- Excessive crying
- Persistent aches and pains that don’t improve with treatment
- Thinking of death or suicide

If you have experienced four or more of these symptoms for longer than two weeks, talk to your doctor. A depression screening should include a physical exam and a detailed interview about your state of mind. Talk with your doctor if your symptoms or moods change.

If you’re having thoughts of suicide or death, go to the nearest emergency room or call 911. There is help available.

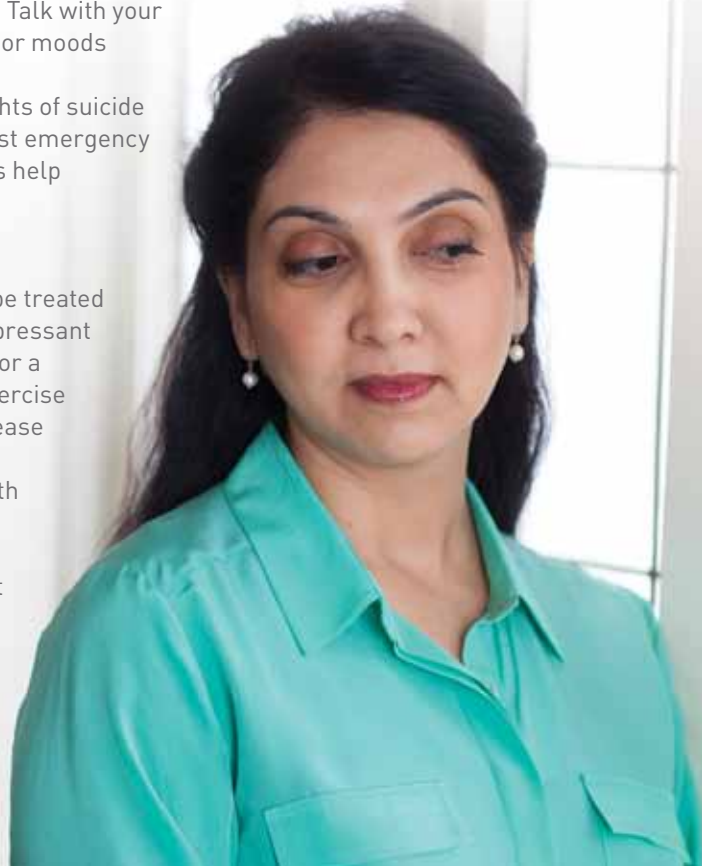
WHY TREAT IT?

Depression usually can be treated successfully with antidepressant medicines, talk therapy, or a combination of these. Exercise has also been shown to ease depression.

Many older people with depression—especially men—don’t get treated. But depression shouldn’t be ignored. With treatment, depression symptoms can diminish, leading to an improved quality of life.

Here’s why treatment is so important:

- Depression may raise the risk for, worsen, or mask other illnesses, including heart disease.
- Early treatment may keep mild depression from getting worse.
- In older adults, untreated depression may raise the risk of becoming or remaining disabled.



Normal Worry or Chronic Anxiety?

Everyone gets worried or nervous from time to time. But if you constantly feel extremely anxious about everyday occurrences for at least six months, you may have chronic anxiety.

Some symptoms are similar to depression, such as irritability, sleeplessness and fatigue. Other signs of this treatable illness include:

- Headaches
- Muscle tension and aches
- Sweating
- Breathlessness
- Nausea

Chronic anxiety can strike at anytime, but most commonly begins during your 20s. About twice as many women as men are affected. Psychotherapy and prescrip-

tion medicines, such as antidepressants and anti-anxiety drugs, are used sometimes in combination to treat chronic anxiety.

Aerobic exercise can also help reduce anxiety. But be wary of excessive caffeine and nicotine, which can worsen anxiety symptoms. If you need help controlling chronic anxiety, talk with your physician.

Patient Navigators: Showing You the Way

Patient navigators are increasingly available at hospitals and other healthcare settings to help patients deal with life-changing diagnoses.

Even in the best of circumstances, navigating the highly specialized and confusing arena of the U.S. healthcare system can be daunting.

Doing so when you're ill, stressed by a diagnosis, or disadvantaged due to language or cultural barriers makes it easy to become overwhelmed and



miss connecting with appropriate and quality medical care.

One solution to this increasingly common problem is to work with a patient navigator (PN), who can guide you through the web of doctor appointments, lab tests, treatment protocols and insurance eligibility. PNs can also help with follow-up care, link you to clinical trials and community support groups, and anything else that is likely to improve your outcome and well-being.

CANCER CARE

Receiving a cancer diagnosis is devastating. Add to that the immediate challenge of navigating the complexities of treatment, and the advantages of having a PN at your side are obvious.

PNs working in cancer care assist patients, family members and caregivers in gaining timely access to

appropriate medical and emotional care at every step, including:

- Understanding the diagnosis
- Coordinating appointments
- Explaining treatment options
- Connecting patients with counseling, support groups, nutritional support, physical therapy, and any other needed services and care

Patient navigation for people with cancer has been credited with improved survival rates, increased use of appropriate care and resources, better adherence to cancer treatments, and decreased medical costs.

Columbus Regional Health's Cancer Rehabilitation Program is designed to help cancer survivors function at the highest level possible. To learn more about this program, go to www.crh.org/cancer or call **812-376-5806**.

Introducing WellConnect

WellConnect is the latest innovation from Columbus Regional Health to offer a better health and wellness experience. Our new WellConnect location in downtown Columbus, at the intersection of 3rd and Washington Streets, opens December 2013.

The introduction of WellConnect is an extension of our vision to be available to our community for more than just acute care. At Columbus Regional Health, our goal is to be our community's resource for the very best healthcare and service, offering trusted one-on-one connections, easy and convenient services, and healthcare guidance.

WellConnect is a dynamic new take on health and wellness. It brings our nationally recognized, holistic approach

to health and medicine closer to where you work, play, and live. When fully operational, WellConnect will offer several services all within one convenient location, including:

- **WellConnect Care Center** will provide a range of services from minor illness care to immunizations and wellness assessments.
- **WellConnect Classes** will offer ways to support a healthier lifestyle and reduce stress, from wellness classes such as yoga and pilates, to cooking demonstrations and health education sessions.

In addition, WellConnect will serve as a real-time innovation lab, as we actively seek your input to meet the needs of our customers. You may see a



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changing roster of services offered as we evolve with your help to align with your needs. WellConnect is more than just a healthcare facility. We like to think of it as sort of a healthy oasis. A place that you'd actually like to visit, and a place that you'd like to return to over and over again.

WellConnect is about helping you feel better — even when you're well.

To learn about our new WellConnect, visit www.crh.org/wellconnect.

New Physicians at Columbus Regional Health

We are pleased to welcome these new physicians to our medical staff.



Justin Burdick, M.D.
General Surgery
Southern Indiana Surgery,
2325 18th Street, Suite 220, Columbus
812-372-2245



Rachel Kerschner, M.D.
Pediatrics
Columbus Pediatrics,
1120 N. Marr Road, Columbus
812-376-9219



Laura Burdick, M.D.
Dermatology
Dermatology Physicians Inc.,
360 Plaza Drive, Suite C, Columbus
812-376-9686



Alyssa Lovell, M.D.
Family Medicine
Doctor's Park Family Medicine,
3201 Middle Road, Columbus
812-372-8281



Jason Christie, M.D.
Vascular Surgery
Southern Indiana Surgery and the
Vein Clinic of Southern Indiana Surgery,
2325 18th Street, Suite 220, Columbus
812-372-2245



Matthew Lovell, M.D.
Orthopedics
Southern Indiana Orthopedics,
940 N. Marr Road, Columbus
812-376-9353



Emily Claerbout, M.D.
Emergency Medicine
Emergency Physicians Inc. of Columbus
at Columbus Regional Hospital,
2400 E. 17th Street, Columbus
812-376-5277



Indu Menon, M.D.
Internal Medicine
Columbus Internal Medicine Associates,
3015 Tenth Street, Columbus
812-376-9427



Firas Ghanem, M.D.
Interventional Cardiology
Southern Indiana Heart and Vascular,
2325 18th Street, Suite 130, Columbus
812-379-2020



Michelle O'Brien, M.D.
Anesthesiology
Southeastern Indiana Anesthesia Associates,
234 California Street, Columbus
812-378-9027



Nandu Gourineni, M.D.
Interventional Cardiology
Southern Indiana Heart and Vascular,
2325 18th Street, Suite 130, Columbus
812-379-2020



Soo Park, M.D.
Interventional Cardiology
Southern Indiana Heart
and Vascular,
2325 18th Street, Suite 130,
Columbus
812-379-2020



Degaulle Haile, M.D.
Obstetrics and Gynecology
OB/GYN Associates,
3183 N. National Road, Columbus
812-372-1581

Robert Kurt Retrum, M.D.
Radiology
Columbus Diagnostic Imaging,
790 Creekview Drive, Columbus
812-376-1000

To learn more about these physicians or to find a physician, go to www.crh.org and click on 'Find a Doctor'.

What You Can Do About Varicose Veins

While varicose veins aren't usually serious, many people find them distressing from a cosmetic standpoint. They also can ache or cause discomfort.

These bulging veins, which usually appear on calves and thighs, tend to run in families. They're also more common in women, partly due to hormonal changes.

Take this test and learn how to find relief from varicose veins.

True or False?

1. Sitting with your legs crossed may worsen varicose veins. Ⓓ Ⓔ
2. It's best to avoid exercise when varicose veins ache or cause discomfort. Ⓓ Ⓔ
3. You should wear compression stockings at night to treat varicose veins. Ⓓ Ⓔ

Answers:

1. True. Inside veins are valves, or flaps that open and close. These help ensure that blood flows in the right direction — up toward the heart, instead of down the

leg. In varicose veins, these valves become weakened and leak. Free to flow downward, blood pools inside veins, causing them to swell.

Anything that constricts veins or puts a lot of pressure on them may speed up this process. This includes:

- Crossing your legs
- Being overweight
- Standing or sitting for long periods of time.

Smoking also can contribute to varicose veins because it affects circulation and harms vein walls.

2. False. Regular exercise can help ease discomfort from varicose veins. Other self-help strategies include:

- Raising your legs above your heart
- Applying cold compresses to veins
- Doing simple leg exercises while standing or sitting. For instance, when standing, rise to your tiptoes for a few seconds, and repeat.

When self-help strategies don't relieve discomfort, surgery and other medical treatments also offer good results.

3. False. Wearing compression stockings can help ease the discomfort of varicose veins. But you should put them on first thing in the morning and take them off before bed.



For more information about the treatment of varicose veins, call the specialists at The Vein Clinic of Southern Indiana Surgery at **812-372-2245** or Southern Indiana Heart and Vascular at **812-379-2020**.

HEALTHY GUMS, HEALTHY BODY

Have you heard that gum disease raises your risk for heart disease and stroke?

Earlier research claimed this about gum disease: The bacteria in your gums causes an infection. And this infection sets off a chain of events in the body that could damage heart and blood vessels.

But in a 2012 statement, the American Heart Association said that it finds no evidence proving that gum disease causes heart disease or stroke.

Still, there may be a connection between your mouth and your heart.

Gum disease and heart disease share common risk factors, such as age, diabetes and smoking, and they

both cause inflammation in your body. That might be why heart disease and mouth disease sometimes occur at the same time. Research to learn more about the link is ongoing.

Keeping teeth and gums healthy is good for your overall wellbeing. Serious gum disease may make it harder for people with diabetes to keep their blood sugar under control. In addition, gum disease may raise the risk for respiratory infections.

To keep your gums healthy, get regular dental cleanings from your dentist. Brush your teeth twice a day,

floss every day, eat a healthy diet and don't smoke. And keep up good dental hygiene if you become pregnant. Serious gum disease could cause you to have your baby too early.

Minutes count in cardiac emergencies. Columbus Regional's Heart and Vascular Center offers advanced cardiac care, including 24/7 interventional cardiology and heart surgery. Learn more at www.crh.org/heart.



Recipe for Health: Beef & Bean Chili

Adding beans to this recipe helps to lower the fat and cholesterol in each serving.

- 2 lb lean beef stew meat (trimmed of fat), cut in 1-inch cubes
- 3 T vegetable oil
- 2 C water
- 2 t minced garlic
- 1 large onion, finely chopped
- 1 T flour
- 2 t chili powder
- 1 green pepper, chopped
- 2 lb tomatoes, chopped (3 cups)
- 1 T oregano
- 1 t cumin
- 2 C canned kidney beans*

1. Brown meat in a large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender.
2. Heat remaining vegetable oil in second skillet. Add garlic and onion. Cook over low heat until onion is softened. Add flour and cook 2 minutes. Add the garlic-onion-flour mixture to the cooked meat. Then, add the remaining ingredients to the meat mixture. Simmer ½ hour.

Yield: 9 servings
Serving size: 8 oz

Each serving provides:
Calories: 274
Total fat: 10 g
Saturated fat: 2 g
Cholesterol: 65 mg
Sodium: 159 mg*

* To cut back on sodium, try using “no salt added” canned kidney beans, or use beans prepared at home without salt.

Source: *National Heart, Lung, and Blood Institute, National Institute of Health*

Subscribe to Columbus Regional Health e-newsletters and receive healthy recipes in your in box each moth. Go to www.crh.org and click on the online services tab to sign up.

Caring for Your Child's Concussion

In cartoons, when someone gets hit on the head, twinkling stars can be seen circling his head. The scene gets a good laugh and no harm is done. But in real life, a head injury that leads to a concussion can be more serious.

A concussion is a change in the way the brain functions that results from an injury to the head. Today, any injury to the head or neck that causes symptoms like confusion or dizziness that resolve on their own is considered a concussion. A child will not always lose consciousness. Parents need to look for certain symptoms in their injured kids before deciding how to act.

WHAT TO LOOK FOR

Some of the immediate signs of a concussion include:

- Appearing dazed
- Responding slowly to questions
- Confusion
- Stumbling when walking
- Difficulty seeing
- Loss of consciousness, even if only for a few seconds

Children may also complain of a headache, dizziness, vomiting or lack of awareness of surroundings hours after the head injury. Days or weeks later, other problems may pop up, such as light-headedness, poor concentration, blurred vision, frequent crying, fatigue, and problems sleeping or with memory.

WHAT TO DO

Parents should contact a hospital or doctor immediately if their child has lost consciousness for any amount of time or if any other symptoms get worse or begin days or weeks later. Otherwise, rest is the best way to care for a mild concussion. Children should not rush back into activities until all symptoms have cleared. A second concussion could lead to brain damage or even death.

Avoiding a head injury is the best way to prevent a concussion. Children should wear helmets for most physical and sports activities. Have your children learn the right way to head a soccer ball. Finally, when going for even a short drive, make sure your kids wear seat belts or sit in car seats.

Columbus Regional Health offers the latest in sports medicine technology and treatments and we are committed to getting you back in the game quickly and safely. To learn more, go to www.crh.org/sports.

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Printed on Recyclable Paper

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CRH Launches Recycling Changes

Columbus Regional Hospital is pleased to introduce a new recycling system. In order to reduce our impact on the environment, we are implementing a Single Stream Recycling System. In this system, all recyclable materials — including glass, paper, plastic, and metal cans are placed, unsorted, in a recycling container. Materials are sorted at an external facility to be recycled.

When visiting the hospital, you may notice new recycling and trash containers. A clear liner is used for recyclables and a black liner for trash and waste.

Recyclables include:

- Plastics numbered 1-7 — cups, bottles and yogurt containers
- Paper — office paper, newspaper and inserts and magazines
- Metal — aluminum, tin and steel cans
- Plastic banding and shrink wrap



To learn more about how Columbus Regional Health is working to be energy efficient, go to our YouTube Channel to learn about our partnership with Duke Energy. Visit <http://goo.gl/EiK611> or scan the QR code.



Give Your Home a Checkup

Many people are concerned about air pollution in the sky. But what's inside your home matters, too. Use this checklist to make sure your abode is healthy.

- Have your heating system, fireplace and chimney checked yearly by a qualified technician. Any device that burns gas, oil, kerosene or wood can cause a deadly, undetectable buildup of carbon monoxide if it doesn't operate or vent properly.
- Wash bedding (and washable stuffed toys) in at least 130-degree water once a week to help control dust mites. These tiny bugs or their droppings can trigger allergic reactions or asthma attacks.
- Regularly clean surface dust and any appliance that circulates, heats, cools or alters the humidity of your indoor air, such as an air-conditioning unit. Follow the manufacturer's instructions about cleaning and changing filters.
- Seal up food and clean spills promptly to discourage bugs and other pests.
- Fix interior and exterior water leaks. Moisture encourages mold and insects.
- Flush pipes with cold water for a few minutes before you drink or cook with the water. This reduces your risk of ingesting lead or copper from the pipes or hot water.
- Keep these items in the containers they came in: medicines, supplements, household cleaners and other chemicals. If you

must switch containers, never put such products in containers used for food. Store them where children can't reach, and use ones that have child-resistant latches or locks.

- Run the exhaust fan if you have one to remove moisture from the bathroom and fumes in the kitchen. Or open the window.
- If you have your own well for drinking water, ask your local or state health department about testing your water annually for contaminants. If you use a public water system, your supplier must send you an annual water-quality report.
- Put a smoke alarm outside each bedroom and one on each level of your home that has no bedrooms. Test alarms monthly, keep them dust-free and change batteries at least once a year.

Be good stewards and do your part to reduce your environmental impact. Check your local government website for recycling tips and locations.

