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healthy TOMORROW

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SEE PAGE 5

WHEN FLYING HIGH
IS A PAIN IN THE EAR

pg. 3

GET HELP THROUGH
THE INSURANCE MAZE

pg. 4

TAKE ACTION TO CUT
'BAD' CHOLESTEROL

pg. 6



COLUMBUS
REGIONAL
HEALTH

thinking beyond

Welcome Our New Physicians



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

Sometimes the Skies Are Anything but Friendly to Your Ears

As holiday travel increases this time of year, many travelers find flying to be a real pain in the ear. About a third of all travelers experience ear pain or clogging due to rapid changes in air pressure. If you have a head cold, sinus problems or seasonal allergies, the likelihood of having an earache while flying increases even more.

Some people reduce the pain with easy techniques, like chewing gum, swallowing, yawning or performing the valsalva maneuver (pinching your nostrils shut, closing your mouth, and trying to blow air out of your nose). Others try a variety of over-the-counter medications, such as Afrin (oxymetazoline), Vicks or Sudafed (pseudoephedrine).

Drs. Mark and Allison Royer, ear, nose and throat (ENT) surgeons with Columbus ENT & Allergy at Columbus Regional Health, explain that the majority of ear problems during flying are caused by problems with the eustachian tube (the tube that connects the middle ear to the throat). This is also known as eustachian tube dysfunction (ETD). They caution, however, against self-medicating with over-the-counter treatments.

“Medications containing decongestants may wear off during the flight, thus increasing your ear pain and eustachian tube dysfunction upon landing,” Dr. Mark Royer cautions. “Additionally, medications containing oxymetazoline or pseudoephedrine may result in rebound nasal congestion or significantly increase blood pressure.”



Ear, nose and throat surgeons Mark and Allison Royer offer tips for air travelers and encourage people whose ear pain doesn't go away quickly to see a doctor.

An evaluation by an ENT surgeon is recommended if ear pain and pressure becomes a frequent problem for fliers, scuba divers, skiers or allergy sufferers. “An office visit allows an ENT surgeon to evaluate the nasal lining, sinus function, eustachian tube anatomy and pressure behind the eardrum,” explains Dr. Allison Royer.

Until recently, treatment options available were limited to prescription nasal steroid sprays or—in some cases—placement of an ear tube to equalize the pressure. Recent advances in ENT surgery, however, now include minimally invasive treatment options for ETD.

“We are now able to dilate the eustachian tube with a small balloon catheter, offering a minimally invasive procedure with little to no downtime to cure this painful and annoying problem,” explains Dr. Mark Royer.

Other helpful hints include drinking plenty of fluids and avoiding dehydrating drinks such as caffeine and alcohol. Drinking fluids thins mucous that may clog the eustachian tube and encourages swallowing, which helps to open the tube and equalize the pressure in the ears.

Finally, the Drs. Royer advise that any ear pain that persists beyond two to three days after flying should be considered urgent and evaluated by a healthcare provider to prevent any long-term ear damage.

Drs. Mark and Allison Royer are ear, nose and throat surgeons who care for patients of all ages at Columbus ENT & Allergy, 2326 18th Street, Columbus. For more information, visit their website at www.crh.org/ENT or call 812-375-0543.



Navigators Ready to Guide You Through the Insurance Maze

Do you need health insurance?

Do you pay for your own health insurance?

Are you a small business owner?

If you answered **yes to any of these questions**, Columbus Regional Health can help you enroll for healthcare benefits for 2015.

As part of the EnrollColumbus campaign, our trained navigators will be available to provide **FREE** one-on-one assistance with enrollment.

WHAT TO BRING

Before your appointment, gather up these key documents and bring them to the appointment:

- Social Security numbers for every family member getting coverage (or document numbers for legal immigrants)
- Employer and income information for every member of your household who needs coverage (e.g., pay stubs, W-2s or tax returns)
- Policy numbers for any current health insurance plans covering members of your household
- Information about any employer-based insurance available to you and your family

HELP AT TWO LOCATIONS

Columbus Regional Hospital will be hosting enrollment sessions on Saturdays from 9 a.m. to 5 p.m. The hospital is at 2400 East 17th Street in Columbus.

Enrollment sessions will be held:

- **November 15, 2014**
- **December 13, 2014**
- **January 17, 2015**
- **February 7, 2015**

WellConnect, at 237 Washington Street in Columbus, will also hold enrollment sessions **beginning November 17** on the following days:

- **Mondays and Wednesdays, 4 to 8 p.m.**
- **Tuesdays, 9 a.m. to 1 p.m.**

If you don't need help enrolling but have questions, visit WellConnect from 7 a.m. to 7 p.m. Monday through Friday to speak with a trained navigator. If none of these times work for you, call us at **1-800-699-1521**. We'll do our best to accommodate your schedule.

Key Dates

November 15, 2014:

Open enrollment starts for 2015

January 1, 2015:

Coverage can begin for 2015 marketplace plans

February 15, 2015:

Open enrollment ends

If you have **Medicare** or **Medicaid**, you may wonder what you need to do. The good news? Your coverage is still in place, and you don't need to do anything.

TO RECEIVE HELP

Call **1-800-699-1521** today to schedule a personal appointment with a trained navigator. **Registration is required.**

Learn How to Avoid Dangerous Blood Clots

Travelers on long trips, pregnant women, and people on the mend from surgery or injury are among those at risk for a silent threat that lurks in veins deep in their bodies.

Blood clots called deep vein thrombosis (DVT) may form there, break free and block lung arteries—a potential killer. Together, DVT and clots in lung arteries (called pulmonary embolisms) affect up to 600,000 Americans a year and kill as many as 100,000.

ALL AGES AFFECTED

DVT and pulmonary embolisms can strike almost anyone of any age. They occur more often in people who have had long periods of inactivity that slow blood flow, such as people on a long car or plane ride. Other risk factors include being age 60 or older, having a personal or family history of DVT, being a smoker, or being African-American.

DVT can occur suddenly, causing no symptoms until it's too late. Some people with pulmonary embolisms may

have no symptoms. Others may have symptoms of a DVT or they may develop pulmonary embolism-related problems. These include difficulty breathing, chest pain or discomfort (especially when breathing deeply), coughing up blood, light-headedness or low blood pressure. Shortness of breath is the most common symptom. Get immediate medical help if you have these symptoms.

TAKE CHARGE OF YOUR HEALTH

These simple tips can help prevent clots:

- Stand up and move around every two to three hours.
- Stretch and exercise your legs while sitting.
- Wear clothes that fit loosely.
- Drink plenty of water and stay away from beverages that contain alcohol or caffeine.

Regular exercise, maintaining a healthy weight and not smoking can help you stay healthy—and prevent DVT.



Watch This Story of Survival

Jack Banks of Seymour, Indiana, suffered a pulmonary embolism and lived to talk about it. To listen to his touching story as he describes his life-altering experience, click on the QR code or go to www.crh.org and click on our YouTube channel.



Share Your Feedback and Receive a \$5 Starbucks Gift Card!

We want your feedback. Be one of the first 200 individuals to complete our short survey regarding *Healthy Tomorrow*, Columbus Regional Health's quarterly newsletter, and as a thank you, we'll deliver a \$5 electronic gift card right to your email inbox!

All surveys must be completed by midnight on December 31, 2014.

Please visit www.surveymonkey.com/s/HealthyTomorrow to fill out the survey.



Take Action to Reduce ‘Bad’ Cholesterol

Getting a cholesterol test is simple. Making sense of the results can be more complex.

You’re likely to wind up with a confusing array of numbers: total cholesterol; “good” cholesterol (high-density lipoprotein, HDL); “bad” cholesterol (low-density lipoprotein, LDL); and possibly triglycerides (another fat in the blood).

Your doctor can help you make sense of it all, but consider focusing on LDL, or “bad” cholesterol. This fatty substance can lead to the buildup of plaque, a thick, hard deposit in artery walls. Plaque can clog arteries leading to the heart and brain, putting you at serious risk for a heart attack or stroke.

DOWN WITH THE BAD

Your doctor may recommend treatment with lifestyle changes or medication, based on your heart disease risk factors. To help bring LDL down:

- **Follow a heart-healthy diet.** Control your intake of calories, saturated fat, trans fat and dietary cholesterol. Eat more soluble fiber, found in beans and oatmeal.
- **Maintain a healthy weight.** Weight loss can benefit both LDL and HDL levels.
- **Get regular physical activity.** Try to exercise for 30 minutes at least five times a week.
- **Quit smoking.**
- **Take cholesterol medications if lifestyle changes aren’t enough.**

UP WITH THE GOOD

Meanwhile, don’t ignore HDL. The “good” cholesterol appears to protect against heart attack by slowing the growth of plaque. That means you want this number to go up.

Some things you can do to lower bad cholesterol also tend to raise good cholesterol. For example, HDL tends to increase if you lose weight, increase your physical activity and drink moderate amounts of alcohol—or no alcohol.



Winterize Your Exercise

Don’t use cold weather as an excuse to stay on the couch until spring.

Keeping physically active through the winter helps control your weight and reduces your risk of getting heart disease and diabetes. And it may even help protect you from the sniffles, based on a study in the *British Journal of Sports Medicine*.

Snowshoeing and cross-country skiing offer great aerobic benefits and are easy on your joints. Tossing snowballs, building a snowman or sledding will get your heart pumping as well. Follow these snow-day tips to stay safe:

- **Do a warm-up first.** Your muscles, ligaments and tendons are more likely to get injured when cold.
- **Dress in light layers.** The innermost layer should be made of breathable fabric. The outer layer should protect you from blustery winds.
- **Don’t forget your hat.** Up to 50 percent of the heat lost from your body while outside comes from a bare head and neck.
- **Drink plenty of fluids.** It’s easy to get dehydrated without realizing it in cold weather.

Lima Bean, Mushroom and Barley Soup

INGREDIENTS

- 1 cup large, dried lima beans
- 3 tbsp. coarse pearl barley
- 6 cups low-sodium vegetable broth
- 2 cups sliced portobello mushrooms
- 1 cup chopped onion
- 1 cup diced carrots
- ½ cup chopped celery
- 2 tbsp. chopped parsley

DIRECTIONS

1. Wash lima beans and barley separately in cold water. Drain and transfer to a soup kettle.
2. Add vegetable broth and remaining ingredients; cover

and bring to a boil. Cook over low-medium heat until lima beans are soft, about two hours. Serve hot.

Yield: Eight servings

Each serving provides:

Calories 120, total fat 0 g, saturated fat 0 g, trans fat 0 g, cholesterol 0 mg, sodium 130 mg, total carbohydrate 24 g, fiber 7 g, sugars 6 g, and protein 6 g.

This hearty soup is cholesterol-free.



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

7 Ways to Ward Off Winter Germs

If it seems like germs are everywhere, you're right. You never know which germs may be lurking nearby. This winter, be ready for whatever comes your way by being proactive.

1 Take your best shot against the flu. Whether you get the nasal spray, the regular shot or a high-dose shot designed for older adults, there's still time to get vaccinated for the flu. And check with your doctor to see if you or your child should get a pneumonia vaccine, too.

2 Stay away from sick people. Move away from anyone who's obviously coughing or sneezing. If you have a serious health condition, such as COPD, it may be best to avoid large groups of people during flu season, especially its peak in January and February.

3 Cover your mouth. When you cough or sneeze, use a tissue if you have one. (If you don't, cough or sneeze into your sleeve.) Throw the tissue in the trash; then wash your hands.

4 Wash up. Speaking of scrubbing, do it thoroughly and often. Wet your hands completely under a hot or cold faucet. Turn off the tap and lather up with soap. Don't skip the backs, under your nails and between your fingers. Scrub for at least 20 seconds—that's two times through the "happy birthday" song—then rinse and dry on a clean towel or in the air. Not near soap and water? Carry an alcohol-based rub with you. It'll work in a pinch.

5 Keep your hands off. Even with all that scrubbing, avoid touching your fingers to your nose, mouth or eyes. Bacteria and viruses often spread when a person touches a contaminated surface and then his or her own face.

6 Listen to your doctor. Follow your doctor's instructions for staying healthy. Ask questions if you don't understand any of your medical team's guidance.

7 Practice healthy habits. Taking care of your body can help your immune system stay strong enough to fight off infections. Eat a nutritious diet, drink plenty of water and other fluids, manage stress and try to stick with an exercise program.

It's Flu Shot Season

WellConnect is offering same-day cash-discount pricing for flu shots at **\$25**. Just drop in—no appointment is needed.



We would be happy to bill your insurance for this service as well. Many insurance plans cover the full cost of flu shots. Discount pricing applies only to same-day cash payments.

WellConnect is open Monday through Friday from 7 a.m. to 7 p.m. and is at the intersection of 3rd and Washington streets in downtown Columbus.



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Only the Best for You and Your Baby

At Columbus Regional Health, our goal is to help babies get the healthiest start possible. Each year, we welcome more than 1,100 babies into the world.

RATED 'BABY-FRIENDLY'

These efforts have earned Columbus Regional Health special recognition. We are honored to receive the Baby-Friendly Hospital Initiative designation from the World Health Organization and UNICEF.

Columbus Regional Health's Birthing Center is one of just six in Indiana and fewer than 200 in the country to achieve this international designation.

BREAST-FEEDING HELP

Baby-Friendly Hospitals must follow guidelines, practices and policies that offer mothers the information, confidence and skills needed to successfully initiate and continue breast-

feeding their babies, and assist mothers who cannot or choose not to breast-feed with the information and skills to feed their babies safely.

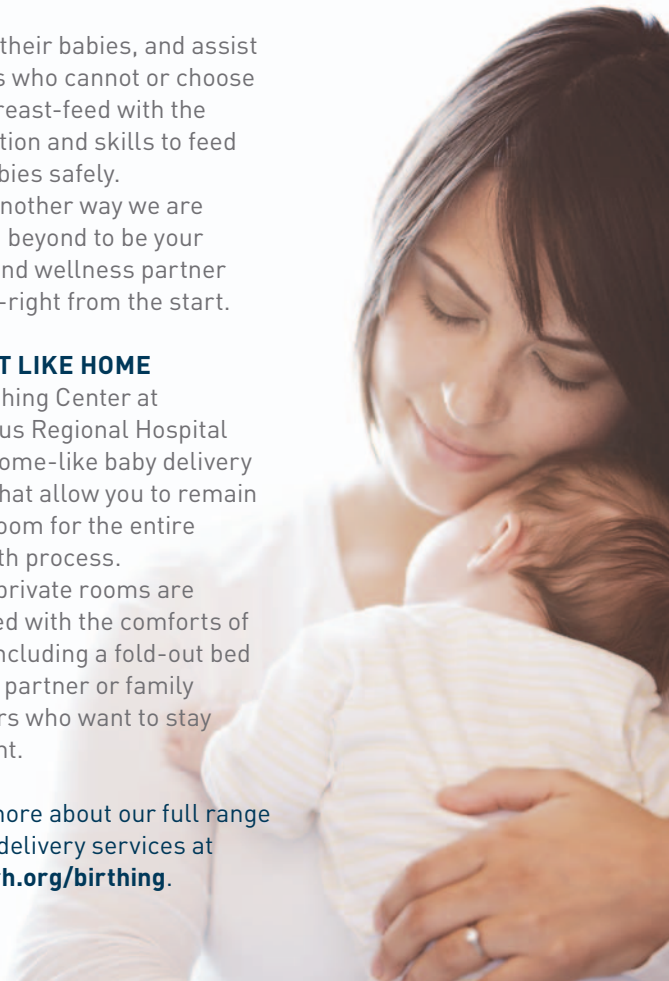
It's another way we are thinking beyond to be your health and wellness partner for life—right from the start.

ALMOST LIKE HOME

Our Birthing Center at Columbus Regional Hospital offers home-like baby delivery rooms that allow you to remain in one room for the entire childbirth process.

The private rooms are furnished with the comforts of home, including a fold-out bed for your partner or family members who want to stay overnight.

Learn more about our full range of baby delivery services at www.crh.org/birthing.



PLANNING TO BREAST-FEED?

Expectant moms face plenty of choices. Perhaps the most important is whether to breast-feed.

About three in four mothers choose nursing, at least in the beginning. That's good news, since breast milk contains the perfect nutrition for babies. Breast-fed infants have a lower risk for allergies, infections and other illnesses. They're also less likely to be overweight as children.

Nursing has perks for moms, too, including easier weight loss; less risk for breast cancer, ovarian cancer, and postpartum depression; and a closer bond with the baby.

To make nursing work, start preparing during pregnancy. Ask your doctor for help. He or she may recommend a lactation counselor, a health professional with special expertise in helping women nurse. It's important to start breast-feeding as soon as possible after your baby's birth.

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