

WINTER 2016 www.crh.org

healthy TOMORROW

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COLUMBUS
REGIONAL
HEALTH

Cold or Flu Got You Down? WellConnect Can Help!

WellConnect's Walk-in Medical Clinic provides a range of services, including minor illness care. Stop by, and we'll get you on the road to recovery quickly.

You don't need to make an appointment. However, if you prefer, you can call or text us at **812-343-9840** for wait times. We'll let you know the best time to visit.




We know your time is valuable, so we're here to make your life less complicated.

WellConnect is open weekdays from 7 a.m. to 7 p.m. and is located on the corner of Third and Washington streets in downtown Columbus.


To find out more about our services, classes and connection specialists, go to www.crh.org/wellconnect.

Emergency Department Construction Update



Construction of the new Emergency Department is progressing well and is now visible on the east side of the main hospital building. This new two-story department will more than double the size of the current space, allowing us to better serve our community's needs. Completion is anticipated in late spring 2016. **The Emergency Department will remain open during construction.** To follow our progress, go to www.crh.org/construction.

Award-Winning Cardiac Care



Columbus Regional Health has received the Platinum Performance Achievement Award from the American College of Cardiology (ACC) for quality standards of care.

The award recognizes the hospital's commitment to and success in implanting the highest care standards and guidelines possible for heart patients, as outlined by the ACC and the American Heart Association. To receive the designation, a health system has to have followed the guidelines for at least eight consecutive quarters and met a performance standard of 90 percent or higher for specific outcome measures.

Treatment guidelines for a clogged artery include administering aspirin upon arrival and discharge, timely restoration of blood flow to the blocked artery, smoking cessation counseling and cardiac rehabilitation, as needed.

To learn more about our Heart & Vascular Center, visit our website at www.crh.org/heart.

Take Steps to Quit Tobacco

The U.S. Department of Health and Human Services suggests these steps to greatly improve your odds of quitting tobacco.

1 MARK YOUR CALENDAR

Set a quit date that will mark your first tobacco-free day. Consider using a holiday, anniversary or birthday to make the date even more meaningful.

Before your quit date, clear your home, car, and workplace of all tobacco, ashtrays, matches and lighters. After your quit date, don't use tobacco at all — not even one puff.

2 CURB NICOTINE CRAVINGS

Try smoking cessation aids that make nicotine withdrawal less intense and unpleasant. The list includes nicotine gum and patches, as well as non-nicotine medications.

3 GET SUPPORT

Tell everyone — family, friends, co-workers — that you're quitting. Ask for their support. You'll increase your chances of kicking the habit if you also get professional help.

YOUR HELP TO QUIT

Reach Healthy Communities offers tobacco cessation classes. To learn more, find dates and times, and to register, go to www.whatsyourreach.org



Welcome Our New Physicians



**PATRICK BARRETT,
M.D.**
Gastroenterology
Southeastern Indiana
Gastroenterology
812-372-8680



**DEEPAK JASUJA,
M.D.**
*Nephrology &
Critical Care*
Columbus Regional
Critical Care and
Southern Indiana
Nephrology &
Hypertension
812-375-0272



**WILLIAM SHULER,
M.D.**
Emergency Medicine
Emergency Physicians
Inc. of Columbus
812-376-5277



**WENDY CONGER,
M.D.**
Emergency Medicine
Emergency Physicians
Inc. of Columbus
812-376-5277



**JUSTIN LEWIS,
M.D.**
Radiology
Columbus Radiology,
Inc.
812-376-5361



**STEPHANIE WAGNER,
M.D.**
Medical Oncology
Columbus Regional
Hospital Cancer Center
812-376-5550



**RACHEL COOPER,
M.D.**
Internal Medicine
Columbus Internal
Medicine Associates
812-376-9427



**CHIMNOYA
NWAGWU-YOULO,
M.D.**
Hospitalist
Hospital Care
Physicians
812-379-4441



**TRICIA WARNER,
M.D.**
Family Medicine
Doctors Park Family
Medicine
812-372-8281



**MARK GUFFEY,
D.O.**
Emergency Medicine
Emergency Physicians
Inc. of Columbus
812-376-5277



**SIVAGAMA VALLI
RAMASUNDARAM,
M.D.**
Internal Medicine
Columbus Adult
Medicine
812-372-8426



**BRANDON
GUMBINER,
D.P.M.**
Podiatry
Indiana Podiatry
Group Inc.
812-524-3338



**RITU ROHATGI,
D.O.**
*Family Medicine &
Geriatrics*
Doctors Park Family
Medicine
812-372-8281



**TRAVIS HUBBUCH,
D.P.M.**
Podiatry
Columbus Foot &
Ankle Clinic
812-372-6274



We welcome these physicians to our active medical staff. Other physicians have also joined Columbus Regional Hospital at the courtesy level.

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



Cancer Center Provides New Radiation Therapy

In August, the Cancer Center at Columbus Regional Health began offering patients another state-of-the-art option for cancer treatment in the form of a new radiation therapy machine.

The Varian TrueBeam linear accelerator is an innovative image-guided radiotherapy machine that offers advanced stereotactic body radiation treatment. The machine is one of only three in use in Indiana hospitals.

The TrueBeam, using 3-D imaging, precisely aims radiation beams from multiple angles and at varying intensities to precisely attack its target. It is designed to deliver the lowest dose possible to the surrounding healthy tissue, while still sending the maximum dose to the tumor.

The TrueBeam allows for effective cancer treatment that lets the patient remain close to home, especially in the treatment of challenging cases, such as cancers of the lung, breast, abdomen, and head and neck, as well as other cancers that are treatable with radiotherapy.



Nationally Accredited Cancer Care at CRH

Columbus Regional Health's Cancer Center is accredited by the Commission on Cancer (CoC). To earn this voluntary accreditation, we have met or exceeded more than 30 quality care standards set by the CoC. We are evaluated every three years through an on-site survey process and have to maintain levels of excellence in the delivery of comprehensive patient-centered care.

TO EARN THE COC ACCREDITATION:

- We must take a multidisciplinary approach to treating cancer as a complex group of diseases that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other cancer specialists.
- Our patients must have access to information on clinical trials and new

treatments, genetic counseling and patient-centered services, including psychosocial support, a patient-navigation process and a survivorship care plan.

EXPANDING TO BETTER SERVE

Expansion of our Cancer Center is well underway. The center has been expanded by 6,600 feet and includes larger chemotherapy treatment bays, an expanded pharmacy and new patient-and-family common areas.

Part of the expansion included the installation of a new state-of-the-art Varian TrueBeam linear accelerator. Learn more about this faster, more precise radiation therapy in the accompanying article on this page.

Expansion and renovation of the existing space is anticipated to be completed by early 2016.

Meet Our Medical Oncologists

New Oncologist Joins CRH Cancer Center

Columbus Regional Health is excited to welcome oncologist and hematologist Stephanie Wagner, M.D., to our active medical staff. Dr. Wagner recently relocated her practice to Columbus Regional Health Cancer Center from the Indiana University Melvin and Bren Simon Cancer Center in Indianapolis.



STEPHANIE WAGNER, M.D.
*Medical Oncologist/
Hematologist*

CONNECTING WITH PATIENTS

Dr. Wagner wants her patients to feel comfortable being completely open and honest with her. When dealing with cancer, every detail could potentially be helpful or damaging to a patient and all are taken into consideration to provide the best level of care for the patient's personal journey. During this journey, Dr. Wagner finds that she becomes very close with her patients and their loved ones. They become like a family member to her and she to them.

EDUCATION AND TRAINING

She graduated from Ross University School of Medicine, New York/Dominica, West Indies, and completed her residency in internal medicine at Henry Ford Hospital in Michigan. Dr. Wagner also completed fellowships at Duke University in neuro-oncology and at the University of Louisville in medical oncology and hematology, where she was chief fellow. She is board certified in internal medicine and medical oncology.

Providing Care to Indiana Residents

Anita Conte, M.D., has been providing care to Indiana residents for the past 14 years. As an oncologist and hematologist, she treats all types of cancers and disorders of the blood.



ANITA F. CONTE, M.D.
*Medical Oncologist/
Hematologist*

EDUCATION AND TRAINING

Dr. Conte is a graduate of the University of Zurich Medical School in Switzerland. She is a member of the American Society of Clinical Oncology, American Society of Hematology and Indiana Oncology Society. She is board certified in internal medicine, as well as medical oncology and hematology.

HERE TO HELP

Drs. Wagner and Conte can be contacted at the Columbus Regional Health Cancer Center, 2400 17th St., Columbus, or by calling **812-376-5550**.

Team Approach to Cancer Care

When you're faced with a cancer diagnosis, it helps to have a team on your side. A multidisciplinary approach to cancer treatment gathers a team of experts, from oncologists to social workers. They'll work together to meet your mental, physical and emotional needs.

Your multidisciplinary team may include:

- Oncologists, doctors who specialize in treating cancer. You will typically have three oncologists:
 - Medical oncologists focus on chemotherapy and other drugs
 - Surgical oncologists operate
 - Radiation oncologists specialize in radiation therapies
- A dietitian or nutritionist to help plan your meals
- A pathologist, or a doctor who specializes in using lab tests to detect diseases
- A case manager or patient navigator who coordinates your care and guides you through each step of treatment. This person is often a nurse.

Communication is key to this type of care. Be open and honest with your team, even when you have fears or concerns about your treatment. This helps you understand your options and treatment decisions that are right for you.

JAN MATCHETTE'S JOURNEY

Columbus resident and longtime high school cross country coach shares her experience about going through breast cancer treatment with the Breast Health Center at Columbus



Regional Health. Go to <https://goo.gl/G2q3su> or snap the QR code with your smart phone to view.





Take the Month-Long Meatless Monday Challenge

This new year, skip the sweeping resolutions. Instead, aim to start each week with a single small change. Take the Meatless Monday Challenge for a taste of what a plant-based diet can do for your health.

Cutting back on meat by just 15 percent — about one day a week — may reduce your risk for type 2 diabetes, heart disease and even some cancers, health experts say. Plus, it can help you keep your weight in check.

Ready to start? Here's your week-by-week guide to making the Meatless Monday Challenge work for you.

WEEK 1: RECRUIT A GROUP.

Have your family choose, prepare and share a Meatless Monday dinner. And consider asking friends or co-workers to plan a veg-friendly lunch potluck.

Meals to try: Yogurt parfaits with your choice of fruit and nuts for breakfast; salad with vegetables, beans, tofu and nuts for lunch; pizza with veggie toppings for dinner

WEEK 2: UPGRADE A FAMILY FAVORITE.

Win over meatless skeptics by transforming beloved meat-based recipes into vegetable-rich dishes.

Meals to try: Soy-based sausage for breakfast; veggie burger on a whole-grain bun for lunch; pasta primavera for dinner

WEEK 3: TRY SOMETHING NEW.

Try a meat substitute like tempeh (chewy, cultured soybeans). Or pick up a new-to-you vegetable, such as cabbage-like bok choy.

Meals to try: Scrambled tofu for breakfast; falafel with whole-grain pita and vegetables for lunch; tacos stuffed with tempeh for dinner

WEEK 4: REWARD YOURSELF WITH A MEAL OUT.

Take your meat-free skills out of the kitchen. Ethnic cuisines — including Japanese, Thai and Indian — often offer a variety of meatless options.

Meals to try: Whole-wheat crepes for breakfast; minestrone, an Italian soup with kidney beans and tomatoes, for lunch (try the recipe on this page); an Indian dish with lentils and curried vegetables for dinner

Minestrone Soup

A cholesterol-free, fiber-rich Italian vegetable soup.

INGREDIENTS

- ¼ cup olive oil
- 1 clove garlic, minced, or 1/8 teaspoon garlic powder
- 1 1/3 cups coarsely chopped onion
- 1 1/2 cups coarsely chopped celery and leaves
- 1 can (6 oz.) tomato paste
- 1 tbsp. chopped fresh parsley
- 1 cup sliced carrots, fresh or frozen
- 4 3/4 cups shredded cabbage
- 1 can (1 lb.) tomatoes, cut up
- 1 cup canned red kidney beans, drained and rinsed
- 1 1/2 cups frozen peas
- 1 1/2 cups green beans
- 11 cups water
- 2 cups uncooked, broken spaghetti
- Dash of hot sauce

DIRECTIONS

1. Heat oil in a 4-quart saucepan.
2. Add garlic, onion, and celery and sauté about five minutes.
3. Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.
4. Bring to a boil. Reduce heat, cover and simmer about 45 minutes or until vegetables are tender.
5. Add uncooked spaghetti and simmer two to three minutes only.

PER SERVING

Serves 16; serving size is 1 cup
Each serving provides: Calories 153, Total fat 4 g, Saturated fat less than 1 g, Cholesterol 0 mg, and Sodium 191 mg

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



WANT MORE RECIPES?

Follow us on Pinterest at www.pinterest.com/crhpinterest and get other healthy recipes, fitness ideas, inspirational quotes and more!

A Sure Cure for Cabin Fever

Are the gray days, dark evenings and frigid temperatures causing your family to get a little restless? You can cure cabin fever—feeling cooped up and cranky from sitting indoors too long—with a healthy dose of active playtime.

To encourage your kids to play more, the first thing you can do is cut down on TV and computer use. A recent study in *Archives of Pediatrics and Adolescent Medicine* found that children who park themselves in front of a TV or computer screen for recreation three or more hours per day were less fit than children who spent fewer than three hours a day doing those same activities. To stay fit, kids need at least an hour a day of active play.

BUNDLE UP AND HAVE FUN

A healthy family is a happy family. Try these tips to keep your kids entertained this winter:

- Find the nearest hill and go snow tubing
- Do a good deed (shovel a neighbor's driveway, check on your elderly neighbors)
- Take a winter hike
- Build a campfire and tell stories

HIBERNATE INDOORS

If it's too cold to venture outside, there are plenty of activities to keep them entertained inside. You can:

- Visit a children's museum
- Have a scavenger hunt (also a great outside activity on warmer days)
- Learn a new hobby (crocheting, sewing, knitting, woodworking, scrapbooking)

You **CAN** Eat Better

Want to make eating healthy easier? Arrange your environment so that healthy choices are **convenient, attractive and normal (CAN)**. Experts recently reviewed the research on food choice behaviors and found that these three tactics could help people eat healthier.

HERE ARE SOME WAYS TO APPLY THE CAN PRINCIPLE:

- To make healthy foods more **convenient**, place them where you can see them. Keep a bowl of fruit on the kitchen counter, for example. Or cut up fruits and veggies and place them in plastic bags so they're easy to grab for a quick snack.
- To make nutritious choices more **attractive**, give them appetizing names. Call broccoli Dinosaur Trees to make the vegetable appealing to kids, for example. Putting fruit in a nicer bowl also helps people eat more of it.
- People like foods that they feel are **normal** to eat or prepare. Make a habit of setting salad bowls on the dinner table nightly, even if they're not used. Better yet, serve a side salad with dinner every night.



Follow us on Facebook at www.facebook.com/ColumbusRegionalHospital to get information to keep you healthy and informed.



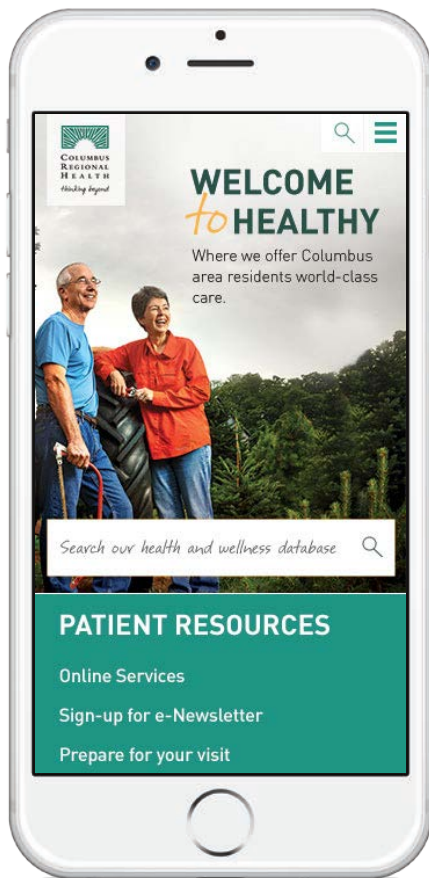
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New Responsive Website Coming Soon



Columbus Regional Health is getting ready to launch a new website, featuring responsive design technology. Now, you can get relevant information that adapts to the device you're using, whether it's a cellphone, tablet or desktop. You'll no longer have to pinch the screen to navigate through the page, where you'll find more health information, resources and tools.

You'll find a new interactive image of the body that allows you to click to get pertinent information about conditions and services associated with a particular body part. Get the latest health news, learn about our services and upcoming events, find a physician, follow us on social media and sign up to receive our e-newsletters.

NEW YEAR, NEW WEBSITE
Explore our new website in 2016 at www.crh.org.

Stay Current

Sign up for Columbus Regional Health's e-newsletter. We have healthy recipes to share and ideas to help you live a healthier life. Plus, you'll be among the first to know about upcoming seminars and events.

Go to www.crh.org to sign up and start receiving valuable health information in your inbox.



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