

BALANCE

body ■ mind ■ spirit[®]
fall 2009



*St. Vincent
Mercy Hospital*

mercy.stvincent.org

**FOCUSED
ON BETTER
HEALTH**

**KNOW YOUR
MEDICINE**

You Can
STOP
the **FLU**



Listen to Your HEART



Crushing pain in his chest, radiating down his left arm, and alarming agony in his back—this was a heart attack, but the echocardiogram was normal. One more test revealed Kevin De Voe, an intermediate emergency medical technician (EMT-I) in Bloomington, was wise to come to St.Vincent.

■ KEVIN, 53, HAD COME TO FISHERS FOR THE DAY to visit his sister and work on her house. The intense pain he experienced knocked him to the floor. Once the pain subsided, the always-ready EMT-I used his cuff and stethoscope to take his own blood pressure.

A Close Call

Convinced he was doing better, Kevin did not call 911. He eventually let his sister drive him to the emergency department at St. Vincent Medical Center Northeast, which was only five minutes away. Routine cardiac test results appeared normal. However, his emergency physician insisted on performing one more test—the computed tomography \$99 HeartScan—to see if an aortic tear caused Kevin’s symptoms.

“The computed tomography scan did not hurt and gave my physician results in about five or 10 minutes,” Kevin explained. “Measuring the amount of plaque inside my heart’s arteries, the HeartScan showed blockages of 100, 95 and 80 percent. I was immediately transferred to St. Vincent Heart Center of Indiana.”

Kevin received four stents to help clear his blockages. He credits the HeartScan and his physician’s insistence for undergoing the scan for saving his life.

“I truly believe that if I had been at another hospital, I would have gotten the ‘all clear’ and been released without the treatment I needed,” Kevin said. “I have convinced about 20 people—friends and people from my fire department and work—to get a HeartScan. I think it should be required for everyone.”

Local Heart Heroes

Nationwide, about half of all cardiovascular procedures are performed on patients age 65 and older; however, more than a third of cardiac patients are ages 45 to 64. Younger men and women should act quickly if they experience the following symptoms of heart attack:

- + Chest pain
- + Discomfort in the arms, back, jaw, neck or stomach
- + Nausea or light-headedness
- + Shortness of breath

The emergency staff at every St. Vincent Health ministry works to provide the quickest path to treatment for patients experiencing symptoms of a heart attack.

“St. Vincent Health provides a wide range of cardiac services close to home,” said Kimberly Nealon, site administrator for St. Vincent Medical Center Northeast. “People will feel the Spirit of Caring the moment they walk through our doors.”

To schedule a \$99 HeartScan at St. Vincent Health, call the St. Vincent CareLine at 317.338.CARE (2273) or toll-free at 888.338.CARE.

You can receive a \$99 HeartScan through St. Vincent to identify your risk for heart disease. Used as a preventive measure, the computed tomography (CT) scan allows patients to make lifestyle changes based on the results. Call 866.432.4457 to schedule your HeartScan.



The Power of a Screening

The American Cancer Society recommends everyone over the age of 50 undergo a routine colonoscopy every 10 years. For Eugenia F. Green, 59, of Anderson, neglecting to have this recommended screening for more than three years after her 50th birthday is one of her biggest regrets.

WHEN EUGENIA WENT TO HER ANNUAL GYNECOLOGICAL appointment in 2004, her doctor recommended she get a colonoscopy after a routine exam revealed something suspicious. The screening confirmed Eugenia's worst fears—she had colorectal cancer.

"I was in disbelief when my physician informed me he found a cancerous polyp," Eugenia said. "It was terrifying, but I realize this important screening was potentially responsible for saving my life."

Identifying the Signs

Eugenia learned after her diagnosis that everyone older than age 50 should receive a colorectal cancer screening. It's something she wants everyone to know, as roughly 145,000 Americans are diagnosed with colorectal cancer and almost 50,000 die from the disease annually, according to the American Cancer Society.

Those with a family history of the disease should be screened before reaching age 50. Additionally, watch for these signs:

- A change in bowel movements, including diarrhea and constipation
- Abdominal discomfort
- Blood in stool
- Unexplained fatigue

Winning the Fight

For those diagnosed with colorectal cancer, the right treatment options, including surgery, chemotherapy, medication and radiation, are available nearby.

"After being diagnosed with colorectal cancer, I underwent radiation therapy and chemotherapy," Eugenia said. "I can't thank the compassionate nurses and physicians at St. Vincent enough for their demeanor. They made me feel calm and comfortable throughout my battle to overcome cancer."

Cancer-free since 2005, Eugenia has made many lifestyle changes as a result of her journey.

"I have made it my mission to educate my family and friends about the importance of routine health screenings," Eugenia added. "Living a healthy lifestyle isn't just about eating right and exercising. To be truly proactive about your health, you must be aware of and receptive to health education and early screenings."

For more information about cancer services at St. Vincent Mercy Hospital, visit mercy.stvincent.org.

Know Your Risk

While researchers haven't identified a direct cause of colorectal cancer, they have determined risk factors that may increase your chance of developing the disease:

- + Advanced age
- + Diabetes
- + Excessive alcohol consumption
- + Family history of the disease
- + Obesity
- + Personal history of the disease or colon polyps
- + Poor diet including foods that are high in fat, calories and protein
- + Sedentary lifestyle
- + Smoking

Call 765.552.4751 to find a physician who can help ensure you're receiving the proper cancer screenings.





Same Great Care: Only the Name Has Changed

Madison County residents will notice a new name with the St. Vincent Physician Network.

St. Vincent Physician Network Offices

Alexandria
765.724.6226
2012 South Park Avenue
Alexandria, IN 46001

Elwood—Family Practice
765.552.1000
1500 South B Street, Suite 1
Elwood, IN 46036

Elwood—Internal Medicine
765.552.3000
226 South Anderson Street,
Suite A
Elwood, IN 46036

Stress Center
765.552.4611
1448 South A Street
Elwood, IN 46036

Occupational Health
765.557.2240
7408 West State Road 28
Elwood, IN 46036

IF YOU LIVE IN OR AROUND Anderson, Elwood or Madison County, you may have noticed a difference in the communications you have been receiving from your physician.

That's because medical providers from Saint John's Health Network of Madison County and St. Vincent Mercy Hospital's offices of Alexandria Medical Associates, Mercy Family Practice, Mercy Internal Medicine, Stress Center and Occupational Health have joined the St. Vincent Physician Network. The quality care you receive from these practices hasn't changed—only the name is different.

Of course the compassion and care you expect from your physician hasn't changed, either. The Spirit of Caring is alive and well at St. Vincent Health and across the St. Vincent Physician Network.

The real change is actually minimal, because Saint John's and St. Vincent Mercy hospitals have been affiliated with St. Vincent Health for years. St. Vincent Mercy Hospital has been serving the healthcare needs of Elwood and the surrounding communities since its founding in 1926 and became part of St. Vincent Health in 1994. Saint John's Health System became a ministry of St. Vincent Health in 2003. Both share the mission to provide high-quality,

compassionate care that is accessible to all.

Charles Purdy, M.D., is a family practice physician who has been a member of Saint John's medical staff since 1990. He sees the move to St. Vincent Physician Network as a positive step for his patients.

"Saint John's and St. Vincent Health have both been on the forefront of national initiatives to improve quality and access of health care to all members of the community," Dr. Purdy said. "As members of St. Vincent Physician Network, we can continue to provide the high level of care that patients expect locally, while offering access to all the resources and expertise of the larger St. Vincent network."

Stephen Berghofer, M.D., a family and sports medicine physician at St. Vincent Mercy Hospital, agreed. "This affiliation will provide patients with more convenient access to a broader range of services."

All of which means that, no matter what sort of care you need, you can rely on the offices you've always trusted—now connected even more closely with the most trusted name in health care in Central Indiana. The Spirit of Caring is closer to home than ever before.

To find a physician with St. Vincent Physician Network, visit mercy.stvincent.org.

Keeping Your Health in FOCUS

Your physician wants to take a closer look at your lungs and says a nuclear screening is required. Now, it's available right here at St. Vincent Mercy Hospital.



NUCLEAR MEDICINE, A RADIOLOGY SPECIALTY, involves the injection of non-harmful radioactive material. A special machine called a gamma camera tracks this radioactive material through the body. The gamma camera detects where the radioactive material flows and accumulates, which will help to diagnose any anomalies in the targeted organ. The gamma camera, unlike other diagnostic imaging, concentrates on the actual physiologic function of the organs rather than just “taking a picture.”

“Since adding nuclear medicine to our imaging services at St. Vincent Mercy Hospital, we’ve recently upgraded to a dual-head camera,” said Dan Kappesser, R.T.(R), nuclear medicine technologist at St. Vincent Mercy Hospital. “The new camera is an investment for the community. With our nuclear medicine services, patients have access to the latest advanced imaging technology without having to drive far from home.”

Specialized for You

Physicians rely on nuclear imaging to diagnose many conditions, including:

- Blocked arteries in the cardiovascular system
- Blood clots and other abnormalities in the respiratory system (lungs)
- Bone, brain and gallbladder scans (just a few of the many tests offered)

“With the new camera at St. Vincent Mercy Hospital, we can perform procedures twice as fast,” Dan said. “We can schedule an appointment within 24 to 48 hours, ensuring speedier diagnoses for patients.”

To learn more about nuclear medicine or to schedule an appointment, call 765.552.4563.



The Hidden Dangers of Drug Interactions

Could your medications or vitamins be doing more harm than good?

MANY OF AMERICA'S BATHROOM CABINETS are filled with a variety of medications. Most people take some combination of over-the-counter drugs, prescription medications, and herbal or mineral supplements. These medications may seem harmless enough, but certain combinations of these pills can cause harmful drug interactions.

“The biggest piece of advice I can offer to anyone who takes any type of medication is to keep an updated list of all medications he or she is currently taking and always supply this list to his or her healthcare provider,” said Chris Stoll, PharmD, pharmacy manager at St. Vincent Mercy Hospital. “Always speak to someone who has an extensive knowledge of medications. Getting the input of an expert source is the only way to ensure that none of the medications a person is taking can have adverse effects when taken together. Finally, try to get all medications filled at one pharmacy,

so the pharmacy computer system can check for drug interactions.”

One of the most common prescription medications that can cause severe reactions is warfarin (Coumadin), which reacts negatively with some antibiotics and several over-the-counter medications, including aspirin, vitamin K and herbal supplements.

Remember, starting any new medication—like a short-term antibiotic—always leaves open the chance for a drug interaction.

“While certain drug interactions are more common than others,” Chris said, “the reality is that any medication can cause reactions given the right circumstances.”

To learn more about programs and services available through St. Vincent Mercy Hospital, visit mercy.stvincent.org.





STOP the Flu *Achool!*

Flu Shots 101

Flu shots are one of the easiest ways to protect yourself from the seasonal flu.

According to the Centers for Disease Control and Prevention (CDC), any individual who wishes to lower his or her risk of getting the flu should be vaccinated. However, the CDC recommends that certain at-risk groups receive annual vaccinations. These groups include:

- + *Children between the ages of 6 months and 19 years*
- + *Pregnant women*
- + *Adults older than age 50*
- + *Individuals with chronic medical conditions*
- + *Caregivers and day care employees*

If you're afraid of shots, you can still be vaccinated. Your physician can administer a nasal spray flu vaccine.

Flu season is upon us. From personal hygiene to vaccines, you can take steps to help prevent flu, make your fall and winter more enjoyable and ensure your health for years to come.

INFLUENZA, MORE COMMONLY KNOWN AS THE flu, is an infection of the nose, throat and lungs. Every year, more than 200,000 people are hospitalized due to flu-related complications. Spread easily from person to person, influenza can quickly turn from a troublesome illness into a serious medical condition. From coughing and sneezing to fever and chills, flu symptoms are miserable, but the virus is preventable.

Your First Line of Defense

One of the first steps toward flu prevention begins with personal hygiene habits, so make these practices a part of your daily routine:

- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze.
- Wash your hands thoroughly with soap and water, especially after you cough or sneeze, or after touching public items such as door handles or stair handrails.
- Avoid close contact with people who are sick.
- Stay home from work or school, and limit contact with others if you feel ill.
- Avoid touching your eyes, nose and mouth.
- Maintain a healthy diet and exercise routine.

“Flu prevention begins by limiting your exposure to the illness,” said Mark Freije, M.D., family medicine physician with St. Vincent Physician Network in Noblesville. “Following basic standards for personal hygiene, combined with annual flu vaccines, are tremendously effective against the seasonal flu.”

Not Just for Kids

In the fight against the flu, annual vaccination is one of your best allies. An annual flu shot dramatically reduces your chances of getting sick.

Administered in the fall or winter, the annual flu vaccine is an injection that contains dead strains of three influenza viruses; the strains are determined based on expert analyses of the viruses felt to be most dangerous each year. Within two weeks of receiving the vaccine, patients develop antibodies that provide protection from the live strains of the sickness.

Although the flu vaccine can help fight off the illness, it may not be right for everyone. The Centers for Disease Control and Prevention (CDC) states that people who are severely allergic to chicken eggs or the influenza vaccine, and children under 6 months of age should not receive a flu shot. Also, people who are sick or running a fever at the time of vaccination should not get a flu shot.

“In addition to the flu vaccine, adults should remain up-to-date with other vaccines to ensure their health,” Dr. Freije said. “In the

United States, we have been so successful in vaccinating children for many conditions that we no longer fear some very dangerous illnesses. As we age, vaccinations become a vital part of disease prevention and are key to a healthy lifestyle.”

The CDC recommends the following vaccines to ensure overall health:

Pneumococcal—adults over the age of 65 or patients suffering from chronic medical conditions should receive a pneumococcal vaccine to prevent potentially fatal pneumonia infections.

Tdap—individuals who are behind on the tetanus vaccine or who have an unclear vaccination record should receive the Tdap immunization to protect against tetanus and diphtheria.

Zoster—the zoster vaccination is recommended for persons over the age of 65 to prevent shingles.

Flu vaccinations, as well as other adult immunizations, are available at all St. Vincent Health ministries. Speak with your physician to learn which immunizations are right for you.

For more information about flu prevention, adult vaccinations or to find a physician, visit mercy.stvincent.org.

Breaking News on H1N1

First appearing in the United States in April 2009, the H1N1 virus reached pandemic status this spring, according to the World Health Organization. Now affecting more than 191 countries and territories around the world, the 2009 H1N1 virus is widespread across the majority of the United States. Although cases in the U.S. are no longer counted, more than 1 million people have had influenza-like illness in the past few months, with nearly 100 percent of those tested being H1N1. Although the virus has continued to spread, researchers have remained diligent in the study of the H1N1 illness to facilitate a quick development of a vaccine.

“Since initial cases started appearing, a tremendous amount of knowledge has been gained regarding H1N1 flu,” said Robert M. Lubitz, M.D., vice president of Academic Affairs and Research at St. Vincent Indianapolis Hospital. “From how the illness reproduces to how it is transmitted, each piece of information allows for better preparedness and improves our ability to fight the virus.”

Get the latest H1N1 news at stvincent.org and cdc.gov.

Administrator Deborah Rasper, FACHE
Director of Marketing Ryan Long

St. Vincent Mercy Hospital is a member of St. Vincent Health, the state's largest faith-based healthcare system with 18 ministries serving 45 counties in Central Indiana. | The Spirit of Caring® close to home.



Fall Into Celebrations

As we inch closer to the holidays, we invite you to get into the spirit of giving with our annual St. Vincent Mercy Hospital Foundation events.

Put on your finest and join us at the Grand Soiree, a wonderful black-tie gala. This year's November 14 event—which will feature a delicious catered dinner followed by dancing—is set to honor those who strive to make a difference in our community. Proceeds from the event will benefit the priority needs of St. Vincent Mercy Hospital.

The Soaring Dove Lifetime Achievement Award is given each year to a person or couple to commend at least 25 years of leadership and commitment to the hospital, the Foundation and the community. The 2008 recipients were Dr. Joe and Mavis Barnett. The couple opened a dental practice in Elwood in 1973. They have two children, Anna and David.

For additional information, please call 765.552.4768.

St. Vincent Mercy Hospital EVENTS OCTOBER - DECEMBER 2009

- » **HealthCheck Health Fair—St. Joseph Center, Elwood**
Oct. 13, 2:30–6:30 p.m.
- » **Bariatric Support Group**
Oct. 13 and Nov. 10, 1 p.m.
Oct. 27 and Nov. 24, 6 p.m.
- » **HealthCheck Health Fair—Mounds Mall, Anderson**
Oct. 16, 9 a.m.–6 p.m.
- » **Better Breathers Club**
Oct. 21, Nov. 18, Dec. 16, 3 p.m.
- » **SCRUBCO Fair**
Oct. 28, 9 a.m.–2 p.m.
- » **Blood Drive**
Nov. 12, 3–7 p.m.
- » **Grand Soiree—St. Joseph Center**
Nov. 14, 6 p.m.
- » **Book Fair**
Nov. 19, 9 a.m.–4 p.m.