

# BALANCE



*St. Vincent  
Mercy Hospital*

body ■ mind ■ spirit®

summer 2009

[mercy.stvincent.org](http://mercy.stvincent.org)

**MEN:** GET  
YOUR HEALTH  
IN CHECK

**STOP  
STRESSING  
OVER STRESS**



# MVP Kids

Partnering With Peyton Manning for Children's Health

# YOUR HEART— In Perfect Rhythm

If you have trouble exercising or find you often feel weak or dizzy, don't automatically place blame on simply being out of shape. You could be experiencing atrial fibrillation (A-Fib), a dangerous condition that could lead to stroke.

**CURRENTLY AFFECTING MORE THAN 2 MILLION** people in the United States, A-Fib is the most common heart rhythm disorder, also called arrhythmia. The Indiana Hospital Association estimates that from July 2007 to June 2008 nearly 21 percent of patients older than age 65 released from Indiana hospitals had a primary or secondary diagnosis of atrial fibrillation.

To improve the heart health of those in Indiana, St. Vincent Health opened the Atrial Fibrillation Center of Excellence at St. Vincent Heart Center of Indiana to serve as a comprehensive

center for education, diagnosis and treatment of A-Fib disorders.

"Atrial fibrillation is a common disorder with a variety of treatment options," said Eric Prystowsky, M.D., director of the clinical electrophysiology laboratory at St. Vincent Heart Center of Indiana. "Given the number of therapies available for arrhythmia patients, deciding on the most appropriate one to pursue can be quite confusing. The Atrial Fibrillation Center of Excellence is designed to educate patients about their options."

## Getting Back in Rhythm

A-Fib treatment options may vary depending on a number of factors including age and other health risks. A-Fib Center of Excellence experts work with patients to customize therapy regimens, which range from prescription medications able to control heart rate to minimally invasive procedures that restore normal heart rhythm to cure the condition. The A-Fib Center's comprehensive diagnostic and treatment options ensure each guest receives the focused, quality care necessary to repair the arrhythmia.

"Unlike some medical conditions, atrial fibrillation does not come with a one-size-fits-all cure," Dr. Prystowsky said. "Each patient requires a care regimen tailored to his or her specific needs, and that is what the A-Fib Center of Excellence provides."

## Know the Signs

Atrial fibrillation can ultimately lead to stroke, heart failure or worse. Fortunately, the disorder can be effectively managed or even cured. The chances of developing atrial fibrillation increase as you age, and symptoms can include:

- + Chest pain or pressure
- + Confusion
- + Fainting
- + Fatigue
- + Palpitations or a thumping sensation in the chest
- + Shortness of breath
- + Weakness

To learn more about your risks of A-Fib or to schedule an appointment with a physician, please call the St. Vincent Mercy Hospital HELPLINE at 765.552.4751.



Left to right: Benzy J. Padanilam, M.D., and Eric Prystowsky, M.D., electrophysiologists from The Care Group Cardiology, review a patient's cardiac electrical activity. Stereotaxis, a robotic navigation system, is used in the treatment of atrial fibrillation.

# Transforming Lives

## One Kidney Transplant at a Time

Patients with kidney failure, especially those with diabetes, know the importance of having every lifesaving treatment available nearby. Ben Jones, a 58-year-old self-employed Realtor® from Elwood, is a testament to this level of care.

**BEN, WHO RECEIVED DIALYSIS** three times a week for the last couple of years, has the distinction of being the St. Vincent Indianapolis Hospital Renal Transplant Program's first kidney transplant recipient in January 2009.

"I'd previously been diagnosed with diabetes and had known for several years that my kidneys were getting worse," Ben said. "I started dialysis in May 2006 and was placed on the kidney donor list at another hospital in the region."

Ben planned on receiving a kidney from his son when Ben's St. Vincent nephrologist told him about the new transplant program launching at St. Vincent. Ben knew St. Vincent was the right fit, and on the very night his son was scheduled to arrive from Florida to donate a kidney, Ben received a call informing him that a perfect match kidney was available from the donor list. He received his new kidney during a three-hour operation on Jan. 7, 2009, with his son in town for support.

"It was amazing to finally launch this program and begin transplantations here," said Mary Ann Palumbi, R.N., B.S., C.C.T.C., executive director of Transplant Services for St. Vincent Indianapolis Hospital. "We have had a comprehensive heart transplant program for more than two decades, so our staff was more than prepared to see the Renal Transplant Program to fruition."



*St. Vincent kidney transplant patient Ben Jones (center) credits his courageous and successful fight for life to the ongoing support of his nephews, clockwise from top left, Jaylen Tunnell, 12; Jackson Tunnell, 9; Jacob Bell, 2; and Jarren Tunnell, 5.*

### On the Mend

Ben's nephrologists continuously monitor his progress through blood work, but Ben doesn't need that data to feel the transplant's effect on his quality of life.

"I can't say enough about the care I received from everyone in the Renal Transplant Program," he said. "I feel like

I have a new lease on life, and I'm anxious to get out there and enjoy it. My wife and I can travel now, which we couldn't do in the past."

**For more information about St. Vincent Transplant Services, call 317.338.6701.**

### Local Resident Becomes First Transplant Recipient

Ben Jones of Elwood is thrilled about how his quality of life has improved. "I am so fortunate to have received a transplant. I haven't had to follow a special diet like I did during dialysis. It seems funny to be able to drink all the fluids I want and eat some of the foods I couldn't have before the transplant."

Ben and his wife, Kathy, are looking forward to attending some NASCAR races. He also plans to begin hunting and fishing again.

Ben appreciates the support of the many individuals who provided care and support during his dialysis and transplant, especially three special nephews. "I'm not sure I would have made it through all of this without Jaylen, Jackson and Jarren Tunnell. I love them very much!"

# A Focus on Men's Health

Prostate cancer is highly treatable if detected early. Knowing your risk factors is the first step in beating this deadly disease.

■ ACCORDING TO THE NATIONAL Cancer Institute, nearly 29,000 men died from prostate cancer in the United States last year.

“A fundamental step to winning the battle against prostate cancer is to know your risk factors and to talk with your physician about them,” said Steven Kim, M.D., urologist on staff at St. Vincent Mercy Hospital. “We can recommend appropriate screenings and develop a plan to minimize your risk of any future complications.”

## Know Your Risk Factors

If you or a loved one has any of the following risk factors, schedule an appoint-

ment to speak with your doctor about undergoing routine screenings.

**Age**—your chance of prostate cancer rises rapidly after the age of 50.

**Race/ethnicity**—prostate cancer affects all races, but African-American men have the greatest chance of developing the disease.

**Family history**—having a father or brother with prostate cancer more than doubles your risk for the disease.

**If you are age 50 or older, African-American age 45 or older, or age 45 or older with a family history of the disease, you should be screened for prostate cancer.**

“Men can easily defeat prostate cancer in its earliest stages,” Dr. Kim said. “Routine screenings are a man's best defense.”

To schedule an appointment with Dr. Steven Kim, please call 765.643.0766 or visit [urologyassociateseci.com](http://urologyassociateseci.com).

## Free Prostate Screenings

Steven Kim, M.D.  
Sept. 16  
9 to 11 a.m.



Call 765.552.4584 to schedule an appointment.

## » Stop Panicking, Start Smiling

Do you often feel down? You're not alone. According to the National Institutes of Health, approximately 26.2 percent of American adults 18 years of age and older battle a mental disorder—including anxiety and depression—each year.

■ ANXIETY DISORDERS OFTEN ARE comprised of persistent, irrational and uncontrollable uneasiness, while depression is a condition that causes a person to feel disinterested in life in general.

The most important step in recognizing anxiety or depression in a loved one is knowing the signs.

Symptoms of **anxiety** include:

- Difficulty breathing
- Feelings of panic
- Trembling
- Trouble solving problems

Signs of **depression** include:

- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive/inappropriate guilt
- Suicidal thoughts (with or without a plan)

## Help Is Available

St. Vincent Mercy Hospital offers a wide range of programs for adults, adolescents and even children suffering from anxiety or depression.

“Many people who experience the death of a loved one might suffer an increase in depressive symptoms,” said Charla Hazen, L.C.S.W., senior counselor at St. Vincent Mercy Hospital. “Elwood and the surrounding communities have been hit particularly hard by the changes in today's economy, causing people to experience anxiety or become depressed. St. Vincent Mercy Hospital is prepared to provide support to help improve our patients' quality of life.”

To find out more information about programs and support groups to combat anxiety and depression available at St. Vincent Mercy Hospital, call the Stress Center at 765.552.4611.



## Keeping Cholesterol Balanced

Approximately 41 million Americans suffer from high cholesterol, and too much of the wrong type of cholesterol can put you at greater risk for heart disease and stroke.

**HIGH CHOLESTEROL ITSELF CAUSES NO** symptoms, and many people are unaware that their cholesterol levels are too high. The National Cholesterol Education Program guidelines suggest everyone have their cholesterol checked starting at age 20 and every five years thereafter.

“Young people with diabetes, high blood pressure, obesity or a strong family history of heart problems should be the most vigilant

about regulating cholesterol intake,” said John Geerling, M.D., family practice physician with St. Vincent Physician Network and on staff at St. Vincent Mercy Hospital.

### Target Numbers

**Good cholesterol:** Aim for 50 mg/dL to 60 mg/dL high-density lipoprotein.

**Bad cholesterol:** Strive for no more than 100 mg/dL low-density lipoprotein.

healthy living, people should concentrate on two important types of cholesterol, remembering that their effects on the body are quite different.

High-density lipoprotein (HDL) is known as “good” cholesterol. High levels of HDL help protect against heart attack, but low levels increase the risk.

Low-density lipoprotein (LDL) is known as “bad” cholesterol, because if excess LDL circulates in the blood, it can slowly build up along the walls of the arteries that lead to the heart and brain. This build-up can eventually create plaque, which may harden the arteries and lead to atherosclerosis and a higher risk of heart attack and stroke.

### Treatment

Proper diet and regular exercise can reduce your level of bad cholesterol and increase the good, but medication may be needed to maintain healthy cholesterol levels.

Other preventive measures such as avoiding smoking and maintaining a healthy weight also may significantly reduce your cholesterol.

“Untreated cholesterol problems can ultimately increase the risk of death,” Dr. Geerling said. “Luckily, you can take simple measures to reduce those risks and help you live a longer, healthier life.”

For more information on how to regulate your cholesterol, visit our online health library at [mercy.stvincent.org](http://mercy.stvincent.org).

### The Good and the Bad

Cholesterol and other fats do not dissolve in the blood. Instead, they are transported between cells by carriers called lipoproteins. For



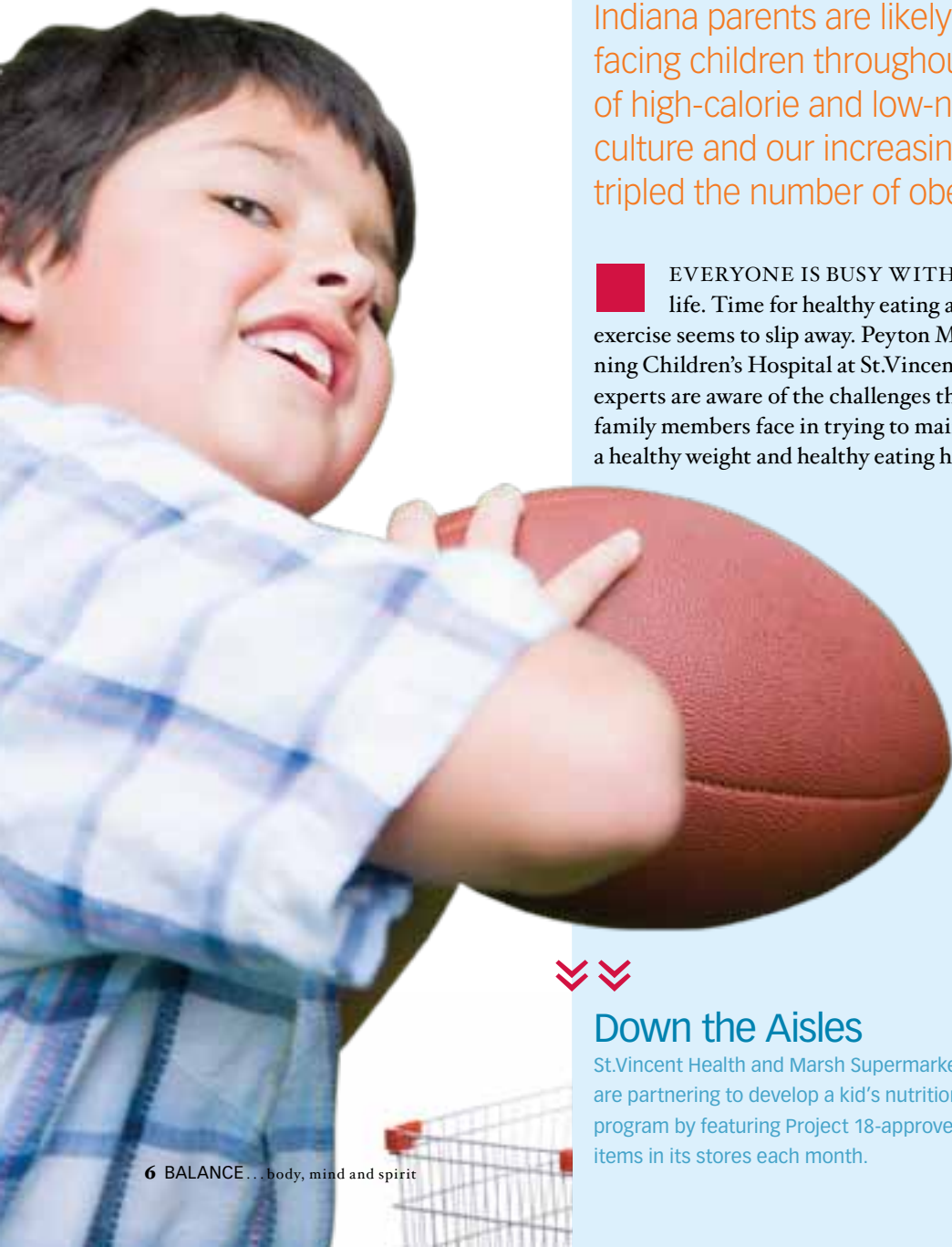
### Meet the Doctor

John Geerling, M.D., joined St. Vincent Mercy Hospital in 2006. Dr. Geerling graduated from the St. Louis University School of Medicine in 1988 and completed his residency in family practice at St. Mary's Medical Center in Evansville.

To schedule an appointment with Dr. Geerling with the St. Vincent Physician Network, call 765.552.1000 Monday through Thursday from 8:30 a.m. to 4 p.m.



# Team Up With Peyton Manning to Tackle Childhood Obesity



Indiana parents are likely aware of the obesity epidemic facing children throughout the United States. The spread of high-calorie and low-nutrient foods throughout our culture and our increasingly sedentary lifestyles have tripled the number of obese children and teens.

■ EVERYONE IS BUSY WITH life. Time for healthy eating and exercise seems to slip away. Peyton Manning Children's Hospital at St. Vincent experts are aware of the challenges that family members face in trying to maintain a healthy weight and healthy eating habits.

## Proof in the Numbers

The increase in foods high in calories and low in nutritional value, along with our increase in sedentary activities such as being on the computer, watching TV and playing videogames, is a challenging obstacle that is necessary to overcome.

Consider this season's alarming stats:

- One in three children in Indiana is now overweight.
- Overweight is now the most common medical condition of childhood, according to the American Academy of Pediatrics.
- Overweight adolescents have a 70 percent chance of becoming an overweight or obese adult. The risk increases to 80 percent if one or both parents are also overweight, say data from the Office of the United States Surgeon General.

If these trends continue, by 2030, 86 percent of adults will be overweight or obese, according to MedLine.

Our children are developing unhealthy lifestyle habits that are becoming increasingly accepted. The time is now crucial to develop a good defense against the continuation of those poor habits and to replace them with ways to ensure a better quality of health.



## Down the Aisles

St. Vincent Health and Marsh Supermarkets are partnering to develop a kid's nutritional program by featuring Project 18-approved items in its stores each month.

## Choices for Champions

Follow Super Bowl-winning quarterback Peyton Manning's lead and fill your family's training table with nutritious foods to help your child make healthy eating choices.

**Give them six**—or at least five—fruits or vegetables each day to be incorporated into meals or eaten as snacks. ○

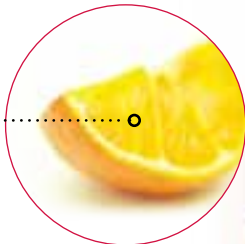
**Go for the goal** of serving lean meats and other protein sources, such as beans, eggs, fish and nuts.

**Get fibered up** by choosing whole-grain breads and cereals.

**Push them back** on fat intake by using broiling, grilling, roasting and steaming as cooking methods instead of deep frying.

**Hold them** to only occasional fast food and nutrient-poor foods, such as candy and chips.

**Dump the sports drinks** and other sugary drinks in favor of water and milk.



“Data from 2004 show 15.6 percent of Indiana children ages 10 to 17 were obese—meaning having a body mass index of 30 or greater,” explained Anne Coleman, R.N., administrator for Peyton Manning Children's Hospital at St. Vincent. “Helping children establish healthy eating and exercise habits is important because children who are obese are at an increased risk of Type 2 diabetes, depression and heart disease as they grow older. This is why we teamed with Peyton Manning—he is great at reaching out to kids.”

### Making Health Fun

A three-time NFL MVP and quarterback for the Indianapolis Colts, Peyton Manning is leading Indiana children to better health with Project 18—a new community- and school-based program from Peyton Manning Children's Hospital at St. Vincent. It is designed to educate Indiana residents on the risks obesity poses and to encourage Indiana residents to lead healthier, more active lifestyles.

“Childhood obesity affects the entire community,” said Joanne Hilden, M.D., medical director at Peyton Manning Children's Hospital at St. Vincent and leader of the medical advisory team for Project 18.

“We all are responsible to reach out and try to address this issue in a fun and positive way. That's where Project 18 helps.”

### A Guide for Parents

In addition to teaching children how to lead healthier lives, Peyton Manning Children's Hospital at St. Vincent offers parents help in identifying and addressing their children's issues with weight.

“Good nutrition and exercise are imperative to help give our kids a fighting chance at better health,” Dr. Hilden explained. “Programs like L.I.F.E. for Kids and Project 18 enrich our communities as we invest in our children's future.”

Look for the Project 18 mobile unit at upcoming events throughout Central Indiana this summer. Interactive exhibits illustrate the connection between food choice and excess fat, as well as the limitations of carrying excess fat. Children also can sign up for the Project 18 Challenge and receive e-mails and tips for living a healthy lifestyle.

Visit [project18.stvincent.org](http://project18.stvincent.org) for recipes, exercise tips, to upload your own videos and more.

## Be a Good Food Role Model

Parents' eating behaviors have the greatest impact on the way children eat now and in the future. Help your child form healthy eating behaviors by reinforcing what he or she learns in Project 18 with your own good habits.

+ Drink water and milk instead of sodas.

+ Limit the amount of junk food in your home. ○

+ Never skip meals, especially breakfast.

+ Relieve stress with exercise and hobbies or listen to music instead of eating.

+ Serve moderate portions to curb overeating.

+ Try new foods but don't force your child to do the same.

+ Turn off the television during mealtimes.



**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.

## Your Good HEALTH



I hope the summer finds you and your family in good health. With this issue of *Balance*, we hope to provide you with new ways to stay healthy and safe while enjoying your summer activities.

We are a part of St. Vincent Health, bringing you and your family easy access to advanced healthcare services throughout Indiana. In this edition of *Balance*, you will see how our affiliation with St. Vincent Health benefits the local community. This is evidenced by a feature about Elwood's own Ben Jones, who is the first kidney transplant recipient through the St. Vincent Indianapolis Hospital Renal Transplant Program.

There are several opportunities in the next few months for free screenings (see upcoming events at right). Please visit our tent during the Elwood Glass Festival in August. Along with screenings, we will again offer free identification cards for children. Free prostate screenings will be offered in September, as well as free screening mammograms for the uninsured women in our community. Plan to attend the HealthCheck Health Fair in October to take advantage of cholesterol, bone density, hearing and many other screenings.

Our goal is your good health!



**Deborah Rasper, FACHE**  
Administrator, St. Vincent Mercy Hospital

## St. Vincent Mercy Hospital EVENTS

J U L Y - O C T O B E R 2 0 0 9

- » **Bariatric Support Group**  
July 14, Aug. 11, Sept. 8, Oct. 13, 1 p.m.  
July 28, Aug. 25, Sept. 22, Oct. 27, 6 p.m.
- » **Better Breathers Club**  
July 15, Aug. 19, Sept. 16, Oct. 21, 3 p.m.
- » **Blood Drive**  
July 16, Sept. 17, 3-7 p.m.
- » **Book Fair**  
Aug. 6, 9 a.m.-4 p.m.
- » **Elwood Glass Festival at Callaway Park**  
Aug. 14, 10 a.m.-10 p.m.  
Aug. 15, 10 a.m.-10 p.m.  
Aug. 16, noon-4 p.m.
- » **Free Prostate Screenings**  
Sept. 16, 9-11 a.m.
- » **Mammography Van**  
Sept. 28, 9 a.m.-3 p.m.
- » **Scrubco Fair**  
Sept. 30, 7 a.m.-4 p.m.  
Oct. 28, 9 a.m.-2 p.m.
- » **HealthCheck Health Fair at the St. Joseph Center-Elwood**  
Oct. 13, 2:30-6:30 p.m.
- » **HealthCheck Health Fair at Mounds Mall-Anderson**  
Oct. 16, 9 a.m.-6 p.m.