

BALANCE



St. Vincent
Williamsport Hospital

body ■ mind ■ spirit[®]

summer 2009

williamsport.stvincent.org



**AUTISM'S
TELLTALE SIGNS**

**4 SAFE
STEPS**
TO A SLIMMER YOU

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

For more information on the Atrial Fibrillation Center of Excellence, call 317.338.AFIB (2342).

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.

Care Designed for You

St. Vincent Indianapolis Hospital launched its Renal Transplant Program in January 2009, offering residents of Indiana living with end-stage renal disease another option for kidney transplantation.

The Renal Transplant Program—conducted in partnership with Cleveland Clinic—offers individuals the advanced, patient-centered care they've come to expect from St. Vincent Health. The comprehensive care offered by the program includes transplant services, an 11-bed inpatient unit and an outpatient Transplant Clinic on Naab Road.

"The driving force behind the Renal Transplant Program was to enable patients to receive a kidney transplant while remaining under the care of their local nephrologists," said Bashir Sankari, M.D., surgical director of the Renal Transplant Program. "The administrator and physicians here all have experience running successful renal transplant programs, and we know this program has the potential to improve the lives of many."

Safely Shed **Extra Pounds**

Summer is here, and getting your body in bathing suit shape may be a top priority. While crash dieting and other fad diets may provide fast results, they can pose health risks and may not yield lasting results. Try safer ways to get the body you want in a short period of time.

Tips for Quick Weight-Loss Success

- + Clear your house of tempting foods.
- + Eat dinner four to five hours before going to sleep.
- + Substitute one glass of water in place of a soft drink each day to eliminate up to 150 empty calories.
- + Stay busy to prevent eating due to boredom.
- + Eat five servings of fruits and vegetables each day.

Follow these four safe rules for a slimmer, healthier you:

- 1) **Zap calories.** Losing weight is all about mathematics—you need to burn more calories than you consume. Research shows that creating a 500-calorie deficit each day through a combination of taking in fewer calories and increasing physical activity can lead to weight-loss success. To stay safe, don't go below the bottom line of 1,050 to 1,200 calories a day.
- 2) **Eat smaller meals more frequently.** The key to maintaining a healthy weight is portion control. Follow an eating schedule of five small meals a day. Eating

steadily throughout the day keeps your metabolism up and helps prevent you from becoming famished and overeating at your next meal.

- 3) **Write it down.** Use a daily food diary to make dietary adjustments. By documenting portion sizes and the types of foods you consume, you will become more aware of the choices you are making. Check food labels and restaurant Web sites for accurate information about calories per serving and other nutritional factors, such as fat content.
- 4) **Get more H₂O.** Drinking at least 64 ounces of water throughout the day is among the rapid weight-loss tips most often suggested by dietitians. Drinking water flushes toxins from your body and helps you feel full so you don't eat as much when you're not hungry.

To find a physician at St. Vincent WilliamSPORT Hospital who can help you with your weight-loss routine, visit williamSPORT.stvincent.org.



Better Rest,

SNORE LESS

Improve your overall quality of life by eliminating a common nighttime nuisance.

■ MANY PEOPLE ARE TOO FAMILIAR WITH this situation: Right as you start to drift into a restful sleep, you are awakened by what sounds like an army of lumberjacks sawing away next to you. Or maybe you wake yourself with out-of-control snoring. Either way, snoring can be a frustrating nightly ordeal, and it's more common than you might think.

The Sleep-Deprivation Epidemic

Researchers estimate there are more than a billion snorers worldwide, with tens of millions of them in the United States alone. Sawing logs is more than just an inconvenience—it has some extremely harmful side effects, both for snorers and their loved ones.

Snoring is a major contributor to the lack of sleep that is sweeping the country. According to the National Sleep Foundation, the number of people reporting sleep problems has jumped by 13 percent since 2001, while less than 30 percent of American adults are getting the recommended eight hours of sleep per night. Sleep deprivation can severely affect quality of life, as studies demonstrate people who get less sleep are more prone to obesity, diabetes, stroke, hypertension (high blood pressure) and other cardiovascular impairments.

Snoring and Sleep Apnea

Although many culprits cause snoring, one of the growing diagnoses is obstructive sleep apnea, a disorder resulting from inadequate airflow into or out of a sleeping person's airways. Many people with sleep apnea awaken in the middle of the night gasping for air or sporadically have violent fits of snoring as their bodies try to consume much-needed oxygen.

If persistent snoring prevents you from getting the rest you need, St. Vincent Williamsport Hospital offers several services that may help, including pulmonary function testing, sleep studies and overnight pulse oximetry to measure the oxygen levels in your blood.

To learn more about these services at St. Vincent Williamsport Hospital, call 765.762.4067.

Snore-Stoppers

If you have a snoring problem, try some of these solutions:

- + Achieve or maintain a healthy weight with a low-fat, well-balanced diet and regular exercise, as being overweight puts added strain on your airways.
- + If you smoke, work toward quitting to strengthen your lungs and air passages, which may help decrease snoring.
- + Try sleeping on your side if sleeping on your back causes you to snore.



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.

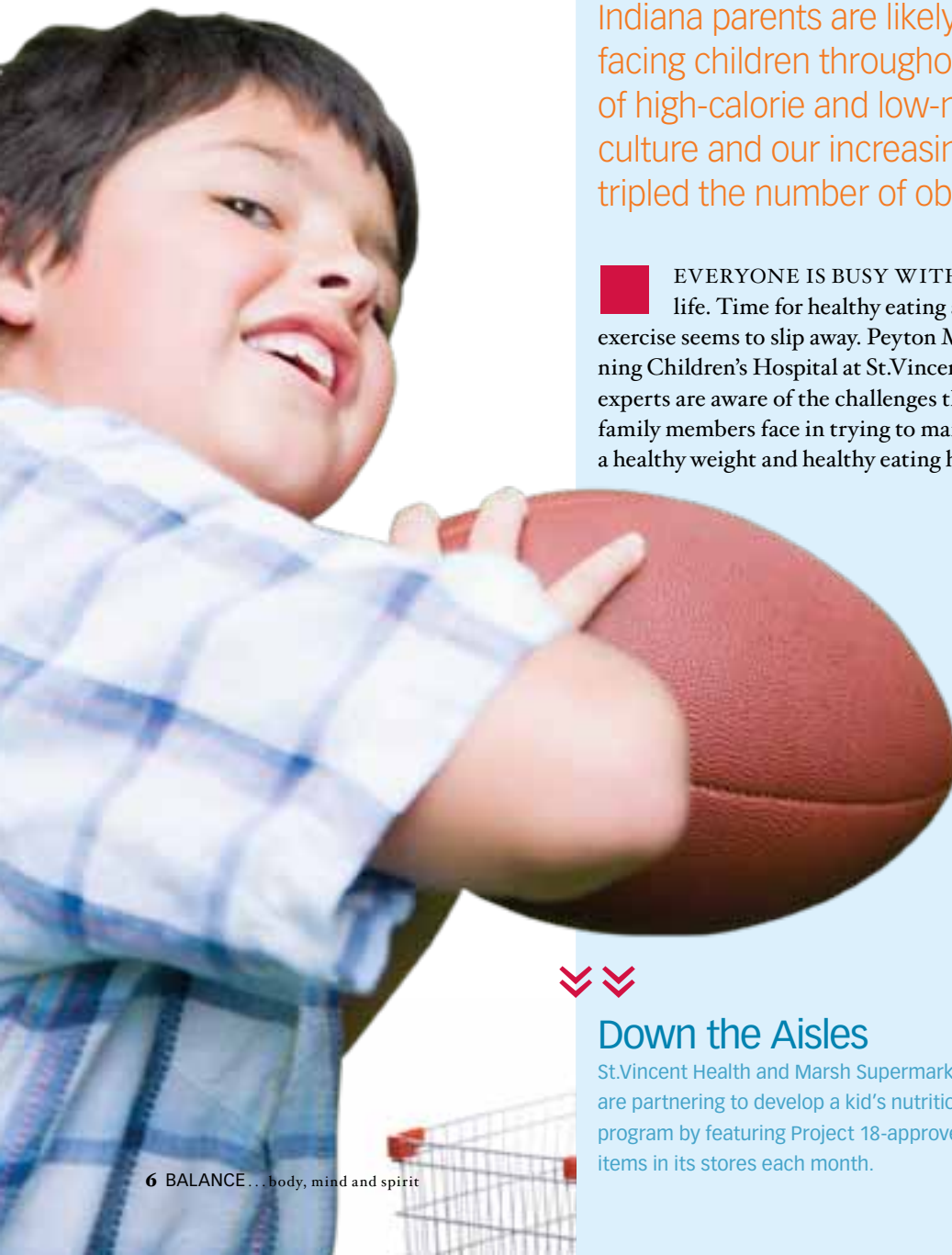
If these trends continue, by 2030, 86 percent of adults will be overweight or obese, according to MedLine.

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. ○

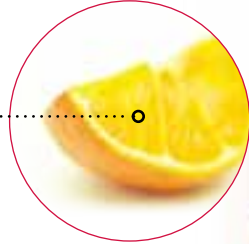
Go for the goal of serving lean meats and other protein sources, such as beans, eggs, fish and nuts.

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 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.



St. Vincent Williamsport 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.



Typical Traits of Autism

■ AUTISM IS A DEVELOPMENTAL DISORDER WITH A large number of varied symptoms. An estimated two to six children out of every 1,000 fall somewhere within the autism spectrum, and most of these children are male.

You might consider scheduling an evaluation with a pediatrician if your child loses previously acquired skills at any age or doesn't:

- Babble, point or wave by 12 months
- Use single words by 16 months
- Say short phrases by 24 months

Most children who have autism display signs and symptoms of delayed development by 18 months of age. No matter what age a child begins to show symptoms of autism, the earlier a family seeks treatment, the more effective it may be.

For help finding a pediatrician at St. Vincent Williamsport Hospital, visit williamsport.stvincent.org.

Foods That FIGHT FOR YOU

■ FRUITS AND VEGETABLES CONTAIN components that can help prevent abnormal changes in cells.

Foods shown to reverse cancer-causing chemical reactions include:

- **Broccoli.** This vegetable contains indole-3-carbinol, a chemical compound that, when metabolized, converts a certain type of estrogen before it can cause breast cancer.
- **Tomatoes.** Masquerading as vegetables, these fruits are filled with lycopene, which destroys free radicals before they can generate the production of cancerous cells.
- **Jalapeños.** Trying these hot peppers actually can be beneficial for your health. Capsaicin, a substance found in jalapeños, has been shown to attack the mitochondria (the “power plants” inside cells responsible for differentiation and growth) of cancer cells.

The next time you visit the grocery store, head for the produce section and begin arming yourself for the fight against cancer.

For more information on reducing your cancer risk, visit williamsport.stvincent.org and search “cancer prevention” under “Health Information.”

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. To remove your name from our mailing list, please call 877.982.CARE.

