

BALANCE



*St. Vincent
Frankfort Hospital*

body ■ mind ■ spirit®

summer 2009

frankfort.stvincent.org

5 SUMMERTIME
SAFETY
STEPS

ADD UP
FOR **HEALTH**



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."



Practicing Summertime Safety



Timothy Snyder, M.D.



Jarod Cates, M.D.

Sunny days and warm weather offer kids plenty of chances to get outside and have fun, but follow some safety tips before sending your kids outdoors to play.

PLAYING OUTSIDE AND RIDING bikes are great summertime activities that keep your child active, but they also present risks for serious injuries. From bumps and scrapes to head injuries and broken bones, outdoor fun can turn into a serious emergency in the blink of an eye.

“During summertime, kids are more active and spend more time outdoors, putting themselves at a greater risk of injury,” said Timothy Snyder, M.D., pediatrician on staff at St. Vincent Frankfort Hospital. “The more active children are, the more time parents should spend safeguarding their children and the areas where they play.”

Bicycle Safety

Kids of all ages enjoy bicycle riding; it gives them exercise and allows them a bit of freedom. While bike riding contributes to healthy kids, it also can be dangerous. Before letting your child hit the streets on a new bike, ensure you can place a check next to each of the following precautions:

- Do not push your child to ride a two-wheeled bike before he or she is ready.
- Make sure the bike you buy is the proper size for your child, as oversized bicycles can be particularly dangerous for smaller riders.

- Have your child wear a helmet every time he or she gets on a bike, no matter how far the ride.
- Buy a helmet that carries a U.S. Consumer Product Safety Commission sticker and ensure it’s worn level and secured snugly on the head.
- Educate your children on the rules of the road.

Sprains, Broken Bones and Head Injuries

Even a simple game of tag can lead to an injury. Sprains and light bumps on the head

are very common and often can be taken care of with rest and an ice pack.

To treat strains and sprains, rest the injured limb and apply ice packs at 10- or 15-minute intervals for a few hours. Wrap an elastic compression bandage around the area and keep the injury elevated. If you suspect a broken bone, take your child to the St. Vincent Frankfort Hospital emergency department.

Head wounds range from minor scrapes to life-threatening internal injuries. If your child loses consciousness, feels nauseous or shows signs of confusion following a blow to the head, seek medical attention immediately.

“Parents can treat their children for minor injuries such as cuts, scrapes, bruises and sprains, or take them to visit their primary physician. Urgent care facilities can be used, if necessary, after normal business hours,” said Jarod Cates, M.D., F.A.A.P., pediatrician on staff at St. Vincent Frankfort Hospital. “Any time a parent suspects a serious injury, emergency services should be contacted immediately.”

If your child experiences a deep cut, rinse it in clean water but do not apply soap (regular or antibacterial) to the wound. Use a clean towel or gauze to stop the bleeding, and call 911 if the bleeding cannot be controlled.

To schedule an appointment with Dr. Snyder, call 765.656.3870; to reach Dr. Cates, call 765.656.3860.

An Equation for a **Healthy You**

FOODS SUCH AS FRUITS AND VEGETABLES ARE essential to a healthy and balanced diet. However, the way you combine these foods with others really adds up to great nutrition.

“Certain add-ons to your favorite foods can greatly enhance your daily nutrition values and overall health,” said Patty Little, registered dietitian at St. Vincent Frankfort

We all know that subtracting fat and calories can lead to weight loss. But we might be leaving out an essential element: addition.

Hospital. “Because foods contain different vitamins and nutrients, we all need to eat a well-balanced diet that incorporates each food group. Remember, you want a plate full of colorful foods.”

Make Your Meals Count

Here is some simple health arithmetic for better nutrition.

Green tea + lemon juice = DECREASED CANCER RISK	Adding citrus juice to antioxidant-rich green tea may make disease-fighting catechins four times as effective.
Salad greens + canned wild salmon = HEALTHIER HEART AND BRAIN	This combo provides omega-3 fatty acids that are linked with improved brain function and lower triglyceride levels.
Smoothie + wheat germ = REDUCED HEALING TIMES FOR BRUISES AND CUTS	Adding wheat germ to your smoothies provides zinc, which helps repair cells and strengthen immunity.
Mixed veggies + kale = HEALTHIER EYES	Kale contains lutein and zeaxanthin, which help battle cataracts and macular degeneration.

For more information about nutritional services or to find a physician who can put you on the path to good health, visit frankfort.stvincent.org.

A Place to Turn When Pain Persists

IF YOU’RE EXPERIENCING CHRONIC PAIN THAT doesn’t subside with simple rest and over-the-counter medications, pain management services at St. Vincent Frankfort Hospital can help you find relief.

Chronic pain, which generally lasts more than six months, can have a profound impact on an individual’s life, particularly by infringing on daily activities and hindering sleep.

Help Is Here

“I offer hospital-based injection techniques for pain,” said Matt Shaw, M.D., anesthesiologist and pain management specialist at St. Vincent Frankfort Hospital. “A nerve block—a type of steroid injection—typically works well by determining which nerve is the source of pain and providing relief.”

If a patient responds to treatment, he or she may experience relief during a period of three months. If one treatment modality doesn’t work, a pain management specialist will apply a different

Is pain interfering with your quality of life? We can help.

treatment, as it may take multiple options to get to the cause of pain and address it effectively.



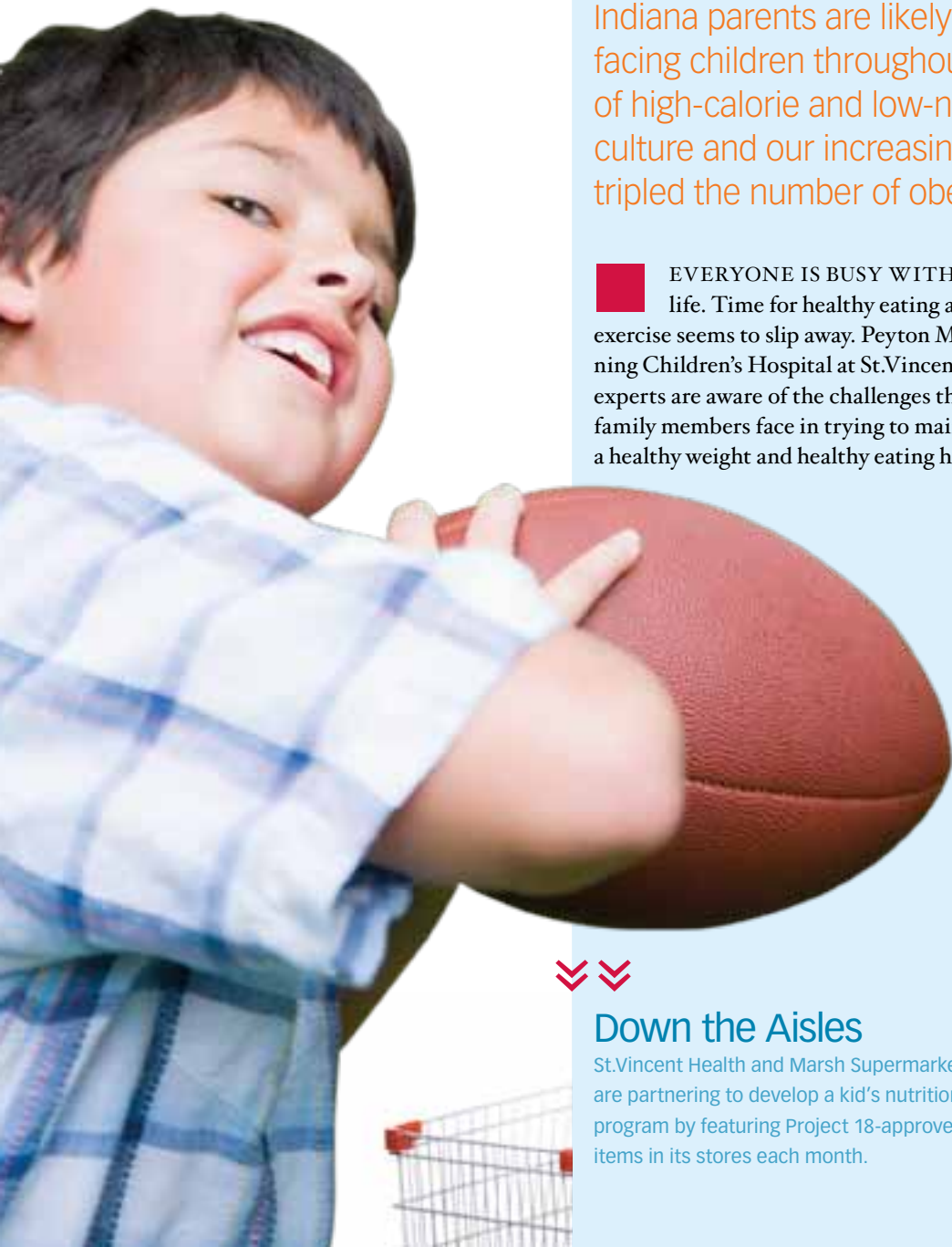
Additional Treatment Options

Some types of pain may require physical therapy to yield results, and pain management experts at St. Vincent Frankfort Hospital work closely with physical therapists to help patients achieve a pain-free life. Pain management services also can facilitate psychological consultations for patients who may benefit from learning more about the effect pain has on their lifestyle.

If you’re experiencing chronic pain, consult your primary care or internal medicine physician about a referral to pain management services at St. Vincent Frankfort Hospital.



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. ○

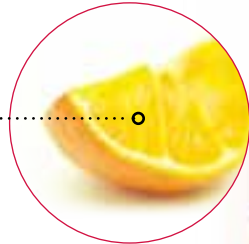
Go for the goal of serving lean meats and other protein sources, such as beans, eggs, fish and nuts.

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.



Administrator Thomas Crawford
Board Chairman Don Rusk
Executive Editor Krista Wright

St. Vincent Frankfort 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.

Prevention = Best Medicine



ONE OF THE BEST WAYS to ensure your health is to practice prevention. This concept can take many forms, from getting your annual health screenings and checkups to following a proper diet and exercise routine.

Practice your health prevention this summer by using our food guide on page 5 to guarantee you're providing the nutrients your body craves. If you want more tips on how to improve your family's diet, call on us. Our registered dietitian can put you on the path to proper nutrition.

The warm summer days beckon us to go outside. Be sure you and your family are protected with sunscreen. Additionally, educate your children on the ins and outs of bicycle safety. We have a guide on page 4 to help you keep your kids active and safe.

This July, be sure to stop by and say "hello" to and support our Foundation staff at the annual Hot Dog Festival!

Sincerely,

Thomas Crawford
Administrator, St. Vincent Frankfort Hospital

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.

Corn Dogs & Healthcare

THE MISSION OF THE ST. VINCENT FRANKFORT Hospital Foundation is simple—to support the hospital.

"We're fortunate to be able to purchase a lot of wonderful equipment for the hospital," said Ron Niemesh, executive director of the Foundation. "One of the most significant purchases was the digital mammography machine that just arrived this spring."

The Foundation also plans fundraising events designed to raise money, provide fun, and educate the community about our mission.

"On July 25, we have an exciting event that we'll be trying for the first time," Ron said. "We'll be hosting a corn dog toss in conjunction with the annual Hot Dog Festival in downtown Frankfort. The proceeds will be directed toward funding nursing scholarships."

For more information about any of the Foundation's events or to donate to the Foundation, visit frankfort.stvincent.org or call Ron Niemesh at 765.656.3700.

