

BALANCE



St. Vincent
Jennings Hospital

body ■ mind ■ spirit[®]

summer 2009

jennings.stvincent.org



HELPING
HEARTS,
SAVING LIVES

WOMEN:
5 REASONS
TO TAKE TIME
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

Visit stvincent.org to find a doctor who can help put you on the path to good health.

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."

Visit stvincent.org to find a physician knowledgeable in the field of renal care.

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."

Women: Make Health Your Priority

Ladies, take some time to focus on you for a change and attend St.Vincent Jennings Hospital's third annual Women's Health Expo for a morning of pampering and learning how to best care for your health.

ST.VINCENT JENNINGS

Hospital invites all women in the community to the third annual Women's Health Expo on Oct. 10, 2009, from 9 a.m. to noon. At this free event, you can enjoy:

- 1) Educational speakers
- 2) Free blood pressure, body fat and healthy heart screenings
- 3) Special giveaways
- 4) The "Pamper Parlor"
- 5) The latest eyewear fashions

Experts will discuss a variety of women's health topics, including osteoporosis, breast cancer, heart health, cervical cancer, stress management and general well-being.

Take Time for You

October is National Breast Cancer Awareness Month. To ensure women remain diligent in their fight against the disease, St.Vincent Jennings Hospital will be offering mammograms for only \$75 when women sign up at the expo.

"As women, we get so busy taking care of our children, spouses, parents and jobs that we can put our own health on the back burner," said Kathryn Johnson, director of human resources and community relations at St.Vincent Jennings Hospital. "Take the morning of the expo to focus on yourself and renew your mind to keep the pace."



To learn more about the Women's Health Expo, call 352.4200.

A Caring Partnership

When your health is at risk and minutes matter, turn to St.Vincent Jennings Hospital.

FORMER MAYOR JOHN HALL IS USED TO MAKING difficult decisions. When he thought he might be experiencing a heart attack, the decision to go to St.Vincent Jennings Hospital came easy.

Knowing the Signs

At the end of December 2008, John began having shortness of breath. A few weeks later, his symptoms led him to John Schuck, M.D., family practice physician with St. Vincent Physician Network Jennings. Dr. Schuck ordered blood tests and an electrocardiogram (EKG), which revealed John was in immediate need of specialized cardiac care. Thomas Barley, M.D., St. Vincent Jennings Hospital's emergency department medical director, arranged for John's immediate transport to St. Vincent Heart Center of Indiana.



(Left to right) Former Mayor John Hall and Thomas Barley, M.D.

When expanded services are needed, swift transportation from St.Vincent Jennings Hospital's emergency department to St.Vincent ministries in Indianapolis is offered through St.Vincent Health's air transportation service, Dove Flight™.

"I'm very fortunate that the physicians throughout St.Vincent Jennings Hospital were able to determine the cause of my problems so quickly and transport me to the right facility to heal me fast," said John, who also served on the St.Vincent Jennings Hospital Board for more than 12 years. "Had Drs. Schuck and Barley at St. Vincent Jennings Hospital not acted so quickly, I wouldn't have made it. I had 90 percent blockages in two veins. Thanks to the advanced technology and services found throughout St.Vincent Health, I had a successful triple bypass and am on my way to a full recovery."

For more information on the emergency services provided by St.Vincent Jennings Hospital, visit jennings.stvincent.org.

State-of-the-Art Care, Close to Home

When it comes to the diagnosis of life-threatening conditions or the need for an image-guided biopsy, you don't want to drive a long distance for care. Thanks to St.Vincent Jennings Hospital, you don't have to.

THIS SUMMER MARKS A NEW era in diagnostic imaging in Jennings County. With its new 16-slice computed tomography (CT) scanner, St.Vincent Jennings Hospital is providing state-of-the-art care close to home.

"We are very excited to make this technology available to our friends and neighbors," said Terri Everage, R.T.(R), radiology manager at St. Vincent Jennings Hospital. "Most small communities don't have access to this type of equipment; it's a luxury. The new CT scanner allows us to provide the best possible care for our patients because it lets our doctors make the most precise diagnoses possible."

Elite Imaging

A CT scan uses X-ray technology to create multidimensional images of the body's interior. This gives doctors a three-dimensional view of bones, organs and internal pathways from various angles, aiding physicians in diagnosing conditions such as cancer, blood clots, infections, lung and liver disease, head and spine injuries, and internal bleeding. Moreover, images are available quickly. What was once a long, nervous wait out of town has become a quick appointment right here in Jennings County.

"With the new scanner, we can view internal images of patients from head to

toe in just minutes," Terri said. "Medical technology has grown tremendously throughout the years, and St. Vincent Jennings Hospital is committed to acquiring the best equipment so our patients receive elite care close to home. We are dedicated to serving the community, and this new technology is yet another way we're improving the health of Jennings County."

To learn more about services available through the St. Vincent Jennings Hospital radiology department, visit jennings.stvincent.org, and click on "Services."



Complete Radiology Services

The radiology department at St. Vincent Jennings Hospital offers imaging services for all your needs. These tests include:

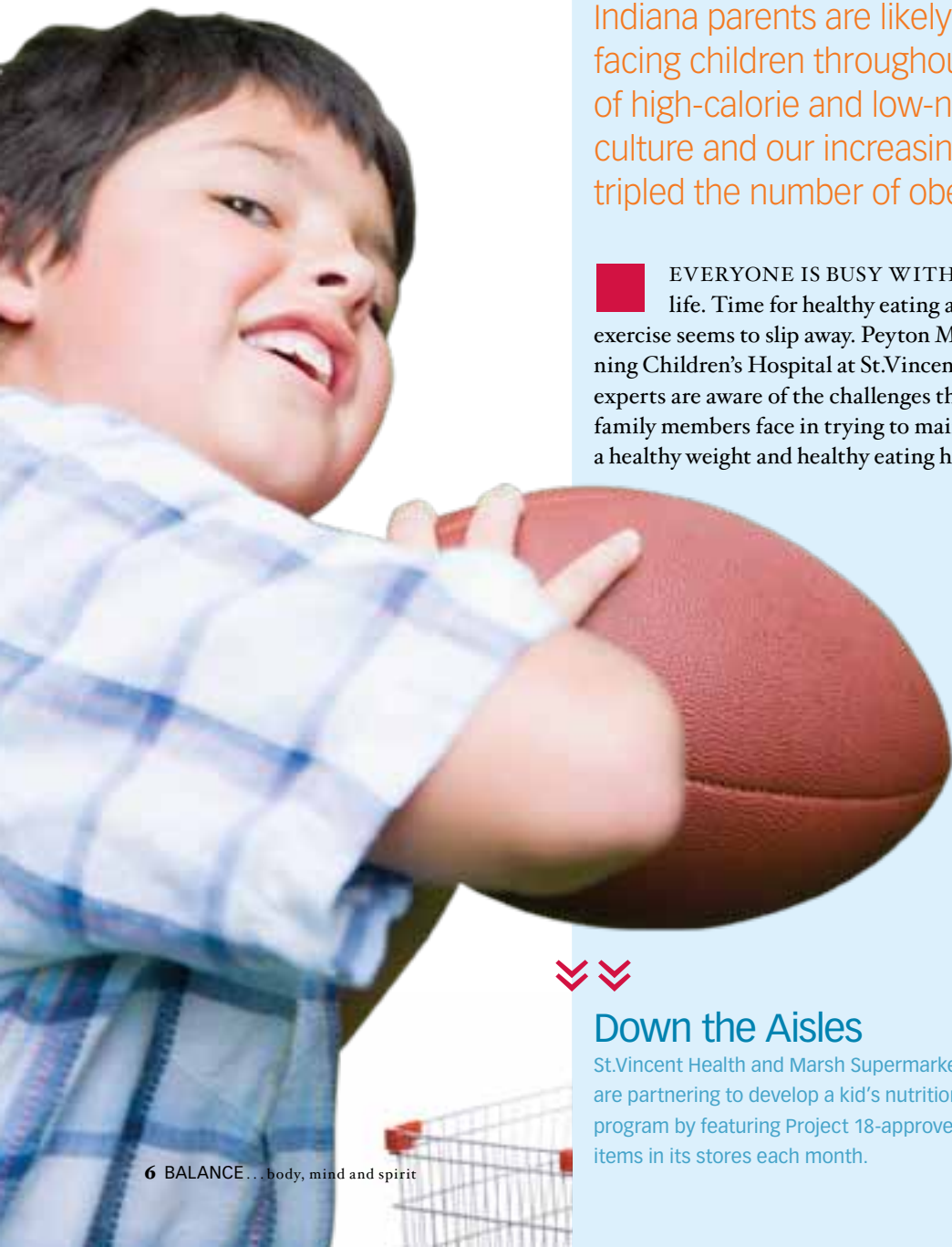
- + Bone density
- + Computed tomography (CT)
- + Diagnostic radiology
- + Diagnostic ultrasound
- + Interventional radiology
- + Mammography
- + Magnetic resonance imaging (MRI)
- + Vascular ultrasound/ echocardiology

Starting in late August 2009, St. Vincent Jennings Hospital will be offering the \$99 HeartScan, an imperative screening for those with cardiac concerns. Ask your doctor if this exam is right for you.





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. ○

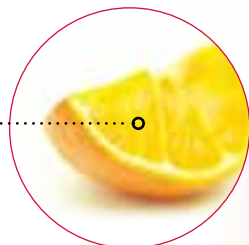
Go for the goal of serving lean meats and other protein sources, such as beans, eggs, fish and nuts.

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.

To learn more about childhood obesity, contact St. Vincent Physician Network Jennings at 352.4300.

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 Joe Roche
Board Chairman William Burnett, O.D.
Executive Editor Kathryn Johnson

St. Vincent Jennings 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.

Here for Your Health



We are a little more than halfway through 2009! It seems like just yesterday we were celebrating the dawn of a new year. The days certainly fly by when you fill them with excitement.

This has been an especially exciting year for St. Vincent Jennings Hospital, as we have hosted health fairs for our community and foundation events to raise money for projects geared toward improving your health. We have one more health fair this year—our annual Women's Health Expo is Oct. 10. You can learn more about it on page 4.

Moreover, we are preserving the health of our community with new technology. Turn to page 5 to read about the newest diagnostic technology available right here. This advanced computed tomography (CT) scanner allows our physicians to diagnose your heart conditions and will even allow us to provide a comprehensive heart scan for those who may be at risk for heart disease.

Be sure to review the calendar to the right. Not only do we offer support groups at the hospital, but we also host a couple of events that benefit your health and others. These charity walks are sure to be fun, and they may just save a life.

Here's to your health,



Joe Roche

Administrator, St. Vincent Jennings Hospital

Calendar of Events

Here is what's happening at St. Vincent Jennings Hospital.

Weekend to End Breast Cancer Walk

Sept. 26–27

Indianapolis

This is a 60-kilometer walk designed to fund breast cancer research through St. Vincent Foundation. To donate to the St. Vincent Jennings Think Pink team, call 352.4307.

Women's Health Expo

Saturday, Oct. 10

9 a.m.–noon

*St. Vincent Jennings
Hospital lobby*

Wings for the Journey

**Meetings the first Monday
of each month**

7–8:30 p.m.

*St. Vincent Jennings Hospital
Wengert Conference Room*

A bereavement support group for parents who have lost children

Alzheimer Education Program

Tuesdays, Oct. 20 & 27

and Nov. 3 & 10

6:30 p.m.

*St. Vincent Jennings Hospital
Wengert Conference Room*



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