

# BALANCE



body ■ mind ■ spirit®

summer 2009

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

**SAVE MONEY,  
EAT HEALTHIER**

**IMPROVING  
CANCER CARE**



# 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 about A-Fib, please 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, please 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."



# Eat Well, SPEND LESS

■ WHEN YOU'RE ON A TIGHT BUDGET, PREPARING a healthful, tasty meal may seem impossible, but with a little planning, it's not as difficult as you think.

"The first thing to do is to create a grocery budget," said Belinda Gilbertson, registered dietitian, clinical nutrition manager at St. Joseph Hospital. "Once you have a dollar amount in mind, plan meals around what's on sale that week."

Before heading to the grocery store, create a menu for seven dinners and plan your lunches for the week.

"Shop based only on your menu," added Andrea Clements, C.D., registered dietitian at St. Joseph Hospital. "A set menu will keep you from buying things you don't really need."

Follow these tips for more ways to eat healthfully on a budget:

- Drink more water. It's cheaper than soda, and it is much better for you. To save more, drink filtered tap water rather than bottled H<sub>2</sub>O.
- Eat closer to the earth. Try to buy produce from local farmer's markets, which allows you to save money while supporting your neighbors. Stick to whole-grain pasta, bread and cereals, and lean chicken and ground beef at the grocery store.
- Keep portions moderate. Limit portion sizes to eat more foods you like while stretching meals further.

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To schedule an appointment with a St. Joseph Hospital dietitian, please call 765.456.5587.

## Going With the Flow

Hold your head back. No, look down and use a cold compress. We hear many suggestions for stopping nosebleeds, but thanks to the highly trained medical team at St. Joseph Physicians Med One, an urgent care facility, the right solution is available in a pinch.



Keith Ennis, M.D.

■ A NUMBER OF BLOOD VESSELS LINE THE INSIDE OF THE NOSE, AND THEY HELP to humidify air as it is inhaled. Dryness in the nasal cavities due to seasonal weather changes generally causes nosebleeds, but this isn't the only trigger. Allergies, colds and injuries can bring about this bloody nuisance as well.

### The Stopping Solution

Avoid the biggest nosebleed misconception of leaning back and looking up. This can lead to an upset stomach as blood is allowed to travel down the throat. Instead calmly sit down in a comfortable position.

"The best way to stop a nosebleed is to lean forward, pinching the hard part of the nose between the thumb and forefinger, for at least five minutes," said Keith Ennis, M.D., lead physician at St. Joseph Physicians Med One. "If the nose is still bleeding after 10 minutes of uninterrupted pressure, see an urgent care physician. If sinus or allergy problems trigger your nosebleeds, talk to your doctor about prescription medication options."

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For more information on physicians and services at Med One, please call 765.453.8800.

# The Apex of Radiation Therapy Technology

If you're diagnosed with cancer, know that the best treatment is available at St. Joseph Hospital Cancer Center.



Christopher A. Leagre, M.D.

ST. JOSEPH HOSPITAL IS HOME TO RAPIDARC™ radiotherapy technology and Dynamic Targeting® image-guided radiation therapy (IGRT), technology capable of providing exceptional images of cancerous tumors and delivering radiation with pinpoint accuracy.

St. Joseph Hospital is only the second hospital in the state to offer RapidArc and Dynamic Targeting IGRT, both from Varian Medical Systems, and the only facility in Howard County with this technology. Now, patients can receive quicker, more comfortable radiation treatments and potentially better outcomes.

“RapidArc doesn't require a patient to lie on the table as long compared to other types of radiation therapy,” said Christopher A. Leagre, M.D., radiation oncologist on the medical staff at St. Joseph Hospital Cancer Center. “Treatment can be delivered in one arc, or rotation, in about two minutes, as opposed to patients having to spend a minimum of 15 minutes on the table with standard radiation therapy delivery systems.”

## How It Works

RapidArc can't be employed with all types of cancer. However, candidates may include patients with the following cancers:

- Brain
- Gynecological
- Head and neck
- Lung
- Prostate
- Soft tissue
- Spine and bones

The Varian On-Board Imager—a digital imaging system positioned on the treatment machine—can be manipulated to provide optimal views of a tumor and surrounding structures. The images produced by the machine provide physicians with clear images of the tumor to be targeted during radiation and gives them an idea of how the tumor will move during breathing.

“The machine directs the beam precisely where it needs to go, at the best dosage and angle to minimize damage to surrounding healthy structures,” Dr. Leagre said. “This allows physicians to be more confident that they're treating only the tumor and not exposing other parts of the patient's body to the radiation.”

*“RapidArc™ radiotherapy technology is one of the newest technologies out there. It's exciting to be able to offer patients one of the greatest technologies on the market.”*

—Pam Holt, C.M.D., B.S., R.T.T.R.,  
manager of St. Joseph Hospital  
Cancer Center

Cancer is a life-altering event. That's why St. Joseph Hospital Cancer Center's professionals are here to help you.

In addition to state-of-the-art imaging and treatment technology that includes the new RapidArc™ radiotherapy technology and Dynamic Targeting® image-guided radiation therapy, the Cancer Center provides:

- Case management
- Dietary consultation
- Financial counselors
- Outpatient infusion services
- Pastoral care
- Psychology services
- Support groups

For more information about cancer treatments at St. Joseph Hospital or to schedule an appointment, call 765.456.5687.



# 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.

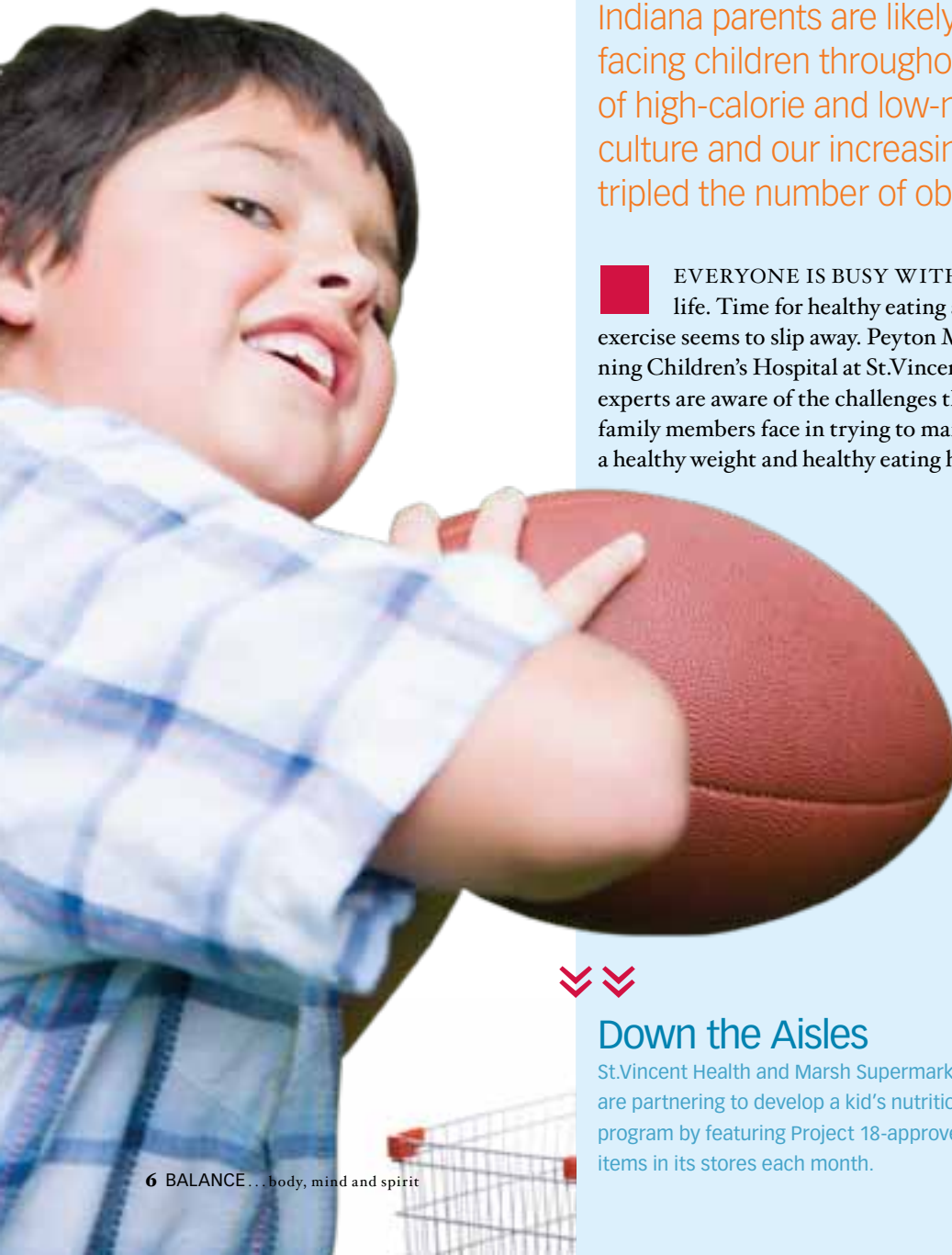
If these trends continue, by 2030, 86 percent of adults will be overweight or obese, according to MedLine.

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. ○

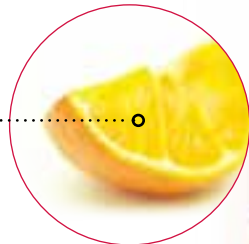
**Go for the goal** of serving lean meats and other protein sources, such as beans, eggs, fish and nuts.

**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 schedule an appointment with a St. Joseph Hospital dietitian, please call 765.456.5587.**

## 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.*



**President** Kathy Young, M.S., FACHE  
**Board Chairman** Tom Sheehan  
**Executive Editor** Maria Achor, MHA

St. Joseph 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.

## ST. JOSEPH HOSPITAL CALENDAR of EVENTS

### Classes and Programs

To register for courses, programs or seminars or for more information, call 765.456.5000 unless otherwise noted. (All classes are at the St. Joseph Education Center at 615 St. Joseph Drive unless stated otherwise.)

#### Prenatal Series Classes

6:30–9 p.m.

##### July 20 & Sept. 14

Prenatal Series #1—Preparation for Labor

The class session includes anatomy of labor, pregnancy danger signs, importance of routine prenatal care, basic breathing techniques and relaxation techniques.

##### July 27 & Sept. 21

Prenatal Series #2—Labor

The class session includes definition of labor, stages and phases of labor, signs of true and false labor, comfort strategies, roles of the partner and breathing techniques.

##### Aug. 3 & Sept. 28

Prenatal Series #3—Hospital Management

The class session includes C-section, routine labor and delivery, hospital procedures for delivery, pain management, visiting hours, and review of breathing and relaxation techniques.

##### Aug. 10 & Oct. 5

Prenatal Series #4—Bootcamp for Dads & Infant Feeding Basics for Mom

Bootcamp is for dads only; taught by a male facilitator and veteran dad with their new babies; discusses what it will be like to forge a new family.

Infant feeding is for moms only; discusses feeding options for babies.

##### Aug. 17 & Oct. 12

Prenatal Series #5—Tour and Movie Night

The class session includes tour of the hospital, hospital policies regarding birthing room and nursery, discussion on when to go to the hospital, and a review of breathing and relaxation techniques.

### Classes Separate From the Prenatal Series Classes

##### July 18, Aug. 15, Sept. 19 & Oct. 17

Accelerated Prenatal Class, 9 a.m.–6 p.m.

##### Aug. 1, Sept. 5 & Oct. 3

Sibling Class

Conference Center (lower level of hospital), 10:30–11:30 a.m.

##### Aug. 1 & Oct. 3

Happiest Baby on the Block

Conference Center (lower level of hospital), 2 p.m.

##### Aug. 19 & Oct. 14

Breastfeeding Class, 6:30–9 p.m.

##### Aug. 24 & Oct. 19

Infant CPR Class, 6:30–9 p.m.

##### Sept. 5

Prenatal Refresher

Conference Center (lower level of hospital), 2 p.m.

##### Sept. 17

Baby Care Basics, 6:30–9 p.m.

##### New Moms Meeting

Wednesdays, 10–11 a.m.

### Other Classes and Programs

#### Stroke Support Group

Third Thursday of the month, 3–4:30 p.m.

St. Joseph Physical & Sports Therapy  
Forest Park

(2130 W. Sycamore Street, Suite 140)

For more information or to register, call 765.236.8500.

#### St. Joseph Hospital Cancer Center Support Group

Last Thursday of every month, 4:30 p.m.

St. Joseph Hospital Cancer Center  
(1907 W. Sycamore Street)

For more information, please call 765.456.5687 or 800.341.5687.

#### QuitSmart (Smoking Cessation)

The classes are 60 minutes long and include acudetox and stress management.

For more information or to register for classes, call 765.456.5941.

#### AWAKE Seminar (Sleep Disorders)

July 22 & Oct. 21, 6–8 p.m.

St. Joseph Hospital Conference Center  
(lower level of the hospital)

For more information, please call 765.456.5619 or 866.770.6171.

#### The Lifeline for Limb Loss (Amputee Support Group)

First Thursday of every month, 4:30–6 p.m.

St. Joseph Physical and Sports Therapy  
Forest Park

(2130 W. Sycamore Street, Suite 140)

For more information, please call 765.236.8500.

#### Bariatric Support Group

Third Wednesday of the month, 5:30–8:30 p.m.

Call 888.338.CARE (2273) to schedule an appointment.

#### Asthma Education Partners

This program is jointly administered through a tri-county effort. Respiratory therapists, pharmacists and other healthcare professionals are available to help you manage your asthma symptoms on a daily basis. By doing so, you can minimize your lost time from work, school or leisure activities and lead a more active life. For a 30-second asthma test, go to [asthmaactionamerica.org](http://asthmaactionamerica.org). For more information, call 765.456.5099.

#### St. Joseph Higgins Center

The center offers a variety of massage therapies to keep you on the road to good health. Massage therapy improves circulation, enhances joint motion and reduces muscular tension and mental stress. Call 765.456.5000 today to schedule an appointment.

#### Yoga Class

All of us are vulnerable to suffering, which binds our body, breath, mind and spirit. Yoga is a time-tested system that shows us how to unbind ourselves and become more healthy, happy, creative and free. Classes are instructed by Nedra Hollingsworth. She is a member of the National Yoga Alliance and certified at 200 hours of teacher training. For more information, call Nedra at 765.459.3828.

#### Narcotics Anonymous (NA)

Gives support to people with drug addictions who have the desire to live a drug-free lifestyle. The NA meetings are open to the public and are non-smoking. Donations are accepted but not required. For more information, call 765.456.5900.