

# SPIRIT *of* HEALTH

 St. Vincent HEALTH  
Saint John's Health System



Volume 7, No. 2, June 2004



## Young Teens Learn Baby-Sitting Skills

Saint John's Health System will offer on June 11 a session of its medically accurate baby-sitting preparation program, called Safe Sitter.

Safe Sitter is designed for boys and girls ages 11 to 13. This nationally recognized program teaches sitters how to have fun with children, to recognize a medical emergency and the appropriate action to take. Safe Sitter participants learn safety and security precautions, such as what to do if a stranger comes to the door, and when and how to call for help. They receive information on child development and age-appropriate activities.

The cost is \$40, which includes all the learning materials for the one-day class, a backpack of supplies, and lunch. Enrollment is limited to 12.

Parents may inquire about enrolling their children in future classes by calling Saint John's Corporate Education at 646-8178.

## Cancer Center to Acquire Latest Treatment Technology

Saint John's Cancer Center is acquiring a new Intensity Modulated Radiation Therapy (IMRT) linear accelerator this summer. The IMRT is the latest available technology in the nation for radiation therapy.

IMRT raises the standard for radiation therapy delivery and Madison County is fortunate to be among the first to receive it. In the past, radiation therapy equipment was capable of delivering a beam with only one level of radiation. With IMRT technology, the level of energy can fluctuate throughout the beam, delivering higher doses to only the tumor

tissue and sparing the surrounding normal tissue. This reduction of radiation to normal tissue reduces complications related to radiation therapy and increases the rate of local tumor control by

*...Please Turn to Next Page*



*Saint John's Cancer Center is acquiring a new Intensity Modulated Radiation Therapy linear accelerator later this summer.*

THE SPIRIT OF CARING<sup>SM</sup>



## Cancer Center Champion Partner Sponsor of Relay for Life

Saint John's Cancer Center is proud to be a Champion Partner Sponsor for the 2004 Madison County Relay for Life, to be conducted June 11-12 at Anderson High School.

One in three Americans will be diagnosed with cancer at some point during their lives, and everyone will be touched by cancer at some point.

"Saint John's Cancer Center has been at the forefront of cancer care in Madison County since 1979," said Saint John's President Kyle De Fur. "We are proud to support the Relay for Life as a Champion Partner Sponsor."

Relay for Life is a 12-hour community-based event that empowers individual communities to get involved in the fight against cancer. Teams of 8-15 members raise funds for the American Cancer Society and participate at the relay by camping out, walking the track and enjoying a variety of activities

that night.

The Relay begins at 7 p.m. at AHS on South Madison Avenue. Cancer survivors from throughout the community are invited to walk the first lap — the Survivor's Lap. At the 10 p.m. luminary ceremony, hundreds of luminaries will be lit while a list is read of cancer survivors and those lost to cancer. The public is invited to attend this moving ceremony.

Other activities planned throughout the night include Relay Bingo and other games, massages, an opportunity to talk with cancer treatment professionals, musical entertainment, camp site judging, and a scavenger hunt.

Teams must register by June 10 by calling 642-6603. Team registration is \$100. Each team member who raises \$100 or more receives a free Relay T-shirt.

The Saint John's Cancer

Center brings together state-of-the-art technology with a caring and knowledgeable team of professionals.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to elimi-

**Relay for Life**  
**7 p.m., June 11 through**  
**7 a.m., June 12**

nating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service. Since the American Cancer Society's research program was started, nearly \$2.5 billion have been awarded to cancer researchers across the nation, including 32 Nobel Prize winners.

## Cancer Center To Acquire Latest Treatment Technology

*Continued from Page 1...*

delivering higher, more targeted levels of radiation to the tumor tissue.

"We are very excited about bringing this new, state-of-the-art technology, IMRT, to our patients here at Saint John's Cancer Center. IMRT will enable us to provide even better care to our patients, particularly those with prostate cancers, brain tumors and head and neck cancers, and to continue our high quality tradition of caring for patients with cancer," said Stan Givens, MD, radiation oncologist, Saint John's Cancer Center.

In addition, the Saint John's Cancer Center is acquiring a

digital imaging system to work in concert with the IMRT technology. The digital imaging system will provide dynamic images of the treatment area, affording a greater level of accuracy to the radiation treatment.

"By adding the IMRT technology to the Cancer Center this summer, Saint John's is continuing our long commitment to quality and personalized care to the cancer patients of Madison County," said Kyle De Fur, Saint John's president.

"Saint John's Cancer Center has had a history of bringing the best care possible to our patients through our dedicated staff and advanced technology. We offer

some of the most knowledgeable and caring medical oncologists, radiation oncologists, therapists, nurses, dietitians, and spiritual counselors — all working together to bring the best care to the patient. The IMRT validates this continued commitment to quality care," said Joe Sensing, director of Cancer Services.

The acquisition of this new technology expands the opportunities for Saint John's Cancer Center to offer the most advanced methods of radiation treatments available. For more information, contact Saint John's Cancer Center at 646-8358.

# Exercise To Your Target Heart Rate

Americans are encouraged to find ways to increase the amount of vigorous physical activity as a foundation for improving their overall health.

Jeffrey B. Kreher, MD, a specialist in internal medicine and pediatrics, notes that many of his patients ask, "How hard should I be exercising?"

"For those new to fitness and exercise I recommend basing their intensity on one of two things: their rate of perceived exertion (RPE) and/or their target heart rate (THR).

## Rate of Perceived Exertion (RPE)

"Using a RPE scale teaches you to listen to your body and interpret what it is telling you about your exertion. It can also help you remain safe while achieving your training goals, whether it is high performance for competition or aerobic activity to help with weight loss or maintenance," Dr. Kreher explained.

There are several scales available, but the easiest to use is the 10-point Borg scale of RPE.

### (10-point) RPE Scale

0	Nothing at all
0.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very strong

The RPE scale asks patients to rate how strenuously they feel they are exercising. RPE refers to the **total amount** of exertion or fatigue felt by the patient, not just a single factor, such as leg fatigue or shortness of breath.

Another way of assessing intensity is the talk test:

#### Talk Test

LIGHT = able to sing while doing the activity.

MODERATE = able to carry on a conversation comfortably while engaging in the activity.

VIGOROUS = becoming winded or too out of breath to carry on a conversation.

Exercise for fitness should be maintained in the moderate intensity.

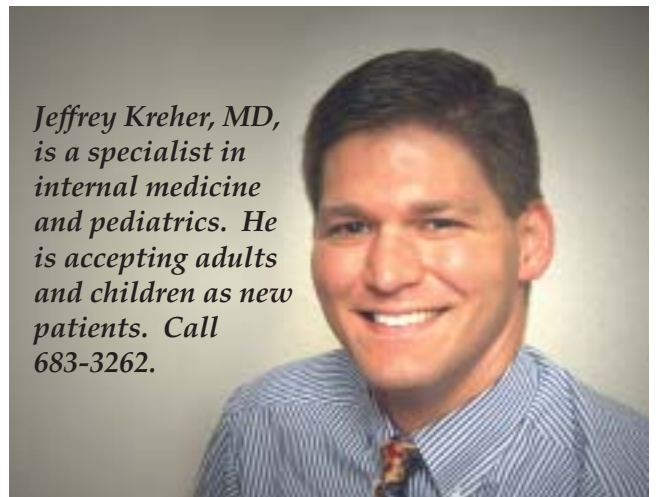
## Target Heart Rate (THR)

In order to use your heart rate for training, you must know how to measure the heart rate. The easiest manual way would be to count your heart beats by feeling your carotid artery to the side of your windpipe below the jaw, or your radial artery on the thumb side of your wrist (palm up). You can . . .

- (1) Count for six seconds and then add a zero to the number (i.e. 10 heart beats in 6 seconds = 100 beats per minute), or
- (2) For greater accuracy, count for 10 seconds and multiply by 6 (i.e. 10 heartbeats in 10 seconds = 60 beats per minute (bpm)).

Before we can set a target heart rate, you must determine your Maximal Heart Rate (MHR). This is best obtained through an exercise stress test.

*Jeffrey Kreher, MD, is a specialist in internal medicine and pediatrics. He is accepting adults and children as new patients. Call 683-3262.*



However, it can be estimated from the following equation:

$$\text{Maximum Heart Rate} \\ 220 - (\text{age}) = \text{MHR.}$$

For moderate intensity exercise, the Target Heart Rate (THR) should equal 50-85% of your MHR:

$$\text{MHR} \times .5 = \text{THR (lower limit)} \\ \text{MHR} \times .85 = \text{THR (upper limit)}$$

For example, a 50-year-old woman would have a MHR of 170 bpm ( $220 - 50 = 170$  bpm)

The THR would be:

$$.5 \times 170 = 85 \text{ (lower limit)} \\ .85 \times 170 = 119 \text{ (upper limit)}$$

"A heart rate monitor offers an easy and convenient way to watch your heart rate. With proper education, it can be a very encouraging and rewarding tool for fitness—even in the hands of someone new to exercise," Dr. Kreher said.

It is always advisable to speak with your physician before undertaking any fitness program.

## Sleep Apnea May Be Ruining Your Rest

An estimated 18 million Americans suffer from sleep apnea, a condition that causes brief interruptions in breathing during sleep.

With the most common form of sleep apnea, obstructive sleep apnea, the muscles and tissue at the back of the throat relax and sag, which blocks the airway for several seconds at a time. When the sleeper finally must take a breath, he often snorts loudly or makes a choking or gasping sound and briefly awakens. A person with sleep apnea never enters the deepest, most restful stages of sleep.

The Saint John's Sleep Lab

technologists have monitored patients who have more than 500 episodes per night.

Such disrupted sleep can make people forgetful, irritable, depressed and incapable of carrying out tasks that require prolonged concentration, such as driving. If untreated, the apnea can increase the risk for stroke, heart attack, arrhythmia and heart failure.

To diagnose a sleep disorder, a physician will request that the patient be monitored while sleeping one night in the Saint John's Sleep Lab.

Once detected, most sleep disorders can be corrected. A

few simple lifestyle measures may help reduce sleep apnea:

- If obese, shed a few pounds.
- Avoid alcohol, tobacco and sedatives at bedtime.
- Lie on your side to sleep .

Wearing a positive pressure device to bed helps many sleep apnea sufferers. Others benefit from surgery to remove excess tissue.

Do you have the symptoms of sleep apnea? Take the Sleep Quiz on the facing page. It is provided by the Saint John's Sleep Lab.

### Saint John's Sleep Lab

Saint John's Sleep Lab features state-of-the-art computerized monitoring equipment and four sound-proof patient rooms. A series of wires is connected to various parts of the patient's body to monitor such functions as brain waves, muscle tone, eye movement, heart activity, airflow, respiratory efforts and oxygen levels..

The recording equipment is located in an adjoining room, where the staff can monitor the patient and make notations without disturbing the sleeper. A closed-circuit video camera allows the technologists to monitor the patients as needed and, if requested by the physician, to videotape the sleep session to document such conditions as night terror.

The Saint John's Sleep Lab is an important component for diagnosing such sleep disorders as:

- Sleep Apnea
- Snoring
- Narcolepsy
- Restless Legs
- Severe Sleepwalking
- Sleep Terrors
- Nocturnal Tooth Grinding
- For more information about the Saint John's Sleep Lab, call 646-8149.



### Treating Sleep Apnea with CPAP

CPAP (Continuous Positive Airway Pressure) treatment is used with a great number of patients who suffer from obstructive sleep apnea. With CPAP treatment, the patient wears an individually sized nasal mask connected to a CPAP machine. The CPAP allows the patient to breath freely by blowing air into the nostrils to keep the airway passages open during sleep.

The units are reliable, quiet and efficient and come in a variety of sizes and shapes.

Saint John's Medical Supplies carries several models of CPAP machines and accessories. On-site respiratory specialists can help customers with all their ventilation and home oxygen needs. For more information, call 646-8366.



# Saint John's Sleep Quiz

Please complete this quiz and give it to your physician for consultation on whether further diagnostic testing is appropriate for you. If you have experienced any of the following symptoms in the past year, place a check mark in the Yes column.

	YES
1. I've been told that I snore.	
2. I've been told that I stop breathing while I sleep, although I don't remember this when I wake up.	
3. I have high blood pressure.	
4. I have had a stroke.	
5. I have heart problems.	
6. I smoke cigarettes; ____ packs per day	
7. My family and friends say they have noticed changes in my personality	
8. I have noticed my heart pounding or beating irregularly during the night.	
9. I awaken often during the night to urinate	
10. I suddenly wake up gasping for breath during the night.	
11. I experience an aching or crawling sensation in my legs and move them often during the night.	
12. I have vivid dreams soon after falling asleep.	
13. I am unable to move upon awakening.	
14. I get morning headaches.	
15. I feel sleepy during the day even though I slept through the night	
16. I have had trouble concentrating.	
17. I have trouble at work due to sleepiness.	
18. I have fallen asleep driving.	
19. I have fallen asleep during physical effort.	
20. I fall asleep frequently during the day.	

Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_

**You also can take the Sleep Quiz on-line at [www.stjohnshealthsystem.org](http://www.stjohnshealthsystem.org). You will find the Sleep Lab under the "Services" tab.**

# Special Offerings at Saint John's

**Bi-Polar Disorder**—A Lunch and Learn session sponsored by the Saint John's Anderson Center. July 15, Noon. Anderson Center Auditorium, 2210 Jackson St. Free. Call **646-8444** to register.

**Eating Disorders** — A Lunch and Learn session sponsored by the Saint John's Anderson Center. Sept. 16, Noon. Anderson Center Auditorium, 2210 Jackson St. Free. Call **646-8444** to register.

**Safe Sitter** — Baby sitting preparation program for boys and girls, ages 11 to 13. The \$40 fee includes materials, lunch and a backpack of supplies. June 11. Call **646-8178** to register and to inquire about other summer class dates.



**Childbirth Preparation**—This six-week course is designed to prepare couples for the childbirth experience. Relaxation, breathing and concentration techniques are taught to enhance the labor and delivery process. Upcoming sessions begin June 8, Aug. 10, and Sept. 7 at 6:30 p.m. Birthing Center Education Center. Free, registration required. Call **646-8117**.

**Cesarean Section**—This one-session class prepares the patient and family for Cesarean Section. Scheduled on an individual basis. Approximately 1 hour. Birthing Center Education Center. Free. Call **646-8117**.

**Breastfeeding**—Class covers various breastfeeding topics, including getting started, what to do when you have to be away, and how to add solid food to baby's diet. Upcoming sessions: June 22, Aug. 24, and Sept. 21, at 6:30 p.m. Birthing Center Education Center. Free. Call **646-8117**.

**Sibling Class**—New brothers and sisters receive a special tour of the Saint John's Birthing Center and learn what to expect when Mom comes home with Baby. Upcoming sessions: July 19 and Sept. 20, 6 to 7 p.m. Birthing Center Education Center. Free. To register, call **646-8117**.

**Grief Workshops**—Grief education and support. Adults' sessions are conducted either 9:30 - 11:30 a.m. at the Saint John's Education Center, 1912 Jackson St., or 6:30-8:30 p.m., Bennett Rehabilitation Center Conference Room, Second Floor, Saint John's Medical Center, 2015 Jackson St. Free, reservations required. Six-week sessions for children and teens also available. Free. Call Saint John's Hospice at **646-8334**.

**Grief Support Group**—Those who have completed the Saint John's Hospice Grief Workshops are invited to attend a "graduate" grief support group. It meets on the third Tuesday of each month at the Education Center, 1912 Jackson St., from 7 to 8:30 p.m. For more information, call **646-8334**.



**CPR for Healthcare Providers** — Cardiopulmonary resuscitation course for healthcare providers. Call **646-8529** for information.

**Heartsaver CPR Adult/Infant/Child** — Learn cardiopulmonary resuscitation and relief of foreign-body airway obstruction. Call **646-8529** for information.

**Outpatient Diabetic Education** — Saint John's has developed a new comprehensive diabetes education program that helps individuals self-manage the disease and avoid complications. The material is presented over three class sessions. Daytime and evening class options are available. For more information, call **646-8178**.

## Birthing Center On-line Class Registration

The Saint John's Birthing Center has added an on-line class registration form to its internet pages. Visitors to our internet site:

**[www.stjohnshealthsystem.org](http://www.stjohnshealthsystem.org)**

can access the Birthing Center pages from the "Services" section. The Birthing Center classes are described along with a schedule of upcoming sessions. Everything needed for registration can be entered in the form, which is e-mailed directly to the Birthing Center.

The Birthing Center section also features a new link to our newborn photo section. To access a baby's first photograph, family and friends must obtain the passwords from a parent. Once at the gallery page, individuals can order prints and personalized keepsakes to be sent to their home or request a digital copy of the photo to be sent to their e-mail address.

*Early Detection can be Life Saving*

## How to be Proactive with Eating Disorders

“Being proactive is a vital part in the detection of eating disorders,” said Erin Lynch, a licensed clinical social worker at the Saint John’s Anderson Center.

Eating disorders are affecting people of all ages, ranging from elementary school children to adults. In the United States, over 5 million girls and women and close to 1 million boys and men have eating disorders.

“It is important to remember that eating disorders take a while to develop,” Erin said. “Many cases start out as innocently as cutting out one or two types of food. Individuals lose weight doing this, so they may begin to cut out other foods, which can lead to severe malnutrition.”

Part of being proactive is being knowledgeable of all the signs of an eating disorder. The initial signs include:

- Intense/irrational fear of weight gain and body fat,
- Misconception of being overweight. Individuals will see fat where there is none and may have an extreme preoccupation with caloric intake, thinking about food, how to burn these calories, and an obsession with exercise.

“As the eating disorder progresses, typically after a period of restricting one’s diet, physical signs begin to be more apparent. If any of the following signs appear, contact a physician or therapist. Early detection is always best,” Erin said.

Physical signs include:

- Thinning/drying hair,
- Sensitive to cold,
- Dizzy,
- Unhealthy look, pale,
- Doesn’t sleep as much,

- Loss of period (this is due to low body fat).

At the point when the body is not given fat and/or fat stores have been depleted, it then begins to pull fat stores from the muscle. When this occurs, the skin begins to look gray, pasty, and eyes look sunken. This can then lead to more serious problems, such as shrinking of the heart and other vital organs.

Emotional signs may include:

- Difficulty concentrating,
- Withdrawal from family and friends. Socializing often includes eating, so some people then avoid being with others so they won’t have to explain why they are not eating.
- Depression,
- Obsession with perfectionism.

### What family and friends can do to help?

“It is important to remain calm and assess the situation. A planned confrontation will be accepted much better than an impulsive one. When approaching the individual, be sure to say how you feel. Use such phrases as, ‘I feel sad when I see you not eating.’ or ‘It scares me that you may get sick because you are not eating.’ These statements show that you care about the person. You can always bring the individual in for an assessment with a mental health professional or a physician.”

To schedule an assessment with a mental health professional, call the Anderson Center at 644-1414. Treatment options will be determined based on the results of the assessment.


It is important for friends and family to become educated about

eating disorders. You can gather information by talking to a therapist or physician, researching the internet, and reading books or articles. Throughout the therapy process, the involvement of family and friends can be a great support for the patient and offer additional education for those involved.

“Friends and family must learn to practice patience during the entire process. Remember, the recovery process may be a long one with many obstacles,” Erin said.



*Erin Lynch, LCSW*

 **St. Vincent** HEALTH  
**Saint John's**  
**Health System**  
2015 Jackson Street  
Anderson, IN 46016-4339

Nonprofit  
Organization  
U.S. Postage  
PAID  
Muncie, IN  
Permit No. 228

The Spirit of Caring is alive at St. Vincent, represented by the three doves of our logo, flying proudly in an integrated formation, depicting the three aspects of holistic healing - body, mind and spirit. Saint John's Health System strives to deliver to our patients and families extraordinary patient care every day, with the three doves as our guiding symbol.

As a member of Ascension Health and St. Vincent Health, we are called to:

**Service of the Poor**

Generosity of spirit for persons most in need

**Reverence**

Respect and compassion for the dignity and diversity of life

**Integrity**

Inspiring trust through personal leadership

**Wisdom**

Integrating excellence and stewardship

**Creativity**

Courageous innovation

**Dedication**

Affirming the hope and joy of our ministry

## Free Camp for Children/Teens Dealing with Grief

Registrations are being accepted for Camp Hope, a free camp for children dealing with grief.

Children and teenagers who have experienced the death of a loved one deserve special support as they grieve. Saint John's Hospice recognizes the special needs of grieving children and has established Camp Hope.

The overnight camp provides an opportunity to share feelings of loss with other children and caring adults, and to learn that these feelings are normal.

Camp Hope will be held Aug. 14-15 at Camp Kikthawenund, just outside of Anderson. Camp will begin at 9 a.m. on Saturday and conclude at 11 a.m. Sunday with a memorial service for the children and their families. There is no charge to attend Camp Hope.



Call Saint John's Hospice at 646-8334 to register. There are a limited number of spaces available.

The camp environment stresses fun and enjoyment, with the opportunity for brief, informal group discussions led by trained facilitators. Children may enjoy swimming, nature walks, arts and crafts, games, and other fun activities.

The experience is not designed as therapy, but as an enjoyable way to gently teach coping skills and build self-esteem and trust.

"We find that teaching children early in life how to cope effectively with loss, promotes better coping throughout their lives," said Judy Jackson, bereavement coordinator.