

# BALANCE



St. Vincent  
Jennings Hospital

body ■ mind ■ spirit<sup>®</sup>

fall 2010

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*Music*  
for the Heart  
ADVANCING CARDIAC CARE



# YOUR HEART

## *Near Middle Age*

Your heart gives you what you need to participate in everyday life. It's a powerful organ—and it's also prone to serious disease.

If you're concerned about your risk for heart disease, ask yourself the following questions.

- + *Do I drink more than one (if you're a woman) or two (if you're a man) alcoholic beverages per day?*
- + *Do I have diabetes?*
- + *Do I have high blood pressure or cholesterol?*
- + *Do I skip exercising?*
- + *Am I overweight or obese?*
- + *Do I smoke?*
- + *Do I frequently eat foods that are bad for me?*

A “yes” answer to these questions means you could be at increased risk. Take steps now so you can answer “no” to the majority of these questions, and speak with your physician about ways to keep your heart healthy for years to come.

■ ACCORDING TO THE CENTERS for Disease Control and Prevention, heart disease is the leading cause of death among females in the United States, contrary to the general thought of heart disease being a “man’s disease.” The condition is also largely preventable. Certain healthy habits go a long way in reducing your chances of developing the disease, especially when you practice them in your 30s and 40s. Follow these tips to combat your risk before problems start.

**Turn to your family tree.** Find out whether or not anyone in your family has had heart disease. Knowing your level of risk facilitates more meaningful discussion with your healthcare provider about how to minimize it.

**Eat good-for-you foods.** Adopt eating habits that lead to a long, healthy life. Select foods that are low on the “bad stuff:” trans fats, cholesterol, sodium and added sugars. Prepare meals at home that feature lots of vitamin- and mineral-rich fresh fruits and vegetables.

**Get and stay active.** Not only is exercising great for your heart, but it also helps you remain at a healthy weight, gives you energy and helps you manage stress. Work toward the recommended 30 minutes of moderate-intensity aerobic activity five days per week. If you feel crunched for time, keep a pair of sneakers at work and use your lunch break to take a brisk stroll, or ask your employer to dedicate a small room at the office to house a treadmill and exercise bike.

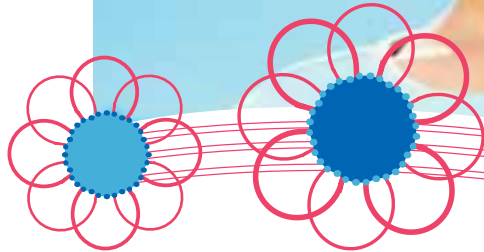
**Get yearly checkups.** Making time for annual checkups is essential to detecting and preventing heart disease. In addition to performing heart exams, your physician should regularly monitor your weight and body mass index (BMI), waist circumference, blood pressure and blood cholesterol levels, and fasting blood glucose level for those with prediabetes or diabetes. Proactively inquire about the health of your heart and what your numbers mean. Knowing the answers will help you gauge your health and determine the most appropriate steps to reduce your risk.

Learn more about caring for your heart at [heartcenter.stvincent.org](http://heartcenter.stvincent.org).

# GROWING UP WITH Epilepsy



A diagnosis of pediatric epilepsy can be distressing for children and parents alike. However, help and hope are here.



*Advice & Tips*  
 24/7 FREE Nurse Advice Line:  
**317.338.KIDS (5437)**  
 Health reminders for busy parents... sign up for our Tip of the Day at  
**peytonmanning.stvincent.org.**

James Pappas, M.D.



**■ WATCHING A PERSON** experience a seizure can be a frightening situation. That fear is compounded if it's a parent seeing his or her child having a seizure.

Knowing the signs of a seizure and how to respond to a seizure can help you keep your child safe if a seizure strikes.

Symptoms of a seizure may include staring, lack of responsiveness, abnormal stiffening or turning to one side, brief startle-type jerking, and eye deviation to one side. If you notice any of these signs, you should:

- Observe your child closely and time the episode with a watch.
- Turn your child on his or her side during convulsions.
- Have your child evaluated in an emergency department for a first-time seizure.
- Notify your child's physician about subsequent seizures, especially if they last longer than five minutes.

"Epilepsy is defined as two or more seizures without an immediate cause," said James Pappas, M.D., medical director of pediatric neurology at Peyton Manning Children's Hospital at St. Vincent. "Some cases of epilepsy are genetic; however, the majority have no cause. Children who have a brain abnormality

or have suffered a brain injury are at greater risk for seizures. Some seizures involve brief staring episodes in which a child doesn't respond for 3 to 10 seconds. Others are characterized by repetitive movements or a depressed level of consciousness that may lead to general convulsions."

## Seizing Control

Epilepsy is often evaluated with an EEG and MRI scan. Although EEG is often normal in epilepsy, abnormal discharges can be seen and can be helpful in choosing a medicine. MRI looks for abnormalities in the brain that may cause seizures.

Treatments for epilepsy include medication and, in more severe cases, surgery, including implanted devices such as the vagal nerve stimulator, which stimulates the vagus nerve, sending an electrical stimulus to the brain.

"There are a lot of misconceptions surrounding pediatric epilepsy," Dr. Pappas explained. "Many normal kids will have seizures, but they're treatable. If parents treat children with epilepsy differently, they will only create more problems."

**For more information about our pediatric neurology services or to schedule an appointment with Dr. Pappas, please call 317.338.1600.**

## License to Make a Difference

Hoosier motorists wishing to express their support for Peyton Manning Children's Hospital at St. Vincent will soon be able to do so in a special way. When drivers choose their 2011 license plates from the Bureau of Motor Vehicles, they can select a specialty plate benefiting the Peyton Manning Children's Hospital at St. Vincent Child Protection Center. The Child Protection Center is a haven of care and support for abused and neglected children, and \$25 from each sale of the \$40 license plate goes to support these vulnerable young people.

*For more information about the specialty license plates, visit [peytonmanning.stvincent.org](http://peytonmanning.stvincent.org) or [myBMV.com](http://myBMV.com).*

**Peyton Manning**  
 Children's Hospital



at  St. Vincent

## Planning for the Future

To help facilitate future learning opportunities for current St. Vincent Jennings Hospital associates, emergency personnel within the community and local students, St. Vincent Jennings Hospital has built its own library of scenarios for their new Simulation Training Center. By having a wide variety of scenarios available, a greater number of current and future healthcare professionals will benefit from the SimMan® technology.

“The options for this technology literally stretch as far as our imaginations will allow,” said Karen Shaw, BSN, interim CEO and director of clinical operations. “These manikins allow students to complete procedures successfully and also to make mistakes and learn from them. By creating a lifelike environment, we’re going to reduce the chances of medical errors and improve health care in our area.”

# Practice Makes Perfect

THANKS TO A 2007 GRANT FROM THE Lilly Endowment given to Economic Opportunities through Education by 2015 (EcO15), St. Vincent Jennings Hospital recently opened a new Simulation Training Center. The facility aims not only to foster the skills and expertise of current healthcare professionals, but also to educate aspiring providers who may one day serve the community.

When EcO15 received a \$38 million grant from the Lilly Endowment, it quickly became apparent that promotion of the healthcare industry would be one of the organization’s main missions. Health care accounts for 10 percent of employment in Southeastern Indiana, making the industry second only to manufacturing.

“In the early days, we asked our 14 partners to identify growing needs that we could support with our funding,” said Jim Battin, consultant for the EcO15 project. “Through these discussions, we identified a strong need for simulation training equipment that could be used to educate current and future healthcare professionals.”

### Acquiring Unique Equipment

To meet the ongoing training needs of healthcare professionals, as well as high school and nursing students in the area, the EcO15 project committee purchased specially designed manikins for

St. Vincent Jennings Hospital and for healthcare providers and/or educational facilities in seven counties.

Serving as a type of healthcare “test dummy,” the SimMan® manikin can be programmed with a wide variety of medical scenarios. Students can practice treating trauma and emergency patients and learn how to respond to preconfigured scenarios, including situations involving heart conditions and terrorist attacks.

“The manikins have blood pressure, a heart rate and, in some instances, can even talk—they’re really very lifelike,” said Karen Shaw, BSN, interim CEO and director of clinical operations. “With the addition of the Simulation Training Center, our clinical associates, first responders in the community and students can now practice a variety of procedures and build a great deal of confidence, thereby enhancing the level of care they are able to deliver to patients.”

The new center at St. Vincent Jennings Hospital is equipped with two SimMan manikins—a SimBaby™ infant simulator and a SimMan adult simulator. Additionally, audiovisual equipment is available, allowing associates and students to record, review, critique and learn from their responses to the scenarios and cases in which they participate.

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Learn the latest news about St. Vincent Jennings Hospital at [jennings.stvincent.org](http://jennings.stvincent.org).

# Reaching New Levels of Excellence

No surgery feels minor, especially when it's you who is facing the procedure. That's why St.Vincent Jennings Hospital strives to provide the most advanced care available right here in North Vernon.

■ AT ST.VINCENT JENNINGS HOSPITAL, SURGICAL SERVICES ARE OFFERED BY physicians focused on providing the highest level of care possible. With the addition of three talented surgeons, community access to surgical services has increased, translating into improved care.

"St.Vincent Jennings Hospital continually looks for ways to enhance the care we provide," explained Karen Shaw, R.N., BSN, interim CEO and director of clinical operations at St. Vincent Jennings Hospital. "Discovering talented physicians and bringing them to this community is a major responsibility. With the addition of these three physicians, we have succeeded tremendously in improving our ability to care for this growing community."

*Take a moment to meet St.Vincent Jennings Hospital's newest surgeons.*

## Waqar Aziz, M.D.



A practicing surgeon at St.Vincent Salem Hospital since 1996, Dr. Aziz has spent many years serving communities in Indiana. A board-certified

orthopedic surgeon, Dr. Aziz performs joint replacement surgeries and a variety of other procedures. The addition of his services expands the number of orthopedic patients able to be treated at the ministry.

## Warren Balazs, D.O.



A graduate of Ohio State University Medical School, Dr. Balazs is a board-certified otolaryngologist specializing in the treatment

of ear, nose and throat conditions. At St.Vincent Jennings Hospital, Dr. Balazs performs tonsillectomies and provides surgical solutions for a wide range of ear, nose and throat issues.

## Jonathan Noel, M.D.



A board-certified general surgeon, Dr. Noel has practiced at St.Vincent Salem Hospital since 1997. As a member of

the St.Vincent Physician Network, Dr. Noel cares for a variety of general surgery patients. Dr. Noel joined the staff this past year, and his services have proved vital in providing advanced surgical care.

## Comprehensive Care

Surgical services at St.Vincent Jennings Hospital cover a wide range of clinical procedures, including:

- + Breast biopsies
- + Cataract procedures
- + Ear, nose and throat surgeries
- + Hernia repairs
- + Laparoscopic gallbladder procedures and appendectomies
- + Pain management injections and radio-frequency treatments



## Caring for the Community

Enhancing surgical services brings care found in larger cities to residents in our community. Today, patients can remain close to home and receive care from staff members they know in a familiar environment.

"Bringing specialty surgical services into this community is tremendous for our patients," said Cindy Corya, R.N., BSN, surgery manager at St.Vincent Jennings Hospital. "Many of our patients no longer have to leave the area for surgery. The addition of these surgeons is just one more way we continue to provide comprehensive medical care for the community."

For more information about surgical services or to find a physician at St.Vincent Jennings Hospital, visit [jennings.stvincent.org](http://jennings.stvincent.org).



Photos by Lisa Blythe

Benjamin Del Vecchio's heart has always skipped to the beat of his own music, figuratively and literally, as Benjamin has a heart murmur.

AT 66, BENJAMIN HAD A REWARDING career as an orchestra conductor and instructor that spanned nearly 50 years and led to his present position. As the musical director of the Hendricks Symphony, his chosen profession requires him to stand for hours throughout the day, conducting his musicians with vigor and enthusiasm as he leads them through rehearsals and performances.

"I've had a heart murmur all my life, and I was always fine and seemingly unaffected. As I grew older I noticed subtle changes," explained the Indianapolis resident. "I started experiencing shortness of breath and extreme fatigue. I grew concerned when I would get up to rehearse and 10 to 15 minutes into it, it felt as if the room were spinning and I became dizzy. I knew I had to seek help."

Benjamin contacted one of his former college students, Kirk Parr, M.D., cardiologist with St. Vincent Heart Center of Indiana, and described his symptoms. Dr. Parr referred him to a colleague, Jack Hall, M.D., cardiologist and cardiovascular disease specialist at St. Vincent Heart Center of Indiana.

Dr. Hall discovered Benjamin had mitral valve regurgitation, or a "leaky valve," caused by his heart murmur and age progression. Mitral valve regurgitation occurs when the heart's mitral valve doesn't close correctly and causes

## A Grade Above the Rest

According to the Annual Hospital Quality in America Study performed by HealthGrades, St.Vincent Heart Center of Indiana continues to be ranked number one in Indiana for overall cardiac services, a ranking that's been reflected in 2006, 2007, 2008, 2009 and 2010. St.Vincent Heart Center of Indiana also ranks among the top 5 percent of all hospitals across the nation.

# Musical Interlude of the Heart

blood to flow backward into the upper heart chamber when the lower chamber contracts. Symptoms typically include:

- Cough
- Excessive urination at night
- Fatigue or exhaustion
- Light-headedness or dizziness
- Shortness of breath

### The Crescendo

Following his diagnosis, physicians determined Benjamin would require surgery.

"I remember I was terrified at first," Benjamin recalled. "I also was concerned because my surgery was scheduled for Aug. 7, and the first day of symphony rehearsal was Aug. 17—I had to be back at work in 10 days. You just don't miss rehearsal nights in this business."

Benjamin's surgery was successful, and he was strong enough to attend that first rehearsal. He credits the skilled physicians at St.Vincent Heart Center of Indiana and the incredible care he received as contributors to his speedy recovery.

"I've been to other facilities for other conditions, and the physicians at St.Vincent have been the best I've ever had," Benjamin said. "My wife was able to stay with me overnight following my procedures, which was really nice. I don't even remember much about my admission experience or when it was time to leave—that's how seamless the care was."

### Music to the Ears

Today, Benjamin reports he's feeling great. "I don't get exhausted at all like I used to," he said. "Before, I would come home from rehearsal, eat supper and fall asleep immediately. Now, after rehearsal my wife and I can go out to dinner and when we come home, I feel like I could go out and do my day all over again. My quality of life is much better. I'm on my feet, singing, yelling and conducting the music I love and hope I'll be doing just that for another 20 years."

### Chamber Music

People with similar cardiac conditions now can turn to the St.Vincent Valve Center of Excellence for advanced care.

"The Valve Center is a new concept in medicine in which cardiologists, cardiothoracic surgeons and other caregivers work together under one roof, providing comprehensive care to patients in one visit with no referral," said David Heimansohn, M.D., cardiothoracic surgeon at the St.Vincent Valve Center of Excellence. "Our physicians and surgeons offer the latest technology and valve replacement procedures, improving patient care and saving time by providing all these services in one location."

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St.Vincent Physician Network providers at St.Vincent Jennings Hospital offer excellent primary care and refer patients to specialized cardiac care at St.Vincent when the need exists. Call 352.4300 to set an appointment.

### Take Your Pulse

Individuals may take their pulse to guard against stroke and other serious heart conditions.

#### Take your pulse:

- + **STEP 1**—Take three fingers and place them on the outside of your wrist.
- + **STEP 2**—Count pulses (beats) for 15 seconds.
- + **STEP 3**—Multiply the number you count by 4; this will reveal your beats per minute (BPM).

A BPM between 60 and 100 is considered normal. If you are outside this range or feel your heartbeat is irregular, contact your physician to be evaluated.

"Atrial fibrillation is an abnormal rhythm of the heart that can lead to serious problems," said Jeff Olson, D.O., electrophysiologist with St.Vincent Heart Center of Indiana. "Taking your pulse and determining if you are within a normal range can give you insight as to whether you should have cause for concern."



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you can't put a price on.  
Peace of mind.**

**THE HEARTSCAN AT ST.VINCENT JENNINGS HOSPITAL.  
JUST \$99 AND 30 MINUTES COULD SAVE YOUR LIFE.**

Heart disease is the #1 killer in America and often strikes without warning or symptoms. Which is why St. Vincent Jennings Hospital is offering a HeartScan imaging procedure that can help identify your risk for heart disease for only \$99.

HeartScan is a fast and painless coronary artery scan that measures the amount of calcified or hardened plaque inside the arteries of the heart. It takes only a few minutes and requires no injections or preparation. It could well be the best \$99 you'll ever spend.

The HeartScan is available at five St. Vincent locations in Anderson, Carmel, Fishers, Indianapolis and North Vernon. For more information or to schedule an appointment, please call 866.432.4457.

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