

BALANCE



St. Vincent
Randolph Hospital

body ■ mind ■ spirit[®]

fall 2010

randolph.stvincent.org

Girls

on the Run:

HEADED TOWARD
A BRIGHT FUTURE

**NEW TRAINING
CENTER FOR
EMERGENCY
RESPONDERS**

**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.

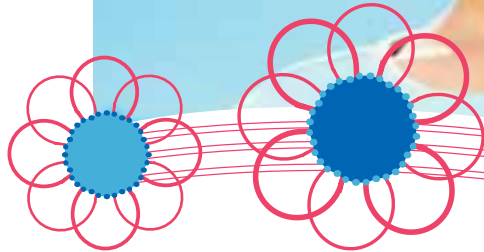
Get yearly checkups. Making time for annual checkups is essential to detecting and preventing heart disease. In addition to performing heart exams, your physician should regularly monitor your weight and body mass index (BMI), waist circumference, blood pressure and blood cholesterol levels, and fasting 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.

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 or myBMV.com.

Peyton Manning
 Children's Hospital



at  St. Vincent

Equipped for LIFESAVING TRAINING

In October 2009, the Union City Fire Department and St.Vincent Randolph Hospital teamed up to open a new training center designed to deliver professional emergency medical services (EMS) and cardiopulmonary resuscitation (CPR) training to members of the community.

“WE WERE CRAMPED FOR SPACE IN OUR OLD building, which was not very conducive to training,” said Matt Blankley, assistant fire chief at the Union City Fire Department. “We believe EMS and CPR training is vital, so we reached out to the community for support, which is when St.Vincent Randolph Hospital provided necessary funds.”

Making a Difference

As a rural community, Winchester has few established training facilities, and prior to the establishment of the new training center, students had to drive as far as 80 miles to receive EMS education. The facility offered EMS education during the first phase of its operation, and it recently began offering free CPR instruction once a month.

“Having EMS and CPR training resources so close to home is such an asset to our community,” said Tim Crawford, fire chief at the Union City Fire Department. “As we continue to grow, we hope to be able to offer community outreach and education programs, such as bariatric and diabetes support groups.”

All About Technology

Along with the new training space, the center boasts state-of-the-art educational equipment to assist in training efforts.

“We have acquired several pieces of equipment that will enable us to better serve and educate members of our community,” said Matt. “The most impressive are simulation manikins and our Hitachi StarBoard, as we now have the ability to create and control emergency scenarios like never before.”

Previous training manikins weren't interactive, so emergency scenarios had to be simulated based on the instructors' explanations. The new training manikins breathe, produce blood pressures and perform other lifelike functions. The instructor can alter the emergency situation via computer, and trainees must then react accordingly.

Hitachi StarBoard is a line of interactive whiteboard products, LCD panels, and tablet devices teachers and presenters can use during instruction. All StarBoards are completely customizable.

“We are so excited about all of the possibilities that our new training facility will offer to our community,” said Tim. “None of this would have been possible without the donation we received from St.Vincent Randolph Hospital. We are proud to work with such a gracious partner.”

For more information about EMS or CPR training at the Union City Fire Department, call 765.964.4488.





Building Self-Respect, Inspiring Dreams

Despite different backgrounds, abilities, races or economic circumstances, the girls of Randolph County have one resource that’s available to all of them—Girls on the Run®.

OFFERED THROUGH THE Randolph County YMCA, Girls on the Run is an international program that brings together girls ages 8 to 12 for an extraordinary learning experience and adventure. Girls on the Run’s mission is to educate and prepare young girls for a lifetime of self-respect and healthy living.

“We’ve implemented Girls on the Run in all six elementary schools in Randolph County,” said Ceann Bales, executive director and CEO of the Randolph County YMCA. “It’s an amazing program that changes the life of every girl and coach involved. Social or academic barriers that are sometimes present in schools are forgotten at Girls on the Run.”

The 12-week program combines training for a 5K (3.1-mile) run or walk with lessons of emotional health, social and mental development, community appreciation, and the values of self-worth and friendship. The objective is to educate and empower girls at an early age to help prevent activities and conditions, such as eating disorders, substance and/or alcohol abuse, premature sexual activity, depression and encounters

with the juvenile justice system, that pose risks and could negatively affect their futures.

Encouraging Esteem

While helping participants train for the 5K race, the Girls on the Run program at the Randolph County YMCA teaches girls important, lifelong lessons that are organized into the following three parts:

Part I—Learn About Yourself:

Getting to know one another, developing a healthy self-image, and discovering how to be comfortable in your skin and with who you are inside

Part II—Learn About Your Team:

Learning to be a good teammate and friend by listening and being supportive; discussing peer pressure, gossip and the importance of carefully selecting friends

Part III—Learn About the World:

Understanding what a community is and how it works, identifying negative media messages directed at girls, and planning, developing and completing a community service project

“The 5K portion of the program is not about competition—it’s about setting

and attaining the goal of completing the event,” said Molly Nunez, Girls on the Run coordinator at the Randolph County YMCA. “Ultimately, the program is about understanding that you can achieve more than the limits society might set for you when you have the support of others and believe in yourself.”

Passing the Baton

The St. Vincent Randolph Hospital Foundation funds the Randolph County Girls on the Run program.

“When we had the idea to start the program, we approached St. Vincent Randolph Hospital Foundation to see if they’d be interested,” said Ceann. “They jumped right on board and have been behind us 100 percent of the way. None of this would be possible without their generosity. It just goes to show what we can accomplish as a community when we help each other.”

To learn more about Girls on the Run at the Randolph County YMCA, call 765.584.9622. For more information about the international program, visit girlsontherun.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."

Learn more about complete cardiac care throughout St.Vincent Health by visiting heartcenter.stvincent.org.

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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Your Hospital, Your Community, Your Health

I HOPE YOU ENJOYED THE FALL issue of *Balance*. The articles in this edition attest to St. Vincent Randolph Hospital's dedication to community service.

One way we uphold this commitment is by supporting organizations that improve the well-being of Randolph County residents.

While some health threats pose immediate danger, others are more systemic and may take longer to surface. As a comprehensive healthcare provider, we seek to protect those we serve from both types of concerns. We are fortunate to be able to help through two vital community initiatives featured in this issue.

The first is a new training facility for emergency medical services and CPR. Through a partnership with the Union City Fire Department, St. Vincent Randolph Hospital helped open this center. Personnel are equipped with advanced technology to educate trainees about providing lifesaving care. You can read more on page 4.

The second initiative, Randolph County YMCA's Girls on the Run® program (page 5), helps girls develop strong self-esteem, lasting bonds, healthy habits, better physical fitness and solid decision-making skills. We hope the program will provide young participants with the tools they need for lifetimes of good health.

Wishing you and your family all the best,
Francis "Cheech" Albarano
Administrator, St. Vincent Randolph Hospital

randolph.stvincent.org

The Spirit of Caring lives here.

It travels the hallways. It fills the rooms.
It radiates from the hearts of the physicians
and staff that work here. Every moment
of every day, we surround our patients
with The Spirit of Caring at St. Vincent
Randolph Hospital.



THE SPIRIT OF CARING®



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