

Health Connection

A PUBLICATION OF
DUKES MEMORIAL HOSPITAL

**Caring for your
body and spirit**

Urinary incontinence
Don't suffer in silence

**Meet our employee
and managers
of the year**

Is it appendicitis?

Visit us at
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gift card!

Dukes Memorial  **Hospital**

www.dukesmemorialhosp.com



Debra Close,
M.S., B.S.N., CPHQ
Chief Executive Officer

Dear friends,

We know in the current economic environment, it's more important than ever to make your dollars work effectively for you. When it comes to good health and stretching every dollar, staying physically and mentally healthy

is a wise investment. Preventive health screenings and regular checkups with your local physician will save dollars in the long run and help keep you and your family at optimal health.

INSIDE THIS ISSUE

To help you maintain your good health, this issue of *Health Connection*, compliments of Dukes Memorial Hospital (DMH), focuses on allergies, healthy eating and tips to control blood pressure levels and prevent blood pressure problems.

We're constantly striving to improve our services and programs to help you stay healthy, and we're proud to be a part of the communities we serve. If you have suggestions about how we can better our services to meet your needs, please let us know.

Thank you for putting your trust in DMH.

Sincerely,

DEBRA CLOSE, M.S., B.S.N., CPHQ
Chief Executive Officer
Dukes Memorial Hospital

Could it be Lyme disease?

Lyme disease is a bacterial infection often transferred by brushing against immature deer ticks in high grasses or heavily wooded areas. While most cases respond successfully to antibiotics, Lyme disease can cause serious complications—including heart and neurological problems—if undetected and untreated.

Know the two most common symptoms of early Lyme disease: a bull's-eye rash and flu symptoms, including headache, fever and nausea. If you experience symptoms after possible exposure, see a physician.

AVOID TICKS

The best way to deal with Lyme disease is to avoid tick bites. After you've spent time outdoors, check your body, including your scalp, for ticks. If you find an attached tick, remove it with tweezers, grabbing close to your skin and slowly lifting straight up. Save the tick and take it to your physician, who can check to see if the insect is infected.

Whenever you're in wooded areas or tall grasses, wear a light-colored hat, shoes, socks and long pants tucked into your socks. Put clothes worn outdoors into a hot dryer for 20 minutes before washing to kill any ticks attached to fabrics. Ticks can also land on pets and then transfer to you. Also consider using repellents and insecticides formulated against ticks.



! Find more resources!

To find more ways to stay healthy, visit

www.dukesmemorialhosp.com

Gut check

Could it be appendicitis?

What's tiny and useless but can cause a whole lot of pain if it's unhappy? Your appendix, a finger-shaped pouch attached to your lower intestine. And if your appendix ever becomes inflamed and fills with pus, you'll have a raging case of appendicitis, a potentially life-threatening illness.

WHO'S AT RISK?

Though anyone can get appendicitis, it often strikes between ages 10 and 30. It usually happens when the appendix is blocked by fecal matter or a swollen lymph node following a digestive tract infection. A small number of people are diagnosed following traumatic abdominal injury, while others are genetically predisposed. In all, about 280,000 appendectomies are performed each year in the United States, according to the National Center for Health Statistics.

NOT JUST A BELLYACHE

A hundred different ailments can cause stomach pain, but your appendix might be the culprit if you have:

- pain that starts around the belly button and moves to the lower right of the abdomen and gets worse when you move, take deep breaths, sneeze or cough
- abdominal swelling
- loss of appetite
- nausea and vomiting
- constipation or diarrhea
- an inability to pass gas
- a low-grade fever



TIME TO TAKE IT OUT?

This isn't a wait-and-see kind of problem. Removal is the only effective treatment for appendicitis, so if you're having symptoms, head to the emergency room, stat. Once there, a physician will check for pain location and tenderness, run a blood test for infection and send you for a computed tomography (CT) scan to confirm the diagnosis. He or she will also look to rule out other possibilities for your symptoms, including ectopic pregnancy, ovarian cysts, kidney stones and Crohn's disease. If you *do* have appendicitis, your appendix will be surgically removed before it can rupture. It may be done laparoscopically (the surgeon makes a few small incisions in your abdomen) or with traditional open surgery (the surgeon makes one large incision). Since experts have been unable to pinpoint the appendix's function, it's unlikely that you'll suffer any long-term effects.

Delay treatment and your appendix will likely rupture. If that happens, chances are good that you'll develop an infection of the abdominal cavity called peritonitis and then pain will take over and your entire abdomen will swell. Fever, thirst and low urine output will likely follow. This infection can cause organ failure, infertility and even death if not adequately contained with an abdominal cavity cleaning and intravenous (IV) antibiotics.

Take our survey and win a \$50 Wal-Mart gift card!

{ www.healthconnectionmag.com }

We need your input! We'd like to know what you think about our publication so we can better serve your needs. Please take a few minutes to complete our online survey. Your responses will be used to improve our services to the community and to enhance our publication.

Filling out the online survey is easy: Simply go to www.healthconnectionmag.com and complete the survey.

By completing our survey, you'll be automatically entered in a random drawing to win one of five gift cards.

All surveys must be completed online by June 1, 2009, to be eligible to win. One entry per person, please. Thank you for your time and assistance.

All responses will be kept strictly confidential. We do not sell, rent or give away your e-mail address.



You beat prostate cancer, now it's time to reclaim your life.

MEN:

Don't keep quiet about incontinence

In the United States alone, more than 5 million men are affected by loss of bladder control, a medical condition known as urinary incontinence. Most are prostate cancer survivors, having undergone surgery for their cancer with the often unavoidable side effect of damage to the urinary sphincter—the muscle that controls the flow of urine from the bladder. As a result, the urethra is damaged or scarred and cannot close off enough to avoid unintentional leakage of urine.

! Stay dry!

If you suffer from the loss of bladder control and want to learn more about your treatment options, call James A. Dugan, M.D., FACS, of Advanced Urology, LLC, at 1-877-972-4500. Advanced Urology has offices in Wabash, Peru and Indianapolis. Visit www.advancedurologyllc.com for more information.

For men suffering from urinary incontinence, it can feel like they're missing out on the best that life has to offer.

THE GOOD NEWS

More treatment options are available than ever before. Inserting an artificial sphincter around the outlet of the bladder can improve the urine leakage that many men experience following prostate gland removal for cancer and other diseases. A minimally invasive outpatient procedure, the artificial urinary sphincter procedure is performed locally by James A. Dugan, M.D., FACS. The artificial sphincter, developed by Minnesota-based American Medical Systems, has been on the market for 35 years and has a 92-percent patient satisfaction rate, considered a standard for treatment of male urinary incontinence.

Know the symptoms of prostate cancer

Every three minutes, a man in the United States is diagnosed with prostate cancer. But regular testing can detect the disease in its earliest stages, when it's easier to treat.

Watch for these signs:

- weak or interrupted stream of urine
- frequent urge to urinate, especially at night
- difficulty starting to urinate
- blood or pus in the urine
- pain or burning upon urination
- continuing pain in the lower back, pelvis or upper thighs

Hats off to our award winners!

Dukes Memorial Hospital (DMH) is proud to honor three individuals for their hard work and dedication. These individuals exemplify ongoing commitment to patient care, professional capabilities and extraordinary efforts.



Tanya Oaks
Registered Nurse

EMPLOYEE OF THE YEAR

Tanya Oaks, R.N.

Tanya Oaks, registered nurse in nuclear medicine in the medical imaging department, is a great listener and takes the time to explain patient procedures. She's a driven individual with attention to detail and has a mindset of performing every task to the best of her ability. "Tanya sets a wonderful example of what it means to be

totally committed to service excellence in all aspects of the patient's hospital experience," says Ray Daniels, director of ancillary services at DMH. She always produces quality studies. Oaks goes out of her way for patients and can be counted on to get the job done.



Julie Zanoloff
Director,
Outpatient Services

CLINICAL MANAGER OF THE YEAR

Julie Zanoloff, Director of Outpatient Services

Julie Zanoloff, director of outpatient services, is responsible for surgical services, the emergency department, emergency medical services, infusion and the COAG Clinic. "Julie has taken on many added responsibilities and has seen them as an opportunity to make DMH a leading provider of

healthcare in Miami County," says Elena McNutt, chief nursing officer. In January 2008, Zanoloff assumed the helm of the department of surgical services. Since that time, she's worked with her staff to unify all areas of responsibility and promote enhanced patient care. She

develops and mentors her staff and promotes an open and free exchange of ideas with them, physicians and other peers within the hospital. Zanoloff understands the value of teamwork and has worked with other managers and directors to ensure patient needs are met, even staying late into the night, if necessary.



Kim Black
Director, Human Resources
and Hospitality Services

NON-CLINICAL MANAGER OF THE YEAR

Kim Black, Director of Human Resources and Hospitality Services

Kim Black, director of human resources (HR) and hospitality services, has operational oversight to HR, dietary and house-keeping. She's involved in the Community Cares committee and Meals on Wheels for DMH. "Kim always has a smile on her face and a can-do attitude," says

Scott Gabriel, vice president of operations. Black started with DMH at age 16 and has been with the hospital for 18 years. Black's knowledge of several areas within the hospital has been crucial in helping HR truly become a support department. She's been integral in changing many processes in HR that have made the department run more efficiently and effectively. Black leads by example and is willing to do whatever it takes to make DMH a great place to work.

Congratulations to these outstanding individuals. We thank them for their invaluable service and for continuing to provide enhanced care to patients, families and guests in Miami and surrounding counties.

! Trust us for your care!

Find out what DMH can do for you. Visit www.dukesmemorialhosp.com and click on "Our Services" to learn more about how we can help you and your family stay healthy.

Health Connection is published as a community service of Dukes Memorial Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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SPRING 2009



Keeping the faith

Caring for your body and spirit

Planned or unplanned visits to the hospital can be unnerving experiences. When faced with illness and uncertainty, many patients and their families seek the comfort and guidance of spiritual care in addition to their physical care. Dukes Memorial Hospital (DMH) is working with Lutheran Health Network (LHN) to provide spiritual care to patients. Ministry for patients at DMH isn't a new program. We've been able

DMH is dedicated to the needs of the whole person and their loved ones.

A holistic approach

DMH is committed to Miami and the surrounding counties as we provide a whole-body approach to healthcare with access to enhanced clinical services. For more information about our spiritual care program, call (765) 472-8000, ext. 3124.



to offer this support to patients for many years. As we continue serving our patients and their families, DMH is pleased to welcome Barb Lloyd into the chaplain role.



Barb Lloyd
Chaplain

ABOUT BARB LLOYD

Lloyd is an ordained minister and part of the LHN Clinical Pastoral Education (CPE) residency program. She has a master's of divinity, CPE training and more than 20 years of pastoral experience. She'll focus on patients' and their families' spiritual well-being, as well as counseling for grief and crisis.

Lloyd has a passion for healthcare ministry and bringing compassionate spiritual care to those in need of comfort.