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16th Annual Women's Conference Proves to be One of the Best!

Smiles, laughter and warm "Hellos" filled the Knicely Conference Center as 350 women excitedly gathered for The Medical Center's 16th Annual Women's Conference. According to many in attendance, it proved to be one of the best ever.

The conference opened with Elizabeth C. Riley, M.D., FACP, a physician with the James Graham Brown Cancer Center at the University of Louisville speaking about the latest breast cancer information. Dr. Riley explained how to determine a woman's risk for getting cancer, latest treatments and steps to take to prevent getting the disease.

It was this type of information that many women like Paula Mann, a nurse in The Medical Center's ICU, came to hear. "I came here today to get information that affects me as a woman," said Paula. Gladys Beach has only missed one Women's Conference in 16 years. "I look forward to the conference, and the only one I have ever missed was the year I had surgery," said Gladys. "Every year this is the one event all my friends call each other and we plan to get together here. We make it our event." It was Reidy Crotts' first Women's Conference, but it made a big impression. "I love all the information, and I

definitely plan to be back next year," said Reidy. The same sentiment came from Lory Boyd with The Medical Center's ICU. "I think it is fantastic, and I will come again next year. It is a great event where you can shop and share information with your friends," said Lory.

The keynote speaker, Linda Ellis Eastman, had messages that rang true to many in the crowd. She said her focus is to empower women. "The most important message to me is for a woman to realize that she is of value, to talk about having dignity, self-respect and self-esteem as it relates to their personal and professional lives," she said.

Participants connected with the speakers, spent valuable time with friends, enjoyed free chair massages and visited the many vendors' booths for information and shopping. The 16th Annual Women's Conference truly proved to be a rewarding day just for women. It was such a success, many are already looking forward to next year's 17th Annual Women's Conference.

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.



Upcoming Events

Unless otherwise noted, events are held at The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

Answers for Rheumatoid Arthritis

September 26

5:30 to 6:30 p.m.

Join rheumatologist Neha Pansuria, M.D. as she discusses the diagnosis and treatment for rheumatoid arthritis. The presentation will be followed by a question-and-answer session. A light meal will be provided.

Keep in Touch

October 10

5 to 6 p.m.

October is National Breast Cancer Awareness Month. Elizabeth Westbrook, MCHES, cancer control specialist for the University of Louisville Kentucky Cancer Program, will present a breast cancer awareness program. Find out about current breast cancer screening guidelines at this highly interactive presentation. Each participant will make a beautiful bead necklace that will serve as a reminder and conversation piece to keep in touch with breast cancer screening recommendations.

Save the date

The Medical Center at Scottsville Community Health Fair

October 26

8 a.m. to noon

YMCA of Scottsville & Allen County, 309 West Cherry St. in Scottsville

The Medical Center at Scottsville will once again host its annual Community Health Fair to provide residents of Allen County with access to a variety of free screenings. For more details, visit www.TheMedicalCenterScottsville.org.

Heroes Festival

October 27

2 to 4 p.m.

Medical Center EMS parking lot. No registration needed.

Put on your costume, gather the kids, and join Medical Center EMS and local emergency service departments for the Heroes Festival. Candy and treats will be provided by these groups, allowing children to trunk or treat in a safe and trusted environment. They will also have a chance to check out the equipment, vehicles and helicopters used by fire departments, law enforcement and emergency medical services. For details, call 270-745-1244.

Expectant Parent Fair

November 3

1 to 3 p.m.

The Medical Center Auditorium

If you're expecting or considering having a baby, don't miss the semiannual Expectant Parent Fair. Tours of The Medical Center Obstetrics (OB) unit will be offered with an opportunity to speak with OB staff. Local organizations and businesses that cater to expectant parents and babies will provide information about their services. For more information, call 270-745-1098.

ECHO

(Employees Contributing to Help Others)

KICKOFF!

Thursday, September 26

**The Medical Center
Picnic in the Park**

(next to the Emergency Department)

**Hamburger or hot dog,
drink and dessert – \$5**

The badge reader will be on site.

**Don't miss the talent show
and special guests –
The Chickeneers!**

90 seconds TO BETTER HEALTH

Watch WBKO for these upcoming segments of *90 Seconds to Better Health*, a medical news program presented by The Medical Center.

Brian Humble, M.D.

Congestive Heart Failure

Wednesday, September 25, AM Kentucky

Tuesday, October 1, 5 pm News

Wednesday, October 2, AM Kentucky

Jim Berry

Heart Attack and Aspirin

Tuesday, October 8, 6 pm News

Wednesday, October 9, AM Kentucky

Tuesday, October 15, 5 pm News

Wednesday, October 16, AM Kentucky

Welcome to new CHC employees!



Left to right: Crystal Howard, MCS Nursing; Sandra Emberton, MCS Nursing; Kathy Paladino, Barren River Adult Day Care Center; Alexis Garner, Food Services.



Left to right: Ashley Sloma, ICU; Bess Green, SB; Cynthia Ivey, Surgery; Jennifer Heath, Food Services.

Retirements



Mary McKnight, Ultrasonographer at MCBG Ultrasound retired after 8 years of service. Congratulating her is Teresa Johnson, Radiological Services Manager.

Atrial fibrillation increases risk of stroke

Atrial fibrillation (AFib) is the most common form of arrhythmia, or irregular heartbeat. According to the Heart Rhythm Society, an estimated three million adults in the U.S. have AFib. Left untreated, AFib can lead to stroke. In fact, people with AFib are five times more likely to have a stroke than those without AFib.

AFib occurs when the electrical signals of the heart are not functioning properly. Normally, the electrical signals cause the heart muscle to contract and pump blood in a regular pattern. With AFib, the signals are disorganized and cause the atria (two upper chambers of the heart) to quiver or beat too rapidly. This prevents blood from effectively pumping to the ventricles (two lower chambers of the heart). When blood is not pumped properly, the body is not getting the oxygen-rich blood it needs. It can also cause blood to pool in the heart and form a blood clot. This could lead to a stroke.

Symptoms

The most common symptom of AFib is feeling overtired or having a lack of energy. Other symptoms include:

- Pulse that is faster than normal or changing between fast and slow and feels irregular

- Shortness of breath
- Heart palpitations (feeling like your heart is racing, pounding, or fluttering)
- Trouble with everyday exercises or activities
- Pain, pressure, tightness or discomfort in your chest
- Dizziness, lightheadedness or fainting
- Increased urination (using the bathroom more often).

Treatment

If diagnosed and properly treated, AFib is usually not life-threatening. However, if left untreated, AFib increases a person's risk of stroke, congestive heart failure and cardiomyopathy (enlargement of the heart).

Electrophysiologists at The Medical Center can treat AFib with a non-surgical procedure called atrial fibrillation ablation or AFib ablation. Performed in the Cardiac Cath Lab, AFib ablation uses 3D technology to create a map of the heart that helps guide the delivery of radio-frequency energy. The heat created by this energy destroys small areas of heart tissue to block the abnormal electrical signals that cause the irregular heart rhythm. The goal is to cure or reduce the episodes of AFib.



The Community Benefit Report is available to employees by visiting TheMedicalCenter.org/CBR2013.

Read the report and take the employee-only survey at surveymonkey.com/s/CBR2013-employee for a chance to win \$100.

Senior Nurse Tea Celebrates Dedicated Nurses



Nurses with 20 years or more experience posed for a group photo during the Senior Nurse Tea held September 18 at The Medical Center-WKU Health Sciences Complex Conference Center. Speakers included Donna Blackburn, MSN, PhD, Professor of Nursing at Western Kentucky University, Michael Byrne, MD, vascular surgeon with The Heart Institute at The Medical Center, and Cathy Phelps, RN who has been with The Medical Center more than 31 years. Donna Blackburn spoke about how nursing has changed since she started her career as a nurse in the early 1970s

until now, and Dr. Byrne spoke about how to stay healthy and active into old age. Cathy Phelps shared memories about her nursing career at The Medical Center.

The two nurses present with the longest careers in Nursing had 44 years of experience each. They were Linda Rush, who recently retired as Director of Community Wellness, and Willa Anderson, Clinical Manager of 5B. Congratulations and thank you to all the senior nurses for your life-long commitment to caring for people in our communities!

Heart Walk a Success



Employees and families came out in force during the Heart Walk held September 14. Through fundraising efforts, The Medical Center's team raised more than \$12,000 to support the American Heart Association. Betsy Kullman, Chief Nursing Officer, and Michelle Marshall, Clinical Manager of CCU/ICCU, handed out aspirin packets to participants, spreading the important message of having aspirin on hand, recognizing the symptoms of a heart attack and calling 911 immediately. Sherry Suggs, Staff Development Educator, promoted hands-only CPR and gave participants the opportunity to practice compressions.

Participate in a Cancer Research Study

Help the American Cancer Society better understand the factors that cause or prevent cancer. Enroll in the Society's research study called the Cancer Prevention Study-3 (CPS-3). The study is open to anyone who is willing to commit to the study long-term, is between the ages of 30 and 65, and has never been diagnosed with cancer (not including basal or squamous cell skin cancer).

Take these 2 steps to participate:

1. *Enrollment.* Visit www.cps3bg.org to schedule your enrollment appointment at Graves Gilbert Clinic. You will receive a confirmation email with instructions on completing a survey that will ask for information on lifestyle, behavioral and other factors related to your health. Periodically, you will receive a survey at home to update that information. Participants will be followed for 20 years.
2. *Appointment.* At your appointment, you will read and sign an informed consent form, complete a brief written survey, provide some physical measurements and give a small blood sample.

To learn more, visit www.cps3bg.org.



Get Fit Club Corner

A benefit that partners with me.

Witness to Wellness



Left to right: Nick Nauman, Director of Surgical Services; Derek Reeder, RN Employee Health; Melissa Ennis; and Gayle Hooks, Clinical Manager of Ambulatory Surgery.

The Witness to Wellness recipient for September is Melissa Ennis. This program is designed to recognize employees who have dedicated their lives to Wellness.

Melissa is a Registered Nurse who works in the Ambulatory Surgery department. She was nominated by multiple people in her department because she has inspired other people to run. Melissa ran her first mini marathon last March, and she is currently training for a full marathon. She started running because she had watched her husband and her boys run in races and decided that she wanted to join. This was a way for them to spend more time together and be healthy at the same time.

Melissa has lost 20 pounds in the past year, and she would like to lose 10

more pounds. She is now working to increase her muscle tone. She changed her diet, started to eat more protein, and drink more water. She says that since she started running she has so much more energy.

Melissa currently runs 40 miles a week. She does this by running before she comes into work. She is currently training for a full marathon which will be held in Bowling Green in November. She is also

planning to run in both The Medical Center 5K and The Medical Center 10K Classic in October. Her most memorable race was her first half marathon. She worked hard to finish the race in less than two hours, and obtained her goal by finishing in 1 hour and 57 minutes. She gives the following advice to beginning runners: "Take one step at a time. Get a running partner and you can do this!"

If you know someone who deserves to be recognized for following a healthy lifestyle, go to the Get Fit Club's web site on Citrix and nominate them for the Witness to Wellness Award. If you need additional information, contact Employee Health Services at 270-745-1263.

Spotlight on Wellness



The CHC Get Fit Club would like to recognize **Timothy O'Nan** for his dedication to fitness. He is the chef at The Medical Center at Franklin. He was inspired to become a chef by watching Justin Wilson's *Cajun Cooking Show*. He has been cooking professionally since age 15 and graduated from the Pennsylvania Institute of Culinary Arts at the age of 22.

Last year, while Tim was training for a triathlon, he rode his bicycle to Bowling Green to swim and then rode back to his home in Franklin. This was a round trip of 26 miles. He is currently training for the Piddlin 10K and The Medical Center 10K Classic.

He recommends eating carbohydrates all day on the day before a race and to drink as much water as your body can tolerate. On the morning of a race, he drinks two bottles of water and two cups of coffee.

Tim's advice to new runners is that stretching is very important! He believes that most people do not stretch well enough before a race and this can hurt their run. He recommends getting to the race early, run a half mile to warm up, and then stretch really well. If you warm up before a race, it keeps your legs from feeling tired during the race. After a race, you should also stretch because it reduces muscle fatigue and will help your muscles recover from the tough workout. This can help prevent future injuries. He says, "In the final two tenths of a mile, go in a full sprint to finish the race strong!"

Get Fit Club: <http://chcintranet01/getfitclub/>

Get Fit Portal: <https://chc.provantonline.com>

Get Fit Club Calendar: http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf