

# healthier you

fall 2008 | [www.frhs.org](http://www.frhs.org)

WHEN A HEALTH PROBLEM  
IS AN EMERGENCY

KNOW THE SIGNS OF  
LUNG CANCER

BE BETTER TO YOUR BODY:  
QUIT SMOKING

take a step to  
better health

FAITH REGIONAL HEALTH SERVICES

**GOES TOBACCO-FREE ON NOVEMBER 20, 2008**



## FAITH IN ACTION | BUILDING UPDATE

The 207,000-square-foot, four-floor Patient Room Expansion Project is under way and moving forward as planned. Foundation walls for the new addition were completed in August, while assembly of the steel structure of the building began in September.

"It is the goal of the construction manager to have the entire building enclosed prior to the onset of heavy winter weather," said Patrick Roche, vice president of mission services, Faith Regional Health Services. "If that is accomplished, work on the interior of the building will begin over the course of the winter, with work on the brick exterior to occur in late fall or early winter."

The entire project is still on track for completion in spring 2010. When completed, the new addition will offer private patient rooms, new kitchen and dining areas, a healing garden, a state-of-the-art intensive care unit, improved patient-monitoring capabilities, a private entrance for obstetrics patients, and the potential to add another 39 patient rooms in the future.

To see the latest construction progress, visit [www.frhs.org](http://www.frhs.org) and click on the "Faith in Action: Building Tomorrow's Health" link. The image gallery is updated weekly.

## HOW YOU CAN HELP

Faith Regional Health Services Foundation has launched a capital campaign to support the \$58 million Patient Room Expansion Project. To learn how to support the capital campaign, visit [www.frhs.org](http://www.frhs.org) and click on the link for "FRHS Capital Campaign: Building Tomorrow's Health."



## NEW PHYSICIANS

### CARDIOLOGY

**Ajay Chander, M.D., B.D.S.**, an interventional cardiologist, has joined the Faith Regional Health Services CardioVascular Institute. He holds degrees in both medicine and dentistry. Board certified in internal medicine and cardiology, Dr. Chander brings a wealth of medical expertise. His clinic is at the CardioVascular Institute in the Medical Offices West building at 110 North 29th St., Suite 301, in Norfolk. To make an appointment, call **(402) 844-8284**.

### FAMILY MEDICINE

**Vilma Rodriguez-Cline, M.D.**, has joined Faith Regional Family Medicine Services. She earned her medical degree at the University of Nebraska Medical Center in Omaha.



As a family medicine physician, Dr. Rodriguez-Cline treats a broad scope of illnesses and injuries for the entire family. She is fluent in both English and Spanish. Her clinic is in the Medical Offices North building at 301 North 27th St. in Norfolk. To schedule an appointment, call **(402) 844-8205**.



## DISCOVERY HEALTH: FOCUS ON CHILDHOOD OBESITY

Between 17 and 19 percent of children ages 6 to 19 are overweight, and researchers have found that children who are obese or at risk for obesity may show early signs of heart disease. Obesity can also lead to a range of other health problems — for kids and adults. Log on to our Discovery Hospital site to check each family member's body mass index (BMI). This is one calculation doctors use to check if you're at a healthy weight. Visit [www.frhs.org](http://www.frhs.org) and click on the "Discovery Hospital" icon, then on "BMI Calculator."

2700 WEST NORFOLK AVE., NORFOLK, NE 68701 [www.frhs.org](http://www.frhs.org)

## IMPROVING PATIENT CARE WITH OPEN MRI

All of us have some degree of anxiety before undergoing a medical test or screening. It's natural. Faith Regional offers new equipment designed to help decrease the level of anxiety for patients who need to have a specific type of medical screening: a magnetic resonance imaging (MRI) scan. This new equipment is an open MRI scanner, which offers a design that is more comfortable for patients who may have difficulty undergoing a traditional MRI scan. The open MRI system is located at Northeast Nebraska Imaging Center, in the Faith Regional Medical Offices North building, at 301 North 27th St. in Norfolk.




“It’s exciting that Norfolk has the opportunity to provide patients with an alternative to traditional MRI scanning.”

—Louis Roemhildt, M.D., radiologist, Faith Regional Health Services

The major difference between an open MRI and a traditional unit is that instead of a narrow tunnel, an open MRI offers an imaging table that has more space around the body — so the unit does not completely surround the person being tested. The open-air design can be helpful for children, who may need more attention during an MRI scan, and it can better accommodate large patients or people who may be anxious or claustrophobic.


“It’s exciting that Norfolk has the opportunity to provide patients with an alternative to traditional MRI scanning,” said Louis Roemhildt, M.D., a radiologist at Faith Regional. “Many patients who might otherwise travel out of the area can now access this open imaging system locally.”

Northeast Nebraska Imaging Center LLC is a joint venture with Faith Regional Health Services.



### STAY CONNECTED, GET SUPPORT WITH CAREPAGES

When a loved one is in the hospital or needs treatment, friends and family members want to be kept up-to-date. Similarly, the person in the hospital often wants an easy way to share information and manage how others can communicate with him or her. That’s why Faith Regional Health Services offers CarePages, a free Web-based service that makes patient communication easy — providing patients with a quick, free way to receive support and encouragement before, during, and after treatment. CarePages can be created wherever a patient or family member has Internet access. The CarePages service lets users share updates and photos. Friends and family members can send messages of support and encouragement to the patient. It can often be easier than making and receiving multiple phone calls. The service is free to patients and families and offers a number of privacy levels that let the users choose how public or private they wish to be. Many CarePages users view the service as not just an easy communication tool, but an online community of support and a place to find emotional healing. To learn more, visit [www.carepages.com/frhs](http://www.carepages.com/frhs).



## ARE YOU AT RISK FOR LUNG CANCER?

Usually, the occasional cold or cough turns out to be nothing serious. But if you have been putting up with a dry cough for more than a few weeks, it may be time to see your doctor. While chronic coughing is often a symptom of a condition such as allergies or bronchitis, it can also be one of the warning signs of lung cancer — the leading cause of cancer deaths among both men and women in the U.S.

### WHO IS AT RISK?

The most significant risk factor for lung cancer is, of course, smoking. Up to 90 percent of all lung cancers are thought to result from smoking. And it's not just cigarettes. Researchers have found that daily cigar smoking also greatly increases lung cancer risk. In addition, nonsmokers who are frequently exposed to secondhand smoke face an increased risk. **Other risk factors are:**

- Smoking marijuana
- Exposure to radon or asbestos
- Lung scarring as a result of tuberculosis or pneumonia
- Family history of lung cancer

### THE IMPORTANCE OF EARLY DETECTION

As with other types of cancer, early detection of lung cancer

increases a patient's chance of survival. Unfortunately, lung cancer is difficult to detect in its earliest stages, and it is often not discovered until it has spread to other tissues or organs. For these reasons, see your doctor as soon as possible if you experience any of the warning signs of lung cancer. **These include:**

- A cough that does not go away
- Chest pain
- Hoarseness
- Weight loss and loss of appetite
- Bloody or rust-colored spit or phlegm
- Shortness of breath
- Fever without a known cause
- Recurring infections such as bronchitis and pneumonia



### LUNG CANCER PREVENTION

There is good news about lung cancer: It is one of the most preventable cancers. Because smoking is its main cause, the best way to prevent lung cancer is simply to stay out of the smoke. Avoid secondhand smoke if you are a nonsmoker, and quit if you are a smoker.

Even if you've smoked for decades, stopping now can greatly reduce your risk of developing lung cancer. Quitting also improves your chance of living longer, according to the National Cancer Institute.

### CARSON CANCER CENTER

The Carson Cancer Center at Faith Regional Health Services offers proof that the right cancer treatment can make all the difference. We design each person's treatment plan based on his or her individual needs so that we can treat the whole person, not just the cancer.

The Carson Cancer Center is the only facility in northeast Nebraska to offer comprehensive cancer care — medical and radiation oncology under the same roof. Using state-of-the-art technology in conjunction with

advanced medicine, we are able to diagnose and treat each patient in a family-centered environment.

Our patients find strength and optimism as a result of cutting-edge medical treatment; personalized support; education; and the efforts of compassionate, dedicated professionals who are committed to providing you with the right cancer treatment. Let us make a difference in your life.

For more information about our services, call **(402) 644-7534**.



*More Options. More Hope.*

## DIGITAL MAMMOGRAPHY

# A NEW ALLY IN THE FIGHT AGAINST BREAST CANCER

**F**aith Regional Health Services recently added to its array of comprehensive diagnostic services for women with the addition of a Selenia™ digital mammography system from Hologic®. Focused on the early detection of breast cancer, the Selenia system incorporates revolutionary imaging technology to provide incredibly sharp mammography images.

### THE DIGITAL ADVANTAGE

From the patient's point of view, a digital mammogram is like traditional film screen mammography. Both use X-rays to generate images of the breast. However, instead of using film to capture and record the image, a digital mammogram uses a special detector to capture and convert X-rays into a digital image. The resulting images are immediately available to the radiologist for diagnosis.

"Digital mammography definitely has advantages," said Brian Vonk, M.D., a board certified radiologist at Faith Regional Health Services. "It's quicker and it gives women the convenience of having a mammogram without repeated imaging and exposure to radiation. For the radiologist, digital mammograms provide more comprehensive visibility. This translates into a win-win situation for the patient."



### BETTER IMAGES

With digital mammography, a radiologist can view and manipulate images on high-resolution computer monitors. This can enhance visualization of the structures within the breast tissue. Radiologists can also adjust brightness and contrast, and zoom in on specific areas to help detect small calcifications, masses, and other changes that may be signs of early cancer.

"The latitude of visualization is better—from the skin line to the chest wall," said Dr. Vonk. "If there are microcalcifications, for example, they can be enhanced or magnified. This aids in analyzing whether the calcifications are suspicious or not."

Digital mammography offers a number of other practical advantages and patient conveniences. In addition to being less time consuming, since repeated repositioning of the breasts for additional imaging is frequently unnecessary, digital mammography is also "filmless," which means that nothing has to be developed. Images are analyzed on a monitor and stored electronically, eliminating the dependency on one set of original films, which can be misfiled or lost in transit. Of course, hard copies can always be produced if needed.

### EARLY DETECTION IS KEY

Breast cancer is the second leading cause of cancer death among women, exceeded only by lung cancer. Statistics show that one in eight women will develop breast cancer sometime in her life. The stage at which breast cancer is detected influences a woman's survival. If detected early, the five-year survival rate is 97 percent. That's why early detection is the best protection. Faith Regional Health Services is committed to helping aid the fight against breast cancer by providing the best possible care.



## A GENTLER MAMMOGRAM

You deserve a gentle mammogram. That's why Faith Regional is committed to making your mammogram as comfortable as possible by exclusively offering the MammoPad®, a soft, warm, single-use foam cushion that is placed between you and the mammography machine. You can also take comfort in knowing all of our mammography technologists are board certified in mammography.

Our readings are the most accurate possible because every mammogram is reviewed by two board certified, locally based radiologists. This means that your mammogram reading receives twice the personal attention — by radiologists you can depend on to provide timely results.

Faith Regional also participates in the Every Woman Matters program, which provides free and reduced-cost mammograms for qualified women.

To schedule your mammogram, call Faith Regional Health Services at (402) 644-7121.



## QUIT SMOKING AND BE BETTER TO YOUR BODY

**T**he consequences of smoking on our society are enormous. Every year, more than 400,000 Americans die of smoking-related conditions. That is more deaths from smoking than from car wrecks, AIDS, alcohol and drug abuse, murder, and suicide combined.

### HOW SMOKING HURTS

Why is smoking so deadly? Part of the reason is that it affects so many systems in the body. Nicotine forces the heart to work harder, in part by speeding up heart rate and blood pressure. Being a smoker more than doubles the risk for heart disease and stroke.

Smoking also causes most lung cancers and raises the risk for many other cancers, including cancers of the mouth, kidney, bladder, and uterus. And because smoking damages lungs, it often leads to chronic obstructive pulmonary disease, the fourth leading killer in the U.S.

### ARE YOU READY?

The most important factor in quitting is having the desire and motivation to quit. When you are ready, set a start date and get the support of your family and friends. Nicotine-replacement therapy and the prescription medicine bupropion can help blunt the effects of withdrawal and improve your chance of success.

Within weeks of quitting, you'll notice changes in how you feel. Your health risks will also begin to fall. For example, your chance of developing heart disease drops by half within the first year that you quit. Your cancer risk also decreases. Even if you've put off quitting for many years, you can expect to have a healthier, happier life if you quit.

## FAITH REGIONAL GOES TOBACCO-FREE

Faith Regional Health Services will go tobacco-free on Nov. 20, 2008. Since last year, when efforts to go tobacco-free began, plans have been implemented to make a smooth transition for employees, patients and visitors.

As a tobacco-free hospital, tobacco use of any kind will not be permitted inside or anywhere on the hospital's campuses, including buildings, grounds and parking areas. Employees and visitors must leave the premises to smoke.

"We want to provide the healthiest environment possible for our patients, employees, visitors and volunteers," said Mike Hammond, interim CEO at Faith Regional. "We chose this action after careful consideration and consultation with peer hospitals, our board members, and medical and administrative staff. As a health care institution, we feel this is the right thing to do."

Smoking-cessation programs have been ongoing for staff and their families who want to stop smoking. Signage has been placed so that patients and visitors are aware of the new policy. Employees have also been coached on how to assist patients who may be distressed when they can't smoke on the grounds. Faith Regional's goal is to protect the health of our community while supporting a culture of healthy living.

### Free Smoke-Out Kits

**Pick up a free smoke-out kit to help you kick the habit!** Kits and resources to help you or a loved one quit smoking are available at:

Faith Regional's Health Resource Center  
Medical Offices West building,  
110 North 29th St., Suite 301  
Norfolk, NE  
Monday through Friday, 8 a.m. to 5:30 p.m.



## MAKING A DECISION

**How do I know if a health problem is an emergency?**

**A** Whenever possible, you should

- check in with your primary care provider when you have a health problem. If your doctor's office is closed or you're unable to get an appointment, visiting an urgent care center may be an option. Urgent care centers can treat problems such as minor sprains, small cuts, sore throats, fevers, and ear infections.



But some symptoms can't wait for treatment — they need immediate care. Although this is not a complete list, here are examples of true emergency situations:

- Chest pain
- Trouble breathing
- Sudden, severe pain, such as a headache or stomachache
- Head or back injuries
- Bleeding or vomiting that won't stop
- Loss of consciousness
- Poisoning



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- Major burns and cuts
- Choking

If you are in doubt about whether a health problem is a true emergency, go to the nearest emergency room or call **911**.



## ASTHMA What happens during an asthma attack?

**A** An asthma attack can be a scary thing. It occurs when

- asthma symptoms get worse than usual. Three big changes in the lungs are responsible:

1. Cells in the air tubes make excess mucus. This thick, sticky mucus clogs the air tubes and may make it harder to breathe.
2. The airway cells become inflamed. This causes the walls of the airways to swell. In turn, the space through which air passes becomes narrow.
3. Muscles around the air tubes tighten. This squeezes the air tubes, narrowing them even more.



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All these changes make it harder for air to get in and out of the lungs. Breathing becomes more difficult, and an asthma attack occurs.

Fortunately, you can take steps to help prevent asthma attacks. If you have asthma, work with your health care team to create an asthma action plan that involves medications and smart lifestyle choices.

## FREE SPORTS INJURY CLINIC

All sports involve teamwork. But all sports also involve a risk for injury. That's why Faith Regional offers a complete medical team you can count on when you experience a sports injury.


This fall, Faith Regional Sports Medicine will offer free sports injury clinics every Saturday through October 25. Clinics will be held from 9 to 11 a.m., at Faith Regional Rehabilitation Services, located on the East Campus. No appointment is necessary.

Assessments are performed by a board certified physician, certified athletic trainer, and physical therapist — all of whom have a clear understanding of sports-related injuries.

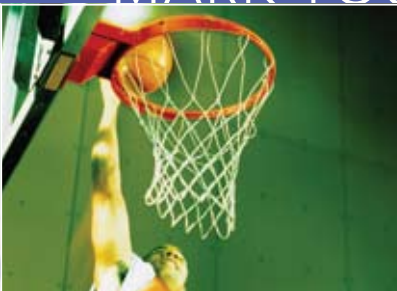
Our staff members work with athletes of all ages to provide a safe return to activity, whether it's on the playing field, the court, or the dance floor.



Saturdays, 9 to 11 a.m., through  
October 25  
Faith Regional Rehabilitation Services  
East Campus

 **NEED TO FIND A DOCTOR?** Find a physician easily on our Web site at [www.frhs.org/physiciandirectory.html](http://www.frhs.org/physiciandirectory.html).

# MARK YOUR CALENDAR



## SEE MORE CLASSES AT [WWW.FRHS.ORG/HRC\\_CLASSES.HTML](http://WWW.FRHS.ORG/HRC_CLASSES.HTML).

Check out the many opportunities we offer for improving and preserving good health, or call Faith Regional's Health Resource Center at (402) 644-7348.

### EVENTS

#### LIVING WITH HEART FAILURE

October 2, November 6, and December 4, 7 to 8 p.m., Health Resource Center. Free classes to help you learn to manage heart disease. Call (402) 644-4411.

#### CHILD PASSENGER SAFETY SEAT INSPECTIONS

October 7, November 4, and December 2, 5 to 8 p.m., Norfolk GM Auto Center; September 27, October 25, November 22, 1 to 5 p.m., Norfolk Fire Station. Call the Faith Regional Obstetrics Department at (402) 644-7520 to schedule an appointment.

#### HOLIDAY REMEMBRANCE TREE

From mid-November to December 31, Faith Regional Foundation displays a holiday tree with ornaments to honor, remember, and celebrate someone special in your life. To sponsor an ornament, call (402) 644-7302.

### CLASSES

Call (402) 644-7348 to register for any of the following classes:

**BIG KIDS & BABIES — \$5 PER CHILD**

**BREAST-FEEDING CLASS — \$30**

**CHILDBIRTH EDUCATION — \$50**

**REFRESHER CHILDBIRTH — \$30**

#### HEALTHY U CLASSES

**POSITIVE DISCIPLINE —**

**PARENTS 1, 2, 3, 4**

**EDUCATION SERIES — \$10**

October 6, 13, and 20, 6:30 to 8 p.m., Madison Room. This educational series covers how choices, routines, and positive interactions can increase your child's school readiness and self-control.

**LOOK GOOD, FEEL BETTER PROGRAM — FREE**

October 21, 9 a.m. to noon, Madison Room. This American Cancer Society program is for

women who are undergoing cancer treatment. Learn about makeup techniques, skin care, nail care, and options related to hair loss. All attendees receive a free cosmetics kit.

#### PRE-DIABETES CLASS — \$25

November 3, 4 to 6 p.m., Madison Room. Experts help attendees learn more about pre-diabetes and how making lifestyle changes can help prevent diabetes and other health problems. Topics include healthy weight, nutrition, cholesterol, high blood pressure, and blood sugar levels.

#### HEALTHY SEXUAL DEVELOPMENT IN YOUNG CHILDREN — \$5

November 10, 6:30 to 8:30 p.m., Madison Room. This class includes training to promote healthy sexual development in young children.

#### SELF-HELP AND SUPPORT GROUPS

For a full listing of available self-help and support groups, including schedules, please call (402) 644-7348 or visit us online at [www.frhs.org/hrc\\_classes.html](http://www.frhs.org/hrc_classes.html).

FOR A COMPLETE LIST OF CLASSES AND SUPPORT GROUPS, VISIT OUR WEB SITE AT [WWW.FRHS.ORG](http://WWW.FRHS.ORG).

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## healthier you

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