

healthier you

spring 2009 | www.frhs.org

HOW SLEEP APNEA MAY
AFFECT YOUR REST

TAKE STEPS TO AVOID
MEDICAL-IDENTITY FRAUD

FIND WAYS TO SAVE ON
HEALTH CARE COSTS

spring into
good health

FAITH REGIONAL HEALTH SERVICES IS NOW
TOBACCO-FREE, COMMITTED TO YOUR HEALTH

**FAITH REGIONAL**
HEALTH SERVICES

THE PRESIDENT'S MESSAGE | A VISION FOR 2009

It has been my privilege to join the Faith Regional Health Services team as the president/chief executive officer. The level of skill, expertise and commitment by the FRHS Board, Medical Staff, employees, volunteers and clergy is impressive. Our ultimate goal is to achieve our Mission, which is to serve Christ by providing all people with exemplary medical services in an environment of love and care.

In support of our Mission, we have developed a Vision of becoming the regional referral center for Northeast/Northcentral Nebraska. During 2009 we will be building on the relationships already established between FRHS and the critical access hospitals in our region. There are many methods and relationships, formal and informal, that can allow FRHS to support the care being provided to patients by physicians and hospitals in their local communities.

In achieving our Vision, we want to partner with regional community physicians and hospitals to enhance their ability to provide high quality care close to home. Consensus on best practices, standardized clinical protocols, continued clinical education, medical staff and hospital staff development, enhanced partnerships with regional EMS providers, and joint physician recruitment are just a few examples of how we can strengthen the quality and scope of care throughout Northeast/Northcentral Nebraska. When the regional community physicians and hospitals determine the need for a higher level of care not available in their local community, FRHS and the medical staff would be prepared to provide that care. This partnership, this vision, would allow patients to receive almost all of their healthcare services from an integrated team of "local" medical professionals and hospitals without having to endure the personal and family challenges of the metropolitan centers.

I want to thank everyone for your support of Faith Regional Health Services throughout the years. Your support and loyalty has allowed FRHS to be very successful and has put us in a position to achieve the vision I've described. My intent is to facilitate more involvement by you and your local community in the further expansion and growth of Faith Regional Health Services. I look forward to an exciting future for healthcare in Northeast/Northcentral Nebraska and in getting to know you and your community much better.



James J. Sinek, President/CEO

WELCOMING A NEW PHYSICIAN

Sanjoy Banik, M.D., has joined Faith Regional Psychiatric Services. He specializes in child and adolescent psychiatry.



Dr. Banik began his college education studying biology at the University of Arkansas. He went on to study medicine at St. George's University School of Medicine in Grenada, West Indies. Following medical school, he completed a psychiatric residency at the State University of New York. In addition, he completed a residency in child and adolescent psychiatry at the Brookdale Hospital in Brooklyn, NY.

Prior to joining Faith Regional, Dr. Banik served as a psychiatrist at the Richard Young Hospital in Kearney, NE, where he provided both children and adults with psychiatric care.



DISCOVERY HEALTH: Spring Steps for Seasonal Allergies

Spring is the time for blooming things and birds that sing. But for many people, it's also sneezing season — when noses run and itchy eyes water. This spring, take steps to tame your allergy symptoms. Start by visiting the Discovery Hospital on our Web site. Visit www.frhs.org and click on the "Discovery Hospital" icon. Click on the "Allergies & Asthma" link located under the "Communities" heading. There you'll find tips for when to see an allergy specialist, along with links to more information about allergies and the allergens that cause them.

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CONSTRUCTION UPDATE: SPRING 2009

Winter weather slowed some construction on the patient-room-expansion project, but most of it continues to move forward on or ahead of schedule:

- The generator building, located just west of the main hospital building, is now complete. All the power needed for the new addition will be fed through this facility, which contains two 750-ton emergency generators. This equipment ensures electrical power in the event of a power failure.
- Inside the main building, work on mechanical and electrical systems is proceeding on schedule, with many pieces of mechanical equipment now installed and walls, plumbing, and electrical work already in progress. This work will continue throughout the year.

During the next several months, the building will be enclosed with a brick and glass design, and construction of patient rooms and associated systems will proceed. When complete, the new addition will provide 111 new private, state-of-the-art patient rooms on three floors. It will also provide for a new kitchen, dining room and mechanical systems, with the fourth floor available for future expansion of up to another 39 beds. Project delays caused by winter weather have not altered the project's expected completion date of spring 2010.



Visit www.frhs.org to see more construction progress and view photos of the expansion project, including an image gallery that is updated weekly.

HOW YOU CAN HELP

Faith Regional Health Services Foundation, its boards and the campaign leadership have launched a capital campaign to support the \$58 million patient-bed-expansion project. To learn more about how to support our capital campaign, visit www.frhs.org and click on the "Building Tomorrow's Health" icon.



NOT FEELING RESTED? IT MAY BE SLEEP APNEA

Extrême sleepiness during the day is the most common sign of a problem called sleep apnea. This breathing disorder actually causes people to stop breathing for 10 to 60 seconds at a time during sleep. When this happens, the amount of oxygen in the blood drops and the brain must wake the person up so that breathing can resume. Sometimes, this cycle happens more than 300 times a night.

Besides feeling very drowsy and waking up at night, other symptoms of sleep apnea include:

- Loud snoring, choking, or gasping during sleep
- Morning headaches
- Trouble with concentration or memory
- Mood changes, such as depression

In most people, congested nasal passages or the tongue, palate, or uvula at the back of the throat may block airflow. Excess weight in the upper body can put pressure on the windpipe, also blocking airflow. In some cases, sleep apnea occurs when the brain doesn't signal the body to breathe when it should.



NOT TO BE DISMISSED

Sleep apnea is serious. Untreated, it raises the risk for high blood pressure, coronary artery disease, irregular heart rhythms, heart attack, stroke, memory loss, and even death.

If you have symptoms of sleep apnea night after night, talk with your doctor. You may need to be referred to a sleep specialist for a consultation and a sleep study. This would involve recording your brain waves, heartbeat, breathing effort, and other parameters while you sleep.

BETTER, HEALTHIER SLEEP

If you have sleep apnea, a few lifestyle changes may help:

- Avoid drinking alcohol.
- Maintain a healthy weight.
- Avoid smoking.
- Try not to sleep on your back.

If you have trouble with this, try sewing a pocket onto the back of your nightshirt and put a tennis ball inside it. You may also want to raise the head of your bed.

Talk with your doctor to explore additional treatment options.

REST EASY

The Faith Regional Sleep Disorder Center recently earned accreditation from the American Academy of Sleep Medicine (AASM). The standards for accreditation ensure proficiency in areas such as testing procedures, patient safety and staff training. As an accredited sleep center, the Faith Regional Sleep Disorder Center can test and treat patients for many different sleep disorders, including insomnia, restless legs syndrome and sleep apnea.

"This accreditation validates the high standard of care that we have always provided," said Diane McGill, RPSGT, Faith Regional sleep center coordinator.

To better serve patients, the Sleep Disorder Center recently expanded its number of sleep rooms. These rooms feature homelike settings where patients can sleep and be monitored overnight using state-of-the-art recording equipment.

The center's multidisciplinary team of board certified sleep physicians is specially trained to diagnose a variety of sleep disorders to help you get the sleep you need. For more information about sleep disorders or the Faith Regional Sleep Disorder Center, call (402) 644-7404.



TAKE STEPS TO PROTECT YOUR MEDICAL IDENTITY

Nobody wants to get a bill for something they didn't receive — and that includes bills for medical care. Unfortunately, if your medical identity is stolen, you might get a bill for care that someone else received.

When someone uses personal information other than their own to collect money, prescription drugs, goods or health services, it's called medical-identity theft. Like other versions of identity theft, it can cause severe financial problems. Such theft may also lead to medical errors, which can occur if an imposter's record of treatment is tracked on another person's medical records — leading to a medical record with the wrong history and diagnoses. Such theft can cause serious problems.

“We've implemented the new program to help Faith Regional protect patients financially and physically.”

—Tamara Sanne, registration manager, Faith Regional

LOOKING FOR RED FLAGS

Faith Regional has implemented a new identity-theft-prevention program to help stop medical-identity fraud. The program is designed to identify and detect the red flags that signal identity theft and address those issues when they occur — to prevent patient financial or medical harm.

“We're using a program designed to help us enhance patient safety by reducing identify-theft risk and fraud, while also avoiding fines associated with identity-theft incidents,” said Mary Meyer, director of corporate compliance at Faith Regional.

One of the key components of the new program addresses red flags that may occur during the registration process.

“Registration staff are trained to recognize all the possible signs of identity theft, as well as the procedures in verifying the identification of each patient,” said Ana Kilpatrick, registration education/training specialist at Faith Regional.

HELPING YOU

As a result of the fraud-prevention program, patients are now required to show a photo identification card or two forms of nonphoto identification every time they register. The policy is initially focused in certain areas of the hospital, including registration, billing, and health information. Plans for other efforts

include developing policies and procedures throughout other areas of the hospital as new identity-theft issues arise.

“We've implemented the new program to help Faith Regional protect patients financially and physically,” said Tamara Sanne, registration manager at Faith Regional. “By striving to identify these red flags, we can maintain patient safety as our top priority.”



WHAT YOU CAN DO

To keep your medical identity to yourself, it's your right to do the following:

- **Know where it goes.** Learn where your medical information has been sent. For example, if you move or switch insurers, your records may go to several new doctors or hospitals.
- **Make it accurate.** Get wrong or incomplete information removed from your medical records. Have correct information added.
- **Keep it safe.** Take steps to keep your name, Social Security number, credit card accounts, and health insurance information to yourself. Share your personal medical information only with doctors and other health care professionals.

Learn more tips for preventing identity theft from the Federal Trade Commission. Visit www.ftc.gov and click on the “Identity Theft” link.



THERE ARE WAYS TO SAVE MONEY ON HEALTH CARE

If you're worried about the cost of medical care, you are not alone. A recent poll of 3,000 women found that nearly half of them are extremely concerned about rising health care costs. And the more costly medical care becomes, the less likely people may be to carry health insurance or seek care when they need it. According to the Centers for Disease Control and Prevention, during the first nine months of 2007, nearly 6 percent of the U.S. population was unable to get needed medical care due to cost at some point during the previous 12 months.

Total national health expenditures were expected to rise almost 7 percent in 2007, and health care spending is expected to increase at similar levels for the next decade. While there doesn't seem to be any relief for health care costs in sight, there are things you can do to ease the burden on your wallet.

■ **Adopt healthy habits.** You know what this means: Exercise at least 30 minutes most days; eat low-fat foods and a variety of fruits and vegetables every day; don't use tobacco; and if you drink alcohol, do so only in moderation. These actions may help you avoid the need for medical care.

■ **Seek preventive care.** Preventive care services such as annual exams, flu shots, mammograms and blood pressure checks can help prevent disease or lead to early detection. Talk with your doctor about your risks for conditions such as heart disease and cancer. Then follow his or her advice for preventive care screenings. The Agency for Healthcare Research and Quality offers information about preventive care services at www.ahrq.gov/clinic/prevenix.htm.

CUT COSTS WITH GENERIC DRUGS

When it comes to your medical care, you want the best. So you may worry that generic drugs are not as good as brand-name drugs. This is simply not true.

Generic drugs are safe and effective alternatives to brand-name drugs. In fact, they are identical to their brand-name counterparts in terms of ingredients, dosage, and quality.

Generics do differ in one big way, however — cost. They typically are less expensive than brand-name drugs, and the savings can be significant. Talk with your doctor or pharmacist to learn more.

■ **Ask for less expensive medications.**

Share your drug formulary with your doctor. A formulary is a list of medications your insurance company will help you pay for. In addition, ask your doctor to prescribe generic drugs — which are less expensive than brand-name drugs — when possible.

■ **Wash your hands.** Most colds and flu are spread in droplets from coughs and sneezes. Washing your hands — with soap and warm water for 15 to 20 seconds — can help stop the spread and keep you healthy.



Learn More. Visit www.frhs.org and click on the "Discovery Hospital" icon. This online tool offers health tips for many minor illnesses and health concerns.

HEALTHY STEPS Does my preteen need a checkup?

A All preteens need regular checkups. That's because regular checkups can help keep your preteen healthy.

During an exam, your child's doctor can check your child's growth and development. He or she can also check your preteen for any problems that could affect his or her health. These include physical problems as well as school and family problems. During the exam, the doctor may check your preteen's blood pressure, vision, hearing, weight and eating habits. He or she may also talk about the risks of smoking, drug abuse, and other behaviors.



A checkup is a great time to ask questions. Worried about problems at home or school? Does your preteen sleep too much or too little? Or snack too much? Write down your questions so that you remember to ask the doctor. **Also, keep these tips in mind:**

- If you aren't sure why your youngster needs a test, ask why.
- If your child needs medicine, make

sure you know the name. Also, know what the medicine does.

- Ask your child's doctor what to do if your child ever needs emergency care.
- Don't forget to ask when to schedule your preteen's next checkup.

To make the most of your preteen's checkup, bring a list of all your child's medicines. This includes over-the-counter medicines and vitamins. Also, remind your child's doctor about any allergies or past medical problems your preteen has.

DEFINITELY 'D' Am I getting enough vitamin D?

A You may have read recent news articles showing that many Americans don't get enough vitamin D. In fact, new research shows that about half of all Americans — older adults in particular — do not get enough vitamin D. This nutrient is essential to our muscles, bones and immune system. New research links low levels of vitamin D to a growing list of health problems, including heart disease and cancer.

Vitamin D helps form and strengthen bones by helping the body absorb calcium. Without adequate vitamin D, bones become thin and brittle. The vitamin also helps our muscles and immune system function.

The best way to get your dose of D is to consume those foods that are rich in the vitamin. Milk, yogurt, orange juice and boxed cereals often have vitamin D added. Salmon, tuna, and mackerel are



also good sources. The government recommends that healthy people get the following amounts of vitamin D every day:

- Children and adults ages 50 and younger: 200 international units (IU)
- Adults ages 51 to 70: 400 IU
- Adults ages 71 and older: 600 IU

Experts don't recommend taking high doses of the vitamin as a supplement or foregoing sunscreen and other healthy-sun practices. If you worry that you may not be getting enough vitamin D, talk with your doctor.

JOIN US AT THE 'BUILDING DREAMS' GALA

The Faith Regional Health Services Foundation's annual gala, "Building Dreams," will be held at the Divots DeVent Center on Saturday, March 28.

Enjoy an elegant evening featuring a four-course dinner, awards, recognition of sponsors, and live and silent auctions. Auction items will include artwork, jewelry, trips, tickets to sporting events, and much more, with proceeds benefiting Faith Regional's patient-room-expansion project.

Make plans to attend this special evening! Tickets are \$100 per person, with corporate sponsorships available.


For more information or to purchase tickets, call Pat Widner at (402) 644-7302 or Diane Mouchka at (402) 644-7301.



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MARK YOUR CALENDAR



SEE MORE CLASSES AT 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.

Call to verify dates and times. Classes and groups are subject to change without notice.

EVENTS

DIABETES ALERT DAY — FREE

March 24, 8:30 to 11:30 a.m. or 1 to 4 p.m., Health Resource Center. Learn more about diabetes and how to control and manage it.

AMERICAN HEART ASSOCIATION START! HEART WALK

April 8, Sunset Plaza Mall. The Start! Heart Walk is a mission in motion to get Northeast Nebraska walking. For more information, call (402) 489-5115 ext. 3126 or register online at www.northeastnebraskaheartwalk.com.

HEALTH TREK — \$10 PER PERSON

April 6 to May 17. This friendly team competition is open to all businesses, organizations, and individuals. Earn points for exercising and making other healthy lifestyle choices.

LANDON BOS MEMORIAL BICYCLE RODEO

May 30, 10 a.m. to 2 p.m., West Campus employee parking lot. Children from kindergarten through sixth grade can learn about bike safety and the rules of the road.

RELAY FOR LIFE

May 29 and 30, Norfolk Senior High, Johnny Carson Track. Luminaries to honor loved ones can be purchased for \$10.

CLASSES

BIG KIDS & BABIES — \$5 PER CHILD

BREAST-FEEDING CLASS — \$30

CHILDBIRTH EDUCATION — \$50

REFRESHER CHILDBIRTH — \$30

CHILD, INFANT, AND ADULT CPR AND FIRST AID — \$30

For more information or to register, call Faith Regional Women and Children's Services at (402) 644-7520.

HEALTHY U CLASSES

Call (402) 644-7348 to register for a class.

CHILD CARE TRAINING — \$20

March 2 and 9, 6:30 to 8:30 p.m., Health Resource Center. Series covers child abuse, SIDS, and shaken baby syndrome. Licensed child care providers are encouraged to attend.

CANCER EDUCATION SERIES — FREE

Every Wednesday, from April 9 to April 30, noon to 1 p.m., Health Resource Center. For adults with cancer and their families.

POSITIVE DISCIPLINE: PARENTS — \$15

May 5, 12, and 19, 6:30 to 8 p.m., Health Resource Center. Educational series for parents, grandparents, and caregivers of children ages 1 to 5.

SELF-HELP AND SUPPORT GROUPS

For a list of support groups available and schedules, please call (402) 644-7348 or visit www.frhs.org/hrc_classes.html.