

healthier you

summer 2009 | www.frhs.org

keep your kids
healthy and happy

QUICK ACTION
TO SAVE LIVES

DOES YOUR HEART
SKIP A BEAT?

UNDERSTANDING STROKE



RAPID RESPONSE | SAVES LIVES

According to national studies, many patients show subtle signs of being physically unstable before cardiac arrest. It is a crucial time for medical professionals to respond immediately to these changes.

This need, combined with recommendations from the Institute for Healthcare Improvement's Saving 100,000 Lives campaign, led Faith Regional Health Services to create a Rapid Response Team (RRT). Participation in this campaign has been shown to decrease mortality in hospitals throughout the country.

The RRT at Faith Regional has already helped to save lives and improve patient outcomes. The team has been called into action many times to assess patients who have had a change in clinical condition while in the hospital.

The Faith Regional RRT is comprised of an intensive care nurse, a respiratory therapist, a hospitalist physician, and the house supervisor. The team is called to action whenever a patient begins to show early signs that suggest his or her condition is worsening. Family members and caregivers can notify the team, since they are often the ones who first notice changes in their loved one's condition.

Initially the RRT was applied in select areas, but it is now available in every patient care area of the hospital, giving family members the opportunity to play an active role in monitoring their loved one's condition.



We're dedicated to quality service and patient satisfaction. Visit www.frhs.org to learn about our efforts.

CERTIFIED PHYSICIANS PROVIDE HIGHEST-QUALITY CARE

Board certification means that a physician has met the highest standards of medicine and has the knowledge, skills, and attitude essential for excellent patient care.



Agha Jamil Ahmed, M.D., a cardiologist at Faith Regional CardioVascular Institute, has earned his board certifications

in cardiovascular disease and nuclear cardiology from the American Board of Internal Medicine and the Certification Board of Nuclear Cardiology, respectively. Dr. Ahmed joined Faith Regional CardioVascular Institute in 2005. He is also board certified in internal medicine.



Wajahat Khalil, M.D., has earned his board certification in critical care medicine from the American Board of Internal

Medicine. Dr. Khalil, a pulmonologist for Faith Regional Pulmonology Services, specializes in the treatment of conditions such as asthma, emphysema, chronic bronchitis/COPD, and lung tumors and cancer. He is also board certified in internal medicine and pulmonary disease.



DISCOVERY HEALTH: Stay Safe in the Sun This Summer

Worried about skin cancer? You're not alone. A recent survey from the American Academy of Dermatology found that four-fifths of Americans are concerned. The good news is that there are ways to protect yourself. Visit Discovery Hospital on our Web site for tips on protecting your skin in the sun and help choosing and using sunscreens. Visit www.frhs.org and click on the Discovery Hospital icon. Select "Special Topics" under the "Medical" heading, then search for "skin cancer protection."

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BY THE GRACE OF GOD I AM WHAT I AM: PROFILE OF A PALLIATIVE CARE PATIENT

BY JAMES WONNACOTT, M.DIV., BCC, FAITH REGIONAL SPIRITUAL CARE ASSOCIATE CHAPLAIN

Virgil Stogdill is a Faith Regional palliative care patient who has learned about his strength and the benefits of help from others throughout his life.

Growing up, Stogdill was an athlete in high school with a physical stature and strength that seemed to render him invulnerable. But he acquired more than physical strength after the death of his father. This event led him to take on the role of big brother in his family.

For many years now, Stogdill has lived with diabetes, chronic renal failure, and numerous infections. As his daily activities became more restricted, he found himself having to rely on his younger brother, Chris, and sister-in-law, Cindy, a role reversal he was not used to.

Realizing that he might benefit from a multidisciplinary health care team, Stogdill began using Faith Regional's palliative care services in 2008. Shortly thereafter, he had to make a difficult decision: to have his lower right leg amputated in hopes of finding a respite from pain, fever, and infection.



Virgil Stogdill looks to his palliative care team at Faith Regional for the support he needs.

As he proceeded with the surgery, Stogdill received support from members of the palliative care team. Jan Matthews, director of social services, and Christine Chrisman, R.N., palliative care coordinator, collaborated to arrange for his needs and to stay in contact with him throughout the process. He has shown amazing resiliency during his ongoing recovery

and has mentioned how deeply he appreciates the help he's received. At the core of what keeps him fighting and rebounding is his belief in God and his desire to find peace with himself and others.

Stogdill continues to enrich and bless members of Faith Regional's palliative care team. There is a part of him that seems to embody St. Paul's words:

WHAT IS PALLIATIVE CARE?

Palliative care is interdisciplinary care that focuses on pain and symptom management, as well as quality of life, for patients with chronic or life-threatening illnesses. Palliative care treats the whole person, meeting the physical, emotional, and spiritual needs of patients so that they may live as comfortably as possible, easing pain, discomfort, and stress while also supporting family caregivers. Palliative care is available for patients at any stage of illness.

“But by the grace of God I am what I am,

and his grace toward me has not been in vain. On the contrary,
I worked harder than any of them — though it was not I,
but the grace of God that is with me.”

2 Corinthians 12:7; Philippians 1:18b-26; 1 Corinthians 15:10-11, *The New Oxford Annotated Bible*.
New Revised Standard Version. New York: Oxford University Press, 1994, p. 246NT.

To learn more, call Faith Regional Palliative Care, (402) 644-7453, or visit www.frhs.org/hmh_palliativecare.html.

IS AN IRREGULAR HEARTBEAT CAUSE FOR CONCERN?

In novels, it's romantic when someone's heart skips a beat. But in real life, a fluttering feeling in the chest could be the sign of a serious arrhythmia — a problem with the heart's speed or rhythm.

A normal rhythm, controlled by the heart's natural pacemaker known as the sinus node, is a function of the heart's electrical system and keeps the heart contracting at a healthy pace, playing an important role in good circulation.

When the heart's electrical system does not allow blood to circulate effectively, a person is at an increased risk for serious or even fatal health problems. An abnormal heart rhythm may manifest with palpitations, dizziness, or loss of consciousness.



a pacemaker, defibrillator, or loop recorder. Beginning in July, EP studies will be available at Faith Regional CardioVascular Institute. Until now, patients had to travel out of area for this level of care.

The nonsurgical procedure is a specialized catheter-based technique used to diagnose and cure various cardiac arrhythmias. EP studies are recommended for patients with symptoms indicative of heart rhythm disorders or for people who may be at risk for sudden cardiac death.

An electrophysiologist, a physician who specializes in the diagnosis and treatment of abnormal heart rhythms, performs the EP study with a team of specially trained health care professionals, technicians, and nurses who assist in the procedure.

HELP FOR ABNORMAL HEART RHYTHMS

Cardiac electrophysiology is the study of the electrical activity of the heart. It addresses the management of abnormal heart rhythms, as well as ways to help keep the heart beating at a healthy rhythm. Electrophysiology (EP) studies are sometimes used to:

- Diagnose arrhythmia symptoms
- Evaluate medication effectiveness
- Predict future cardiac event risk
- Assess the need for an implantable device, such as

PROTECT YOURSELF

Some arrhythmias are harmless. Others can reduce your heart's ability to pump enough blood or stop your heartbeat completely. To stay safe:

- Know the symptoms and call 911 if you experience any for more than five minutes. These include a fast or irregular heartbeat with anxiety, sweating, dizziness, or chest pain.
- Find ways to deal with stress, which can trigger arrhythmias and heart attacks. Try yoga, meditation, or simply talking with a friend.

MEET THE DOCTOR



M. Naser Imran, M.D., a cardiac electrophysiologist, will join the Faith Regional CardioVascular Institute in July. He specializes in the diagnosis and treatment of heart rhythm disorders.

Dr. Imran obtained his medical degree from the Dow Medical College in Pakistan. He also received medical training and certifications from the Royal College of Physicians of Dublin, in Ireland.

He completed a residency in internal medicine at the University

of Pennsylvania, a fellowship in cardiovascular disease at the University of Toledo Medical Center in Ohio, and a fellowship in clinical cardiac electrophysiology at the University Hospitals Case Medical Center in Cleveland.

Dr. Imran is board certified in internal medicine and cardiovascular disease. He has been published in peer reviewed journals on several topics in the field of cardiovascular medicine and cardiac electrophysiology.

To schedule an appointment, call **(402) 844-8284**. To learn more about Dr. Imran, visit www.frhs.org.

FOCUS ON STROKE

Every year, 700,000 new or recurring strokes happen in the U.S., with one stroke happening every 45 seconds. Stroke is the third leading cause of death in the nation and is also a major cause of long-term disability.

TWO BASIC TYPES

There are two basic types of stroke: ischemic stroke and hemorrhagic stroke. An ischemic stroke happens when the blood supply to the brain is reduced or interrupted and tissue death occurs in the region served by the blocked vessel. A hemorrhagic stroke occurs when a blood vessel ruptures and blood leaks into the brain structure.

Both types of stroke can result in disability that ranges from mild to severe paralysis to cognitive and speech problems to difficulty performing everyday activities.

RISK FACTORS FOR STROKE

There are several factors that increase your risk of having a stroke.

Modifiable:

- Hypertension
- High cholesterol
- Diabetes mellitus
- Alcohol intake
- Sedentary lifestyle
- Obesity and increased abdominal fat
- Atrial fibrillation

Nonmodifiable:

- Age
- Gender
- Race and ethnicity
- Family history

GET WITH THE GUIDELINES

A transient ischemic attack (TIA) is a ministroke that occurs when blood supply to part of the brain is briefly interrupted. A TIA is often a warning sign of an impending stroke. About 15 percent of strokes happen within 90 days after a TIA. For this reason, improving treatments and outcomes for stroke patients is crucial.

The American Stroke Association and the American Heart Association developed the Get with the GuidelinesSM (GWTG) program to do just that.

This initiative is a part of the American Stroke Treatment program and helps health care facilities ensure continuous quality improvement of stroke treatment by aligning clinical care with evidence-based practice guidelines.

GWTG focuses on ensuring that stroke patients receive quick diagnosis and treatment. Faith Regional Health Services is a participant in the program.

As a GWTG-Stroke participating hospital, Faith Regional Health Services is involved in continuing efforts toward better diagnosis and treatment of stroke.

CHECK IT OUT

Test your knowledge about stroke by taking our Stroke Quiz. Just visit www.frhs.org and select the Discovery Hospital icon. Choose "Health Risk Assessments" under "Health Tools."



Dietitian Renae Kauth, R.D., shows how eating healthy can be fun.

HEALTHY EATING FOR KIDS

Kids are notorious for being picky eaters. Faith Regional dietitian Renae Kauth, R.D., certified in pediatric weight management, offers these tips for getting your kids to eat more fruits and vegetables:

- Let kids pick out a fruit and vegetable they want when grocery shopping.
- Mix chopped-up fruit with yogurt.
- Try chopping vegetables into different shapes.
- Let children help clean the fruits and vegetables.
- Offer a food more than once. Offer a food at least 10 times before you assume your child doesn't like it.

OBESE KIDS FACE ADULT HEALTH PROBLEMS

By now you probably know about the growing problem of childhood obesity. According to the American Heart Association, nearly one out of every three children and adolescents is overweight or obese. In addition to causing increased rates of type 2 diabetes, this epidemic is having other direct health effects among our nation's children — problems that once affected only adults.

“Obesity in children is a huge concern,” said Kelly Ellis, D.O., of Faith Regional Family Medicine Services. “Obesity in the U.S. is an epidemic and we are now seeing medical health problems starting at much younger ages.”

THE PROBLEMS OF OBESITY

Doctors have long known that obesity puts people at risk for multiple health problems. But it was commonly thought that those problems affected only adults. This is no longer the case, as more doctors are seeing the following conditions in their young obese patients:

- **High blood pressure:** In a study of 5,000 children, 5 percent had high blood pressure — and the strongest risk factor was obesity. Uncontrolled high blood pressure can cause heart disease and stroke.
- **High cholesterol:** Ten percent of kids ages 2 to 19 have a total blood cholesterol level higher than the upper limit of the recommended range. High cholesterol increases heart attack risk.
- **Metabolic syndrome:** This group of risk factors increases the chances for several serious conditions, including heart disease, diabetes, and stroke.
- **Plaque buildup:** Plaque is a substance that forms along the walls of arteries, increasing the risk for heart attack and stroke.

In addition to these potentially life-threatening problems, obese children may face a greater risk of developing conditions such as anxiety and depression by the time they reach middle

school. They also may be more likely to get migraine headaches.

HELP YOUR CHILD BE A KID

Dr. Ellis offers these tips to help keep your child's weight in a healthy range:

- Limit TV time and gaming each day to one hour or less in favor of aerobic exercise.
- Eat fewer fast food and microwave meals. Instead, prepare healthy home cooked meals with the family.
- Incorporate fresh fruits and vegetables into snack times.



Learn More. Visit our

special Nutrition section in our Health Library! Explore a wide range of topics, including information on low-fat diets for kids. Just go to www.frhs.org and select the Discovery Hospital icon, then click on “Nutrition.”

GET MOVING Is it safe to exercise when you're pregnant?

A Staying active during pregnancy has many benefits for you — and your baby.

Exercise may:

- Increase your energy, strength, and stamina
- Help you sleep better
- Reduce backaches, bloating, and swelling
- Control weight gain
- Improve your mood
- Decrease the risk for premature birth



If working out isn't normally part of your routine, check with your OB/GYN before you begin. With your doctor's clearance, it's time to get active. Great activities for beginners include walking, swimming, and indoor bicycling.

If you already work out regularly, talk with your OB/GYN about how you should modify your routine. You may be able to continue some activities, such as running and strength training, in moderation.



James Albin, M.D., F.A.C.O.G.
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Postpartum exercise can help you get back in shape — and helps you feel better mentally. Check with your doctor to find out when you can restart your routine after giving birth.

ACT FAST How do I recognize the symptoms of a stroke?

A Strokes — sometimes called brain attacks — can give rise to significant disability if not treated right away. But many people remain unaware of stroke's warning signs and the importance of getting rapid help. Quick treatment can minimize the effects.

Try the acronym FAST to remember the signs of a stroke and what to do:

- F = Face** numbness or weakness, especially on one side
- A = Arm** numbness or weakness, especially on one side of the body
- S = Speech** slurring or difficulty speaking or understanding
- T = Time** to call 911 if these symptoms occur suddenly or accompany vision problems, loss of balance, dizziness, or a sudden, severe headache



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Treat these symptoms as a 911 emergency, even if they disappear after a few minutes. A TIA, or transient ischemic attack, is a ministroke that may raise the risk for a later stroke.



SAVE THE DATE

FREE PROSTATE SCREENING


Guys, did you know that about one in six men will be diagnosed with prostate cancer at some point in their lives?

Kick off Prostate Awareness Month by attending our annual free prostate screening at the **Carson Cancer Center on Monday, September 14, from 4:30 to 8 p.m.** You can get a free prostate-specific antigen (PSA) test and exam at the event.

You'll also enjoy watching the Nebraska Cornhuskers tackle the Clemson Tigers in the 2008 Gator Bowl on the big screen while you snack on tailgate food. Plus, you will be entered into a prize drawing.

Ladies, if you register your man for the screening, you will be entered into a drawing, too! Register after August 1 by calling **(402) 644-7348**.

Prostate cancer is the most common cancer in American men — especially those older than age 65. Many doctors recommend that men ages 50 and older have an annual PSA test and exam.

 **NEED TO FIND A DOCTOR?** Find a physician easily on our Web site at www.frhs.org/physiciandirectory.html.

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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.

EVENTS

FOCUS ON MEN'S HEALTH

June 4, 5:30 to 7:30 p.m., Health Resource Center. Discover more about healthy grilling and men's health issues while enjoying food and a chance to win prizes. Please call (402) 644-7348 to register.

CHILD PASSENGER SAFETY SEAT INSPECTIONS

July 21 and August 18, 3 to 7 p.m., Norfolk Fire Division; June 13, noon to 4 p.m., July 7 and August 4, 5 to 8 p.m., Norfolk GM Auto Center

PATCH HEALTH FAIR

September 18, 7:30 a.m. to 6 p.m., and September 19, 7:30 a.m. to noon, Cox Activity Center, Northeast Community College. Complete blood workup, free screenings, and more than 50 vendors. For more information, call (402) 844-8128.

GO RED FOR WOMEN: LADIES' NIGHT OUT

September 30, doors open at 5 p.m., Divots DeVent Center, \$500 for reserved 10-person table, \$50 general admission. Enjoy a fabulous evening of entertainment including dinner, guest speaker Sharon Cheney, and "Purse-n-alities" silent and oral auctions to benefit the American Heart Association. Call (402) 489-5115 or go to www.heart.org/gorednorfolk.

ROSES FOR A REASON

Honor or surprise a loved one with a bouquet of roses in recognition of Breast Cancer Awareness Month in October and to benefit the Carson Cancer Center. Roses will be on sale starting in September. Call Faith Regional Foundation at (402) 644-7302 or e-mail pwidner@frhs.org.

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

HEALTHY U CLASSES

PRE-DIABETES CLASS — FREE

August 10, 4 to 6 p.m., Madison Room. Topics covered include healthy weight, nutrition, cholesterol, high blood pressure, and glucose levels.

SUPPORT GROUPS

Please call (402) 644-7348 or visit www.frhs.org/hrc_classes.html for information.

- CANCER SUPPORT GROUP**
- DIABETES SUPPORT**
- HEAD INJURY SUPPORT GROUP**
- MULTIPLE SCLEROSIS SUPPORT GROUP**
- PARKINSON'S SUPPORT GROUP**
- PULMONARY REHAB SUPPORT GROUP**

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