

# healthier you

winter 2006 | [www.frhs.org](http://www.frhs.org)

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**FAITH REGIONAL**  
HEALTH SERVICES

## FOUNDATION | A TREE TO REMEMBER

Faith Regional Health Services Foundation will again display a Holiday Remembrance Tree, located in the West Campus lobby area. The Holiday Remembrance Tree will provide a means of honoring your loved ones during this season.

"The Holiday Tree will be decorated throughout the month of December with lights, ribbons and cards," Diane Mouchka, Foundation director, said. "Each card appearing on the tree will bear the name of a friend loved one in your life for whom you wish to express loving memories or sentiments. It is an opportunity to show you care during this season of memories."

"Each card appearing on the tree will bear the name of a friend or loved one in your life for whom you wish to express loving memories or sentiments."



### Donation Cards

Donation cards are available in the Four. office or by calling Diane at (402) 644-7301. A suggested gift of \$25 will get your loved one's name on the tree. However, all donations will be accepted in the spirit in which they are given.



**Pimpawan Boapimp, M.D.**  
Faith Regional Infectious  
Disease Services

### FAITH REGIONAL WELCOMES NEW DOCTOR

The practice of Pimpawan Boapimp, M.D., is focused on prevention, diagnosis and treatment of infectious and tropical diseases. She specializes in avian influenza, HIV, early-stage hepatitis C, adult immunization, travel medicine counseling, long-term antibiotic infusion and post-surgical infections. She provides inpatient and outpatient infectious disease consultation and advice regarding infection control of resistant organisms such as MRSA.

Dr. Boapimp received her medical degree with honors at one of the top medical schools in Thailand.

She completed her internal medicine residency training at Huron Hospital of the Cleveland Clinic Health System in Cleveland, OH. Following her residency, she did her infectious diseases fellowship training at Wake Forest University Baptist Medical Center, Winston-Salem, NC. She is board certified in internal medicine and infectious diseases.

Patients can be referred by their family physician. To schedule an appointment, call (402) 844-8196.



### NEW YEAR'S RESOLUTIONS MADE EASY WITH DISCOVERY HEALTH

Faith Regional Health Services has teamed with Discovery Hospital online to offer "The New You," a great resource for healthier living. "The New You" provides proven strategies and resources that move you forward. Click on various topics and you can learn how to:

- Eat Better
- Lose Weight
- Exercise More
- Manage Stress
- Stop Smoking

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

## WE'RE YOUR REFERRAL CENTER

There was no vision of being a referral center prior to the merger in 1996 that established Faith Regional Health Services (FRHS). At that time, when people or patients spoke of a referral center, they thought of Omaha or Lincoln. Referral meant that patients and their family would be traveling to obtain healthcare. The most obvious result of the merger has been the opportunity for the board and medical staff to verbalize a vision of becoming a regional referral center.

Once an organization states its mission, it is publicly accepting responsibility and accountability for the direction of that organization. For FRHS, strategic plans and specific goals were identified and monitored. Actions were taken and evaluated. Today, 10 years after the merger, we reflect upon that vision of becoming a regional referral center and contemplate the accomplishments that lead us to say that we hope you as our patients view us as a regional referral center.

The first objective in becoming a referral center was to increase the number of physicians and the medical specialties that they represent. Ten years ago, there were 43 physicians on the medical staff at FRHS. Today, there are more than 75. Every new physician that has come to our community since the merger has been either board certified or board eligible in their medical specialty. This simple fact reflects the commitment to quality that these new physicians have made to the patients they serve.

Another objective focuses on the quality that is provided within the facility. Recently FRHS has begun to publicly display some of our quality indicators on our Web site ([www.frhs.org](http://www.frhs.org)). Faith Regional is one of only a handful of hospitals that are making this information readily accessible to our patients. We are proud of our quality achievements and the continued high level of care that is provided by our employees. I would encourage you to take a moment to



visit our Web site and check out the quality at FRHS.

If an organization states that it is a referral center, then it also needs to make a commitment to maintain the equipment and medical technology necessary to meet the highest standards of care. Recent news releases regarding orthopedic implants, insulin pumps and cardiovascular equipment, to name a few, demonstrate that FRHS is committed to fulfilling this obligation by acquiring some of the most advanced technology for the treatment and care of our patients.

Being a referral center also means that the leadership of the organization continues to have a vision for tomorrow. And, we do! Our vision was solidified through personal experience. This past year my father was transferred at my request to FRHS for his healthcare. My family knew that FRHS had the medical expertise and the type of personnel that was needed to provide his care.

I also knew firsthand how families feel about Faith Regional's patient rooms — the difficulty families face doing simple things,

See our quality care for yourself by viewing the quality care indicators at [www.frhs.org](http://www.frhs.org).

like sitting beside the bed and holding a hand — because the room is too narrow and the chair or some other piece of equipment is in the way. FRHS must do better to accommodate these concerns.

We are committed to our vision of meeting the needs of our patients. We are committed to providing an “environment of love and care” as our mission statement says. This means providing patient rooms that have enough space for both family and equipment, space needed by a regional referral center so that it can provide the highest level of care patients in Northeast Nebraska have come to expect from FRHS.



**Robert Driewer, CEO**  
Faith Regional Health Services

# NEW PROCEDURE EASES KNEE PAIN

Scott Krohn of Pierce, NE, was too young to be in this much pain and barely able to walk. He suffered from osteoarthritis in both knees. The wear and tear had come from 15 years of factory work combined with arthritis.

Four years ago, when the pain began to worsen, he consulted Stephen Smith, M.D., an orthopedic surgeon in Norfolk. Dr. Smith used several modality treatments, and although Krohn continued to experience pain, Dr. Smith felt that he was too young for total knee replacement.

By March 2006, the pain had taken an emotional toll on him and his family. Through an X-ray it was discovered that his knees were now bone to bone. There was no way he could continue to walk with this intense pain. Dr. Smith suggested another option: a new partial knee-replacement procedure that had been approved by the U.S. Food and Drug Administration. Krohn was a perfect candidate because he still had the outer portions of his knees intact that would allow the surgeon to replace only the inner part of his knees using a minimally invasive procedure.

In June, Krohn underwent bilateral partial knee-replacement surgery using an Oxford® Unicompartmental Knee System. Unlike total knee replacement involving removal of all the knee joint surfaces, a unicompartmental knee replacement replaces only one side of the knee joint. The Oxford® System is designed to accurately reproduce normal knee motion.

"Recovery time is dramatically improved," said Dr. Smith.

"Patients can return to sporting and other activities more than they can with the conventional total knee arthroplasty." Dr. Smith is only one of three orthopedic surgeons in Nebraska trained to perform this procedure.

Within 24 hours after his surgery, Krohn felt pain relief. A month later, he embarked on an adventure that he hadn't been able to do in years — take a fishing trip. In the

"The best part of this entire experience was when my son said, 'You know, Dad, you're just not mad anymore. You're fun again.' And at that point I realized that I had my life back. I could work, play and bring joy to my family," Scott Krohn said.



Scott Krohn  
Oxford® Knee patient

past he couldn't bear the pain of walking down the shore to his boat. Since the surgery he is now able to get in and out of the boat without pain.

"I think the best part of this entire experience was when my son turned to me and said, 'You know, Dad, you're just not mad anymore. You're fun again.' And at that point I realized that I had my life back. I could work, play and bring joy to my family," Krohn said with a smile.

## DOES JOINT REPLACEMENT WORK?

Ninety percent of patients receiving a new joint suffer from osteoarthritis. After joint-replacement surgery, many patients experience reduced pain, increased mobility and improved quality of life. The performance and life span of the Oxford® System can last for up to 20 to 25 years, compared to the conventional partial knee replacement of 8 to 10 years. For more information, consult your physician.

## A PRIMER ON PROSTATE HEALTH

Not all prostate problems involve cancer. A more benign and common problem is an enlarged prostate, or benign prostatic hyperplasia (BPH).

### WHAT IS THE PROSTATE?

The prostate is a walnut-shaped gland located beneath the bladder. It surrounds the urethra, the tube that carries urine. More than half of all men ages 50 and older in the U.S. have BPH. As men get older, their prostate keeps growing. As it grows, it squeezes the urethra, preventing urine from moving from the bladder through the urethra.

Symptoms of an enlarged prostate include:

- A frequent need to urinate, especially at night
- An urgent need to urinate
- Painful urination
- Difficulty starting urination
- Dribbling or leaking after urination
- Feeling that the bladder never completely empties
- Weak urine stream

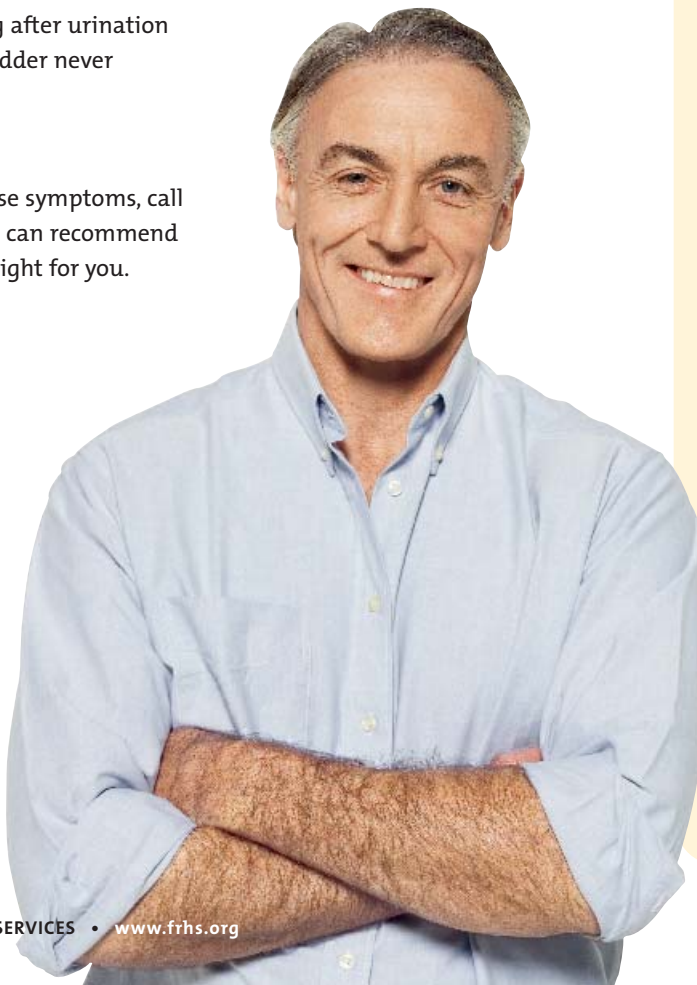
If you have any of these symptoms, call your doctor. He or she can recommend the treatment that's right for you.

These treatments are available:

- **Medications.** They can reduce the size of the prostate or relax the smooth muscle of the bladder outlet and prostate to help urine flow.
- **Thermal therapies.** These involve using heat to destroy prostate tissue and reduce its size.
- **Surgical treatment.** Traditional surgery removes a piece of the prostate.
- **Laser treatment.** A less invasive procedure available at Faith Regional is called the GreenLight laser system for Photoselective Vaporization of the Prostate (see story at right).

### WORRIED ABOUT CANCER?

Prostate cancer and BPH are not always linked. However, because the early symptoms for both conditions are similar, you should talk with your doctor about your symptoms.



## HIGH-TECH HELP FOR PROSTATE PROBLEMS

Traditionally, the most effective treatment for an enlarged prostate has been surgery. However, it has serious side effects, such as impotence, incontinence and blood loss. It can take four to six weeks to recover, and men from Northeast Nebraska needed to travel out of the area for treatment.

Now Faith Regional is the first site in the region to perform a less invasive laser treatment for enlarged prostate, called the GreenLight laser system for Photoselective Vaporization of the Prostate (PVP). The procedure has been proven safe and effective in the five years it has been used at many of the nation's leading medical institutions. Thousands of PVP procedures using the GreenLight laser system have been successfully performed. Now this breakthrough treatment is available at Faith Regional.

The GreenLight laser system relieves symptoms and restores urine flow with minimal risk. Patients are often released within a couple of

*For your free booklet on the GreenLight laser system, call the Health Resource Center at (402) 644-7348.*



hours and can return to normal nonstrenuous activities within the week.

"The clinical trial results are stunningly convincing, almost too good to believe," said Natvarlal Patel, M.D., a Norfolk urologist, who performs the procedures at Faith Regional.

"I pursued training in this procedure so that I could bring this advanced treatment to my patients here in Northeast Nebraska."

**\* Prostate fact:** More than 20 million men in the U.S. have prostate problems, including inflammation, enlargement and cancer.



## MAKE THE MOST OF WINTER WORKOUTS

**D**o the cold days of winter dampen your enthusiasm for regular activity? If so, here are some indoor exercise tips to help keep you moving:

■ **Join others.** Find an exercise buddy to keep you motivated. Or join a health club, the YMCA or a community center for group classes. Talk with your doctor before beginning an exercise program.

■ **Try exercise videos or DVDs.** Check your local library or video store. Borrow or rent a video or DVD before buying it to be sure that it's the kind of workout you're looking for.

■ **Work out with weights.** You can buy inexpensive, handheld weights in a range of sizes to help tone your body and build muscle. Find tips on how to use them at the library or visit the Web site of the American Council on Exercise at [www.acefitness.org](http://www.acefitness.org).

■ **Get active at work.** Take the stairs instead of the elevator. Or walk around your office building during your coffee break. Both can help you feel more energetic during your workday.

■ **Have some fun.** Read, listen to music or watch TV while you exercise. Beat boredom by varying your exercise routine.

When you start a new physical activity program, remember to warm up before and cool down after your workout. Start slowly and gradually increase the time or intensity of your workout as you become more fit. Over time, work up to 30 to 60 minutes of physical activity at least five days a week. If you can't exercise for 30 minutes at one time, break your physical activity into three 10-minute intervals.

## MOVE TO A NEW GROVE

If you've never taken a fitness class or want to invigorate your current exercise routine, consider trying these activities.

■ **Pilates.** This workout includes various resistance-training exercises, performed on either a mat or special Pilates equipment. Exercise movements flow in a sequence and help build core strength, flexibility and balance.

■ **Karate.** This martial art uses kicking, striking and blocking moves to improve flexibility, coordination and stamina. Karate can teach you self-defense, but it can also build confidence and make you stronger, quicker and more alert.

■ **Tae kwon do.** This fast-moving martial art requires strong discipline and emphasizes kicking and punching movements.

■ **Kickboxing.** This aerobic and strengthening workout combines boxing punches with karate kicks. In contact kickboxing, you wear gloves and punch and kick a bag or pad. In the noncontact form, you strike only air.

■ **Tai chi.** Compared to other martial arts, tai chi uses slower, more flowing movements. It is excellent for flexibility and is a good warm-up or cooldown routine for other exercises.



### to your health!

Discovery Hospital offers "The New You" section, which gives tips on how to start a fitness plan, including body mass index information. Visit [www.frhs.org](http://www.frhs.org) and click on the Discovery Hospital logo.

## STALL FALLS How can I prevent myself from falling?

**A** Falls often happen when a factor pushes people beyond their ability to compensate and prevent a fall. To diminish the risk of falling, these factors must be considered:

**Eyesight.** Your eyes are your most



important sensory organ when it comes to balance. Regular eye exams are necessary to evaluate changes in your vision.

**Neurology.** Neurological impairments often contribute to falling. Treatment involves rehabilitation efforts for acute changes and adaptations such as canes and walkers long-term if needed.

**Strength.** When a person is ill or confined to minimal activities, he or she will become physically weak. Physical rehabilitation can enhance a person's ability and reduce his or her likelihood of falling.

**Pain.** Pain limits activity and can be a direct cause of a fall. Falling causes new injuries and new pain. Often health care professionals can help bring relief by

providing medical and supportive services to help eliminate the pain and fear of falling.

Physical rehabilitation can contribute to your well-being and fall prevention by reversing what can be reversed, adapting to what can't be fixed, overseeing your rehab progress and function, improving your safety if falls can't be entirely eliminated, and in clarifying your diagnostic list of contributing factors in order to address all of the causes.



## PREVENT THE FLU Is it too late to get a flu or pneumonia vaccine?

**A** If you haven't gotten a flu shot yet, it's not too late. Flu season peaks between late December and early March. You can get the vaccine from your doctor's office. While flu shots don't cause the flu, they also won't prevent colds. Nearly everyone can benefit from the vaccine, but the young, elderly and chronically ill are most at risk for both the flu and pneumonia and can benefit from a vaccine.

## PROTECT YOUR BONES Could I have osteoporosis and not know it?

**A** Yes. Osteoporosis is typically a painless disease. Studies show that nearly 20 million women have thinning bones and don't know it. Osteoporosis mostly affects postmenopausal women, but it can also affect men. Women are four times more likely than men to develop the disease. You can prevent osteoporosis with regular exercise, good overall nutrition, and by getting enough calcium and vitamin D. There are medicines available that can help keep your bones strong. This is important so that you can avoid fractures. One in two women and one in four men older than age 50 will have an osteoporosis-related fracture in her or his remaining lifetime.

Screenings are also important. If you are postmenopausal and have a family history of osteoporosis or are age 65 or older, talk with your doctor about having your bone density measured.



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**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

#### LADIES LUNCH AND LEARN – \$8

Join us for four seminars on women's health, including the prevention of heart disease, osteoporosis, menopause and the benefits of exercise. Lunch will be served. Feb. 2, 11:30 a.m. to 1:30 p.m. Lifelong Learning Center, Northeast Community College, Norfolk, NE. For tickets, call (402) 439-5222. Sponsored in part by the funds raised at the Norfolk Go Red For Women event held in September. The Faith Regional CardioVascular Institute was the presenting sponsor for the Go Red event.

#### CANDLELIGHT AND ROSES

Save the date! Mar. 24. Faith Regional Health Services Foundation Gala. Divots Conference Center. Call Faith Regional Foundation for information on tickets or to donate an auction item: (402) 644-7302.

#### CHILD PASSENGER SAFETY SEAT INSPECTIONS

Call Faith Regional Obstetrics Department at (402) 644-7520.

#### INFANT LOSS CEREMONY

Dec. 10, 7 p.m. West Campus, Nebraska Room. For parents/families who have lost a baby through miscarriage, stillbirth or early infant death. Call (402) 644-2300.

### CLASSES

#### BIG KIDS AND BABIES – FREE

#### BREAST-FEEDING – \$10

#### CHILDBIRTH EDUCATION – \$25

#### REFRESHER CHILDBIRTH – \$10

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

#### HEALTHY BENEFITS

Feb. 26 to May 7, 5:30 to 6:30 p.m. Ten-week program encourages healthy weight management habits for a lifetime. Cost: \$100. To register, call (402) 644-7348.

### HEALTHY U CLASSES

#### SENIOR HEALTH & WELLNESS – FREE

Feb. 22, 3 to 4 p.m., Madison Room. Discuss methods and preventive measures to keep you safe and healthy. To register, call the Health Resource Center at (402) 644-7348.

#### LOOK GOOD, FEEL BETTER – FREE

Jan. 16, 9 a.m. to 12 noon, Madison Room. The American Cancer Society program for women undergoing cancer treatment. Learn skin and nail care and options for hair loss such as wigs and scarves. Receive a FREE cosmetics kit. To register, call the Health Resource Center at (402) 644-7348.

#### ADULT, CHILD AND INFANT CPR AND PEDIATRIC FIRST AID – \$30

Feb. 1, 7 to 10 p.m., Madison Room. For day care providers, parents, grandparents and anyone interested in learning lifesaving skills. Learn to perform adult, child and infant CPR and pediatric first aid. To register, call the Health Resource Center at (402) 644-7348.

#### POSITIVE DISCIPLINE – \$10

Feb. 13, 20, 27, 6:30 to 8 p.m. Madison Room. A three-session education series for parent/caregivers of children ages 1 to 5. Learn how choices, routines and positive interactions can improve your child's school readiness and self-control. Must commit to all three sessions. Book and refreshments included. To register, call the Health Resource Center at (402) 644-7348.

#### SELF-HELP AND SUPPORT GROUPS

For a listing of support groups available, call (402) 644-7348 or visit [www.frhs.org](http://www.frhs.org).

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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