

healthier you

winter 2008 | www.frhs.org

FAITH REGIONAL
GOES TOBACCO-FREE

HELPING NEBRASKA
YOUTH

WHAT'S PALLIATIVE
CARE?

ASK THE DOCTOR

a new road to
physical rehab

**FAITH REGIONAL**
HEALTH SERVICES

FAITH REGIONAL'S | TOBACCO-FREE CAMPUS

Effective November 20, 2008, Faith Regional Health Services will be tobacco-free. No tobacco use of any kind will be permitted inside or anywhere on the hospital's campuses, including hospital and medical office buildings, grounds, and parking areas.

Faith Regional's primary mission is to protect the health of those in our community while promoting and supporting a community culture of healthy living. We are committed to providing the healthiest environment possible for our patients, employees, visitors, and volunteers. After careful consideration and consultation with peer hospitals and our own medical and administrative staff, the Faith Regional board of directors voted to approve this initiative.

According to Janet Pinkelman, director of human resources, visitors and employees are not being asked to stop using tobacco products; however, they will be required to refrain from tobacco use while on the hospital's premises. "Over the course of the next several months, the Tobacco-Free Committee at Faith Regional will be looking at ways in which the organization can assist visitors and employees with transitioning to not using tobacco products while at any of our facilities," stated Pinkelman.

Tobacco-free initiatives have the potential to improve the health of thousands, reduce health care costs, and generally contribute to community health improvement. In addition, a tobacco-free environment provides a cleaner workplace, decreased fire risk, decreased maintenance costs, and improved productivity. Faith Regional joins many other hospitals in Nebraska and other businesses in Norfolk by going tobacco-free.



FAITH REGIONAL WELCOMES A NEW PHYSICIAN

Corey J. Mayberger, M.D., joins Faith Regional Psychiatric Services.



Dr. Mayberger grew up in Norfolk and attended Norfolk Catholic High School. He received his Doctor of Medicine degree from the University of Nebraska Medical Center in 1997. After medical school, he pursued additional training at Banner Good Samaritan Regional Medical Center in Phoenix. There, he completed a psychiatric residency and served as chief resident.

Dr. Mayberger has been a practicing psychiatrist since 2001. For the past six years, he worked in an adult crisis center in Arizona.

Dr. Mayberger's office is located at Faith Regional's East Campus, 1500 Koenigstein Ave. Please call (402) 644-7329 to schedule an appointment with Dr. Mayberger.



DISCOVERY HEALTH: Log On for a Healthy Heart

Faith Regional Health Services and Discovery Hospital's Web site can help you take control of your heart health. The Web site offers information on steps you can take to help prevent heart disease, including improving your diet and exercising. You can also take a quiz to learn about your risk factors for developing heart disease. Visit www.frhs.org, click on the "Discovery Hospital" icon, and select "More ..." under "Communities." Then click on the "The Power of the Heart" icon.

2700 WEST NORFOLK AVE., NORFOLK, NE 68701 www.frhs.org

HELPING OUR COMMUNITY: EXPANDED PROGRAMS FOR NEBRASKA YOUTH

The Northeast Nebraska Child Advocacy Center (NENCAC), along with Oasis Counseling International, Norfolk Family Medicine, and Norfolk Family YMCA, has received a grant of \$750,000 from the Department of Health and Human Services to develop additional programs to service the needs of youth in northeast Nebraska.

The NENCAC will receive approximately \$177,000 over the next three years. It plans to develop curriculum for two research-based prevention programs, expanding its services to include abuse prevention. With these funds, the NENCAC hopes to decrease the number of child abuse cases and increase safety for vulnerable children throughout northeast Nebraska.

“This grant also offers an opportunity to partner with three great local agencies to improve services to youth in northeast Nebraska.”

—Mark Zimmerer, NENCAC coordinator

“Prevention services have always been a long-term plan for our center, and with the addition of the grant, we are going to be able to offer these services much sooner,” said Mark Zimmerer, NENCAC coordinator. “This grant also offers an opportunity to partner with three great local agencies to improve services to youth in northeast Nebraska.”

The NENCAC has hired prevention specialist Kim Neemeyer to assist with developing a child abuse prevention curriculum focused on bullying, child abuse, and computer safety in schools. In addition, a



shaken-baby prevention program will be created for parents of newborns before they are discharged from the hospital. “This is a great opportunity to reach so many children, parents, and educators,” said Neemeyer.

In 2007, the NENCAC provided services to 309 abuse victims and advocacy services to 1,058 of their family members. As a regional referral center, the Child Advocacy Center is open 24 hours a day, seven days a week.

The center is located at Faith Regional Health Services East Campus in Norfolk

and provides services for over 20 counties in the northeast Nebraska area. Faith Regional supports the NENCAC through an in-kind donation of space and funding.

The mission of the Northeast Nebraska Child Advocacy Center is to provide hope and healing to victims of severe child abuse. Using a joint investigative team approach, professionals from child protective services, law enforcement, prosecution, victim advocacy agencies, and medical and mental health communities work as a team to investigate and intervene in cases of suspected child abuse.

A NEW ROAD FOR REHABILITATION

Faith Regional Rehabilitation Services has created a new road to rehabilitation. The rehab team has worked together to help improve the therapy process for patients by developing a new therapy area called Independence Avenue.

The area offers real-life settings, such as a bedroom, living room, and grocery store, where rehabilitation patients can practice daily tasks before they reenter the community or complete therapy. There are even different types of walking surfaces, such as grass or gravel, that simulate the kinds of challenges patients will face when they return to their normal environment.

“The new area offers opportunities for occupational, physical, and speech therapy patients to practice common skills, from reaching for grocery items and completing money transactions to packing a suitcase and making car transfers,” said Nicole Fischer, office manager of Rehabilitation Services. The homelike environment is more identifiable to patients than a typical therapy facility.



A rehabilitation specialist helps a patient get back to on-the-job basics.

“The new area offers opportunities for occupational, physical, and speech therapy patients to practice common skills, from reaching for grocery items and completing money transactions to packing a suitcase and making car transfers.”

— Nicole Fischer,
office manager of Rehabilitation Services

With the addition of the new area, patients can better practice everyday skills in a variety of settings no matter what the weather is like outside or what level of therapy is needed. Independence Avenue provides another stepping stone in the rehabilitation process.

Through teamwork and creativity, Rehabilitation Services is taking patients to their home, the store, and their car without ever having to leave Faith Regional.

“This has been a dream of ours since our Acute Rehabilitation Unit opened,” said Teresa Daum, director of Rehabilitation Services. “Our team of professionals has spent time researching, visiting other rehab sites, and gathering information to create our home away from home. We transformed an old clinic area into a useful and fun place to do the work of therapy. This takes the rehab experience to a whole new level of intensity, ultimately enhancing the quality of care we provide to residents in northeast Nebraska.”



Take a virtual tour. To take a virtual tour of our facility and new therapy area, Independence Avenue, and to learn helpful information before your first visit, go to www.frhs.org and click on “Rehabilitation Services.”

SAVING LIVES: TREATING A RARE AORTA CONDITION

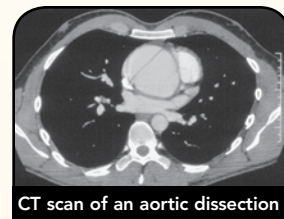
Aortic dissection is a rare but potentially fatal condition in which bleeding occurs in the aortic wall. Rajiv Ranjan, M.D., a cardiologist at Faith Regional CardioVascular Institute, recently had the rare opportunity to diagnose and treat a patient with this condition at Faith Regional.

The aorta is the main artery in the body and helps supply blood to the entire body. When a defect in the aorta develops, blood pressure can force the tear to open and allow blood to pass through. If the condition is left undiagnosed, it proves fatal to 33 percent of patients within the first 24 hours and 50 percent of patients within 48 hours.

“High clinical suspicion, appropriate investigation, and immediate intervention provided in a timely manner may save patients with this disease,” stated Dr. Ranjan.

A UNIQUE CASE

The patient experienced left-sided weakness, seemingly a symptom of a stroke. It was soon concluded that it was not a stroke and that the patient needed advanced care immediately. After arriving at Faith Regional, the patient was rushed for a CT scan and transesophageal echocardiogram (TEE) of his chest, which helped confirm Dr. Ranjan’s suspicion of type A aortic dissection.



CT scan of an aortic dissection



Immediately following diagnosis, the patient required surgical repair of the dissection, which was performed by Dr. Alec Akbarov, a cardiothoracic surgeon at Faith Regional CardioVascular Institute. “This type of advanced vascular surgery requires emergency expertise and technology, which I am thankful we can provide at Faith Regional,” said Dr. Ranjan.

After a short hospital recovery time, the patient returned home with a significant improvement in his neurological function and was able to resume normal physical activity.

THE CARDIOVASCULAR INSTITUTE

The success of any cardiovascular procedure depends on how quickly it occurs after a heart attack begins. The more time that passes, the greater the damage to the heart can be. The CardioVascular Institute ensures that patients in Norfolk and the surrounding communities are able to receive rapid diagnosis and treatment, which significantly improves their chance of survival. We’ve made cardiac services easier to access — closer to you, your family, and your physician.

The CardioVascular Institute is dedicated to the detection, prevention, intervention, and rehabilitation of heart-related diseases. Our heart program is supported by board certified cardiologists and surgeons, certified nurse practitioners, and nurses and technicians who provide patients with a specific diagnosis, the best treatment, and the greatest possible outcome for life.

For more information about Faith Regional CardioVascular Institute, call (402) 844-8284 or (800) HEART08. You can also learn more by visiting www.frhs.org and clicking on the “Heart & Vascular” icon.



ALL ABOUT ADVANCE DIRECTIVES

An advance directive is a declaration that is written and signed by a person to give directions about future medical care. It also designates another person to make medical decisions for you. Advance directives include living wills and Durable Power of Attorney for Health Care documents in which a patient's choices for health care decisions are outlined.

If you have an advance directive, be sure to bring a copy to your doctor. It will be used to guide the care given should you ever become unable to communicate your wishes.

You can find more information about advance directives and a wallet card you can fill out on our Web site at www.frhs.org/pts_advancedirect.html.

PALLIATIVE CARE AT FAITH REGIONAL

There is a nationwide movement to integrate palliative care into the hospital and other settings, according to Jean Suehl, director of Home Health and Hospice Services. Palliative care is interdisciplinary care that focuses on pain and symptom management, as well as quality of life, for patients with a chronic or life-threatening illness.

A NEW PROGRAM

"Adding a palliative care program complements our home health services and hospice care that we presently provide," said Suehl. "Palliative care and hospice are connected, but different. Hospice is supportive care for patients who no longer receive treatments to cure their illness because they are near the end of their life. Palliative care is available for patients at any stage of their chronic illness." Suehl

added that patients with a chronic illness can live for many years.

TREATING MIND AND BODY

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. The palliative care team includes physicians and nurses as well as a pharmacist, chaplain, social worker, nutritionist, and respiratory therapist. Christine Chrisman, R.N., a case manager certified in hospice and palliative care, coordinates the interdisciplinary care to deliver practical, comforting services such as pain management, symptom relief, and emotional

and spiritual support. This includes:

- Assessing a patient's physical needs and the treatment of symptoms.
- Discussing planning for the future and documentation of end-of-life issues.
- Helping with concerns such as depression, loss of control, anxiety, or loneliness.
- Helping family members deal with their own feelings of guilt, anger, and grief.



Palliative care To learn more about palliative or hospice care and how these services may benefit you, call us at (402) 644-7453 or visit www.frhs.org/hmh_palliativecare.html.

DEPRESSION **Is depression more common at certain times of the year?**

A • A form of depression called seasonal affective disorder (SAD) can come and go with the changing seasons. The exact cause of SAD is not entirely clear, although some research indicates that melatonin may be involved. Your body produces more of this sleep-related hormone in the dark. So shorter days, prolonged overcast weather, or darkened conditions at work can raise melatonin levels. This may have an effect on the occurrence of wintertime SAD.

You may have SAD if you experience some of the following symptoms during the same season for two years in a row: fatigue, oversleeping, less energy, less interest in usual activities, and excessive eating.

Light therapy and antidepressant medicines can be used alone or in combination to relieve the symptoms of SAD. Light therapy, the most common treatment, involves sitting for 20 to 60 minutes a day



in front of a tabletop light box that simulates daylight.

Opening blinds at home and work, as well as spending time outdoors, can help you get more natural sunlight. Regular exercise also helps some people, especially in sunny weather. It's important to consult your doctor for a diagnosis before trying any treatments yourself. But remember that if you do have SAD, it's very treatable.



STROKE **What are the signs of stroke, and what should I do if someone is having a stroke?**

A • A stroke is a medical emergency, but new treatments may help if received right away.

Call 911 or your local emergency number if someone suddenly has trouble speaking or understanding or seems confused; has numbness or weakness of the face, arm, or leg, especially on one side of the body; can't see out of one or both eyes; has a severe headache for no reason; or has difficulty walking, feels dizzy, or loses coordination or balance.

GOUT **I woke up and can barely walk because of severe swelling and pain in my big toe. Do I have an infection, or is this arthritis?**

A • Gout is a type of arthritis that is not only extremely painful, but can also cause significant joint destruction. Unlike other rheumatic diseases, gout is easily treated.

The disease is tied to uric acid. Normally, uric acid can be broken down by your body, keeping overall levels low. Sometimes uric acid levels become too high, and monosodium urate crystals are deposited in joints, kidneys, and soft tissues. Deposits of these crystals can result in the presence of gout disease, causing pain, swelling, inflammation, cellulitis, fever, and even the destruction of joints once the disease becomes chronic.

Gout is easy to treat, and medications are available to keep the condition from worsening. Patients can help reduce the risk for an acute attack of gout by avoiding excessive red meat and seafood, avoiding alcohol, and asking to be taken off diuretic medications, if taking them.




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

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

DIABETES ALERT DAY — FREE

March 25, 8:30 to 11:30 a.m. or 1 to 4 p.m., Health Resource Center, 301 N. 27th St. If you have diabetes or are at risk for developing diabetes, come by for education, prizes, and healthy snacks. Learn about the latest diabetes-control products, too.

CHILD SAFETY SEAT INSPECTIONS

February 5 and March 4, 5 to 8 p.m., Norfolk GM Auto Center. February 23 and March 22, 1 to 5 p.m., Norfolk Fire Division. Call (402) 644-7520 to schedule an appointment.

CLASSES

BIG KIDS AND BABIES CLASS — \$5

BREAST-FEEDING CLASS — \$30

CHILDBIRTH EDUCATION — \$50

REFRESHER CHILDBIRTH — \$30

For more information or to register, call (402) 644-7520.

HEALTHY U CLASSES

Call (402) 644-7348 to register for classes.

POSITIVE DISCIPLINE — PARENTS 1, 2, 3, 4 EDUCATION SERIES — \$10

February 11, 18, and 25, 6:30 to 8 p.m., Health Resource Center. For parents, families, and caregivers of children ages 1 to 5.

LOOK GOOD, FEEL BETTER — FREE

February 19, 9 a.m. to noon, Health Resource Center. Cancer patients learn about skin care and hair loss. Receive a FREE cosmetics kit.

HEALTHY BENEFITS — \$100

Mondays, February 25 to April 28, 5:30 to 7 p.m., Faith Regional Cardiac Rehabilitation. Ten-week program on healthy lifestyle changes and how to achieve a healthy weight.

PRE-DIABETES CLASS — \$25

March 3, 4 to 6 p.m., Health Resource Center. Learn about lifestyle changes that can prevent developing diabetes.

MRSA ("SUPERBUG") — FREE

March 13, 4 to 6 p.m., Health Resource Center. Learn about MRSA, who's at risk, how it spreads, and how it's treated and controlled.

AUTISM — FREE

March 18, 6:30 to 8:30 p.m., Health Resource Center. Learn about autism and how it can affect the way children behave, think, communicate, and interact with others.

"I CAN COPE" CANCER EDUCATION SERIES — FREE

April 10, 17, and 24, 9 a.m. to noon, Health Resource Center. Learn about managing the effects of illness and treatment; nutrition; and keeping well in mind, body, and spirit.

INFANT/CHILD DEVELOPMENT — \$5

April 15, 6 to 8:30 p.m., Health Resource Center. Parents and caregivers of infants and children can learn about the important areas of child development.

SELF-HELP AND SUPPORT GROUPS

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

FOR A COMPLETE LIST OF CLASSES AND SUPPORT GROUPS, VISIT OUR WEB SITE AT WWW.FRHS.ORG.

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