

*Discover*

WEST CHESTER HOSPITAL

# HEALTH

WINTER 2011 | *Everything We Know. For You.*



“They Are the Reason  
**I’M STILL HERE”**

Emergency Care at West Chester Hospital

**Weight Loss  
Surgery:**  
Is It Right for You?

**WCH Health**<sup>TM</sup>  
WEST CHESTER HOSPITAL

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# Committed to **SERVICE** EXCELLENCE

Welcome to the winter issue of  
*Discover Health!*



The mission of West Chester Hospital is to create an exceptional health care experience by anticipating our patients' needs and providing outstanding customer service. Offering the highest level of care is our top priority as we work to build a healthier

community and improve the quality of life for everyone we serve.

The hospital's 90th percentile Press Ganey patient satisfaction survey scores, as well as the comments shared on each survey, affirm our efforts. We are thrilled to see enthusiastic statements from community members just like you, such as:

"Everyone treated me like family, and I do mean everyone."

"This is the best hospital I have ever been in, and I am a retired nurse."

"My nurse was beyond amazing! She checked to make sure I was okay even after her shift ended."

"The emergency room doctor was great, and all the nurses were very pleasant too!"

"This was the best hospital experience I personally have ever had."

"I would not change anything... a perfect model for all care facilities."

We continually strive to make every aspect of patient care as positive and stress-free as possible, and we appreciate the confidence that every patient and visitor places in our abilities.

Yours in health,

Kevin Joseph, MD  
President and CEO  
West Chester Hospital

P.S. How do you like *Discover Health* magazine? Send us an email at [WCH@UCHealth.com](mailto:WCH@UCHealth.com) and offer your feedback.



## New MRI Technology: Patient Comfort Is Top Priority

The latest magnetic resonance imaging (MRI) equipment at West Chester Hospital provides the clearest images available while eliminating the stress of a traditional MRI scan.

MRIs are commonly used to diagnose or evaluate conditions involving organs in the chest or abdomen, breasts, reproductive organs and blood vessels.

During the exam, patients lie in a circular compartment for 15 to 45 minutes. The machine uses radio waves, a magnetic field and a computer during the scan to generate a series of detailed cross-sectional images.

Many people experience anxiety when undergoing a traditional MRI scan as patients must lie in a tight space and are subjected to the loud noise generated by the machine's magnet. To make the process more comfortable, West Chester Hospital utilizes a Vantage Titan™ MRI. Unlike many other models, patients are not fully enclosed in this machine and have more space inside to help eliminate any sense of claustrophobia. It also features noise reduction technology to make the scan up to 90 percent quieter, leading to a less stressful experience.

MRI eliminates the need for radiation, which is used in other imaging equipment such as computed tomography scanners, and can be harmful over time. No known side effects exist from exposure to strong magnetic fields, but patients with implanted medical devices such as pacemakers may not be eligible for MRI as the magnet could cause a malfunction. Be sure to share a complete medical history with your physician to ensure an MRI scan is safe for you.

*For more information about MRI, visit [www.UCHealth.com/WestChesterHospital](http://www.UCHealth.com/WestChesterHospital) and choose "Imaging Services" from the "Services" menu.*



"At West Chester Hospital, our cutting-edge MRI technology eases patient concerns and allows us to provide the clearest, most accurate images."

— Tom Brown, MD, Medical Director, Radiology Services, West Chester Hospital

# Preventing Prediabetes

A family history, an unhealthy diet and lack of exercise can all lead you down the path to diabetes—or its precursor, a condition known as prediabetes. A prediabetes diagnosis is a warning sign to take immediate control of risk factors to prevent the onset of diabetes.

You can protect your future health by arming yourself with knowledge about unhealthy behaviors that can lead to this condition.

## WHAT'S HAPPENING IN THE BODY OF SOMEONE WITH PREDIABETES?

The metabolic system—which converts every consumed food or beverage into energy—is overworked, causing blood sugar levels to become higher than normal in the bloodstream. Prediabetes puts a person at higher risk for developing Type 2 diabetes—a condition that results when the insulin the body produces can't help cells absorb and use blood sugar properly to generate energy.

## WHAT ARE SOME OF THE RISK FACTORS FOR THIS CONDITION?

Obesity, high blood pressure, elevated cholesterol levels, a family history of diabetes, low physical activity levels, a history of gestational diabetes or polycystic ovarian syndrome can all put a patient at greater risk for prediabetes.

## WHAT WILL HAPPEN IF PREDIABETES DEVELOPS INTO TYPE 2 DIABETES?

The chronic lack of proper energy and buildup of unused blood sugar in the bloodstream can cause serious damage to nerves and blood vessels. This damage can become a major contributing factor to:

- blindness, due to damage to the small blood vessels in the retina;
- neuropathy—or pain and numbness—in the feet and hands, which can lead to amputation; and
- reduced blood flow, which can cause damage to a variety of organs, including the heart and kidneys.

## CAN PREDIABETES BE REVERSED?

Yes! No risk factor—even a family history of diabetes—means Type 2 diabetes is inevitable. If someone is in the prediabetes zone, two basic lifestyle changes can help him or her reclaim good health.

- **Cut out foods and beverages laden with sugar and carbohydrates.** The higher the calorie level, the more blood sugar is created. Foods that result in high levels of blood sugar cause glucose to build up in the blood stream at increasingly dangerous levels.
- **Exercise.** One of the best ways to help reverse prediabetes is to reduce body weight by 5 to 10 percent. Physical exercise boosts metabolism, and metabolism helps you burn fat and transform calories into energy.

*For more information about diabetes, visit [www.UCHHealth.com/WestChesterHospital](http://www.UCHHealth.com/WestChesterHospital) and click on "Health Information." For outpatient nutrition counseling, call (513) 298-3278.*



"The prevalence of diabetes in our country is partially a result of decreased physical activity and poor eating habits.

Being healthy is not just a fad, and there isn't a quick solution. Keeping our bodies healthy should be our priority."

—Jackie Brown, RN,  
Certified Diabetes Educator  
at West Chester Hospital

# Slow Cooker Chicken Marrakesh



This recipe combines healthful ingredients with exotic flavors for a tasty, diet-conscious dish.

## INGREDIENTS

- 1 onion, sliced
- 2 cloves garlic, minced (optional)
- 2 large carrots, peeled and diced
- 2 large sweet potatoes, peeled and diced
- 1 15-ounce can chick peas, drained and rinsed
- 2 pounds skinless, boneless chicken breasts, cut into 2-inch pieces
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ½ teaspoon ground black pepper
- 1 teaspoon dried parsley
- 1 dash salt
- 1 14.5-ounce can diced tomatoes

## DIRECTIONS

Place the onion, garlic, carrots, sweet potatoes, chick peas and chicken breast pieces into a slow cooker. In a bowl, mix the cumin, turmeric, cinnamon, black pepper, parsley and salt and sprinkle over the chicken and vegetables. Add tomatoes, and stir to combine.

Cover the mixture and cook on high heat four to five hours, or until the potatoes are tender and the sauce has thickened. Serves eight.

**Nutrition per serving**  
Calories: 290  
Total Fat: 2g  
Cholesterol: 66mg  
Carbohydrates: 32g  
Sodium: 625mg  
Source:  
[www.Allrecipes.com](http://www.Allrecipes.com)



# Revealing the REAL YOU



Kristina and Jim Arnold after LAP-BAND surgery

Do you feel like you've tried everything to lose weight? Weight loss surgery might be the tool you need to regain your health and live life to the fullest.

Kristina Arnold, 37, was more than 100 pounds overweight, never felt satisfied after meals and was not successful with daily resolutions to eat less. After seeing the amazing results her husband's colleague achieved through weight loss surgery, she began researching her options. In 2006, she underwent laparoscopic adjustable gastric banding surgery, known as LAP-BAND®.

The procedure involves placement of an adjustable band around the stomach to limit the size of the stomach pouch, helping control how much a person eats by allowing the stomach to send feelings of fullness to the brain sooner. Because it is minimally invasive, it allows a quicker recovery time than other more invasive weight loss surgery procedures.

Five years later and 105 pounds lighter, Kristina is inspiring others as the bariatric study coordinator and certified bariatric registered nurse at the UC Health Weight Loss Center.

"I went from a size 18/20 to a size 0/2," says Kristina. "When people I meet tell me they wish they could wear clothes my size, I tell them they can and show them a LAP-BAND device, which I always keep in my purse for this very reason."

#### HEAVY TO HEALTHY

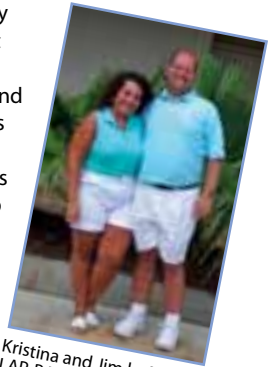
While Kristina caught her weight problem before she developed weight-related health issues, many people who are obese experience health conditions such as diabetes or high blood pressure. Weight loss surgery can help resolve these concerns, as well as other health issues, such as high cholesterol, mobility issues and joint pain.

#### EXCELLENCE AND EXPERTISE

Weight loss surgery requires a lifetime commitment from the patient, his or her

physician, and friends and family. Many of the team members working with bariatric surgeon Brad Watkins, MD, at the UC Health Weight Loss Center have had LAP-BAND surgery and fully understand the procedure.

"Our staff is uniquely qualified to support our patients' nutritional, fitness and psychological needs for the long term," Dr. Watkins says. "It is so gratifying to help people improve their health and quality of life through effective tools for weight management such as LAP-BAND."



Kristina and Jim before LAP-BAND surgery

#### LIFE-LONG CHANGES

"I have so much more confidence now and can do things that weren't possible before. Prior to the procedure, I would never take my children to the water park," Kristina says. "This year, we purchased season passes and I could ride every slide with them. My only regret is that I didn't have the surgery sooner."

Inspired by her success, Kristina's husband, mother, sister and best friend have also had the surgery with what Kristina calls "remarkable results."

*For more information about weight loss surgery options available at the UC Health Weight Loss Center, call (513) 939-BAND (2263) or visit [www.UCHealth.com/](http://www.UCHealth.com/) WestChesterHospital and choose "Surgical Services" from the "Services" menu.*

## Innovations for Weight Loss

West Chester Hospital is pleased to offer a new procedure for weight loss called gastric plication. Brad Watkins, MD, bariatric surgeon at the UC Health Weight Loss Center, performs weight loss surgeries at West Chester Hospital, including gastric plication.

"Gastric plication is a reversible surgery that reduces the size of the stomach to one-third its previous size by folding and stitching it together," Dr. Watkins says. "By offering this weight loss innovation, West Chester Hospital provides our patients with a wide variety of established and leading-edge solutions for weight loss, including laparoscopic adjustable gastric banding, sleeve gastrectomy, Roux-en-Y gastric bypass and, now, gastric plication."

Photo Credit: Laura Laine Photography

# “They Are THE REASON I’m Still Here”



Raechel and Stephan Bricker

When chest pain woke Stephan Bricker, 73, from sleep at 4 a.m. on a cold day in December 2010, the retired architect knew something was wrong.

“I experienced a stroke earlier that year,” Stephan says. “I was concerned it could be a reoccurrence of stroke, and even though I had a stress test for my heart scheduled later that day, my wife and I decided to call 911.”

A local emergency squad transported Stephan and his wife to the Emergency Department at West Chester Hospital.



Michael Ward, MD

“When Stephan arrived, we looked at his symptoms and did a full workup. The tests looked fine, but I felt something wasn’t right and decided to keep him for observation,” says Michael Ward, MD, emergency medicine physician at West Chester Hospital. “As I was preparing to admit him, his monitor suddenly began reporting extremely rapid heartbeats, a condition called ventricular tachycardia, or V-TACH. The hairs on my arms stood on end; I realized he was going into cardiac arrest.”

All available staff rushed to Stephan’s room to begin CPR and defibrillation. Thanks to what Dr. Ward calls an incredible team effort, Stephan’s condition was quickly stabilized.

Stephan was later sent to the cardiac catheterization laboratory where he underwent a balloon angioplasty to open what was found to be a completely blocked artery.

“When I woke up, I had no idea what had happened,” Stephan says. “I am so grateful to everyone who helped me that morning. They are the reason I’m still here.”

The rapid response to Stephan’s symptoms was key, as treatments are most effective when administered directly after a cardiac event.

“We restored his heart to normal rhythm quickly, preventing damage to his brain,” Dr. Ward says. “It’s wonderful when we see great outcomes like this.”

## GETTING BACK TO LIFE

Stephan underwent cardiac rehabilitation for three months before returning to his active lifestyle.

“I’ve always been athletic, loving activities such as bicycling and hiking, which probably helped my heart withstand this event,” Stephan says. “Now more than ever, I exercise regularly, eat a healthier diet and make time to walk with my dog, Java. I’m so thankful for the emergency medical team at West Chester Hospital. I wouldn’t be able to have the life I have now without them.”

*For more information about emergency services, visit [www.UCHealth.com/WestChesterHospital](http://www.UCHealth.com/WestChesterHospital) and select “Emergency Services” from the “Services” menu.*

## Excellent Emergency Care Every Time

The emergency medical team at West Chester Hospital is dedicated to going above and beyond to fulfill the hospital’s “patients first” philosophy. This commitment is one reason our customer satisfaction scores consistently rank in the 99<sup>th</sup> percentile among our peer hospitals across the nation.

Below are a few steps we take to ensure you and your loved ones receive the best care possible:

- **Low door-to-doctor times.** Our average patient wait times, from arrival to meeting with a physician, are under 15 minutes. This means conditions can be assessed and life-saving care can be administered sooner.
- **Private rooms.** All patients are shown to a private room where they are registered, eliminating stressful time spent completing paperwork in a crowded waiting room.
- **Networks of physicians at your fingertips.** Our physicians are national and international leaders in emergency medicine, and our nurses have an average of 16 years of experience. We share the same board-certified emergency department physicians as our sister hospital, University Hospital, the region’s only adult Level I trauma center. Our team includes staff members who are highly trained in cardiac, stroke and trauma emergency care.



The emergency nurses at West Chester Hospital are powered by an enduring spirit, knowledge, experience and compassion. We are proud to make a difference in the lives of patients like Stephan.”

— Tracey Szewczyk, RN, Assistant Clinical Manager, Emergency Department, West Chester Hospital



# Managing Your Medicine Cabinet

The World Health Organization states that only half of all people take their medications as prescribed. Mismanagement can result in effects ranging from not receiving the full benefit of the medication to life-threatening health issues.

Neglecting to take your medication, taking more or less than your physician prescribed, or taking medications together that could react negatively with each other are all common medication mistakes.

To properly manage your medications, be sure to:

- understand the purpose of each medication and follow instructions regarding dosage (this includes frequency, time of day, with or without food, and remaining aware of potential negative interactions with other drugs);
- learn about each drug's potential side effects; and
- bring a complete list of medications you are taking when visiting your physician or pharmacist.

"Pharmacotherapists at West Chester Hospital can meet with patients to review all medications they're taking and help them understand how each one works," says Karissa Kim, PharmD, pharmacist at West Chester Hospital and associate professor at the James L. Winkle College of Pharmacy at the University of Cincinnati. "If you have concerns about your medications or feel they are not working, speak with your pharmacist or physician right away."

***If you need help managing your medications, the Pharmacotherapy Clinic at West Chester Hospital can help. Visit [www.UCHealth.com/WestChesterHospital](http://www.UCHealth.com/WestChesterHospital) and choose "Pharmacy Services" under the "Services" menu, or call (513) 298-FAST (3278) to make an appointment. Remember to talk with your physician before making any modifications to your prescribed medications.***

**NOW OPEN!**  
**Outpatient Pharmacy at**  
**West Chester Hospital**  
**Call (513) 298-7730**

Four out of five adults take some form of medication, either prescription or over-the-counter. Keeping your medications organized is an essential practice for maintaining good health.

## Guarding Against Colorectal Cancer

If you're age 50 or older, it's important to have a colon cancer screening test such as a colonoscopy.

Colorectal cancer is the third most commonly diagnosed cancer in the United States, excluding skin cancers. Despite its prevalence, the death rate from the disease has fallen for more than two decades, largely due to early detection. Colonoscopy is the most common procedure used to detect polyps that can turn into colorectal cancer.



Martha Ferguson, MD

"Colonoscopy is the gold standard for early detection and prevention because the physician performing the procedure can both locate and remove polyps in one visit, thereby preventing potential cancer from developing," says Martha Ferguson, MD, colorectal surgeon at West Chester Hospital and assistant professor of surgery at the University of Cincinnati. "If colorectal cancer is diagnosed early, it is often curable with surgery alone and doesn't require chemotherapy."

Prior to a colonoscopy, patients drink special fluids to cleanse the bowels. The procedure uses sedating medication and typically takes 30 minutes, during which the physician inserts a scope to search for polyps and other issues. Patients return home the same day.

### AN ALTERNATIVE TO MAJOR SURGERY

West Chester Hospital is the first in the area to offer transanal endoscopic microsurgery (TEM), a minimally invasive procedure for patients with large polyps that can't be easily removed using a standard scope or during a colonoscopy. These tumors often require open abdominal surgery.

"TEM allows the physician to remove very large benign polyps—even those that are deep inside the colon—and cancers that are the size of silver dollars,"

Dr. Ferguson says. "The scope we use allows the physician to remove the polyp and close the colon wall with no external incisions. TEM is great because it offers decreased pain, shorter hospital stays, unaltered bowel habits and a quicker return to regular activities for most patients."

***To find a colon cancer specialist, call (513) 298-DOCS (3627).***

***To learn more about TEM, visit [www.UCHealth.com/WestChesterHospital](http://www.UCHealth.com/WestChesterHospital) and click on "Surgical Services" under the "Services" menu.***





# Minding Your Memory

Early diagnosis and intervention can help slow the progression of Alzheimer's disease and other memory disorders.



Brendan Kelley, MD

"As we've learned more about Alzheimer's disease and other memory disorders, we've realized the importance of detecting them early," says Brendan Kelley, MD, medical director of the UC Health Memory Disorders Center. "The Memory Disorders Center is a community resource, and we are here to help find the best treatment plan for each individual!"

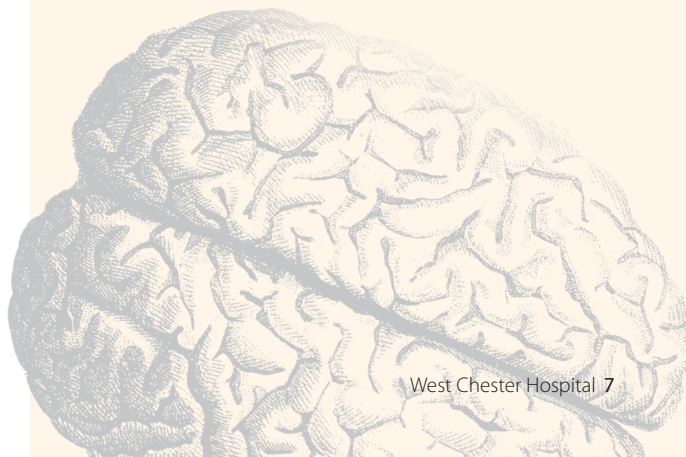
Possible treatments may include medications, but could also involve referring patients to a psychologist for help in creating strategies to improve their memories. Dr. Kelley notes that detecting a disorder in the early stages can enable patients to potentially enroll in clinical trials and participate in new drug treatments that may counter the negative effects of Alzheimer's disease.

## RECOGNIZE THE SIGNS

Minor memory loss is a normal part of aging, but if it interferes with daily living, it may indicate a deeper problem. Check the box if you or a loved one have:

- become reliant on others to make decisions
- demonstrated poor judgment, or made unwise purchases or investments
- exhibited dramatic shifts in mood or behavior
- experienced difficulty recalling the order or timing of past events
- frequently gotten lost or felt confused
- had trouble performing everyday tasks, such as balancing a checkbook
- shown signs of depression or withdrawal
- struggled to find words or "drifted off" during conversations

**To learn more about memory disorders, visit [www.ucmemorydisorderscenter.com](http://www.ucmemorydisorderscenter.com) or call (513) 475-8272 to schedule an appointment.**



## Seasonal Flu Shot: FACT VS. FICTION

Coughs, sneezes, tissues and hand sanitizer—to many people these signal the beginning of flu season. As the season sets in, it's important to know the difference between flu vaccine fact and fiction.

**MYTH:** The flu isn't that bad; I can skip getting a vaccine.

**FACT:** A simple flu shot can prevent missed days at work or school, hospital or doctor visits, or even death.

**MYTH:** I'm likely to catch the virus from a flu vaccine.

**FACT:** "The flu vaccine injection contains a tiny piece of dead virus," says Emily Simpson, MD, infectious disease specialist at West Chester Hospital. "It cannot cause infection because it's not alive."

The nasal spray vaccine contains weakened viruses that are no longer capable of causing flu illness.

**MYTH:** It won't matter how long I wait to get vaccinated, as long as I do it before flu season is over.

**FACT:** The flu vaccine tricks your body into manufacturing antibodies that will help it fight the live version of the virus.

"Flu season varies," says Dr. Simpson. "So it's important to get vaccinated as soon as the vaccine is available because it takes a couple of weeks for the body to produce and deploy the needed antibodies."

The flu takes weeks to incubate, so it is possible to contract the virus before being vaccinated, and then notice symptoms afterward. Some people may experience flu-like symptoms as their body develops antibodies.

**MYTH:** I've had a vaccine sometime in the last few years, so I don't need another one.

**FACT:** An annual vaccination is important because the virus can change from year to year. An up-to-date vaccine is vital to preventing each year's strain of the virus.

"The vaccine is your best defense against the flu," Dr. Simpson says. "It has proven, over many years of intense scrutiny, to be safe and effective."

**To find a family medicine doctor near you, call (513) 298-DOCS (3627).**



This is a  
recyclable product.

*Discover Health* is a quarterly magazine published by West Chester Hospital to provide accurate and timely health information. It is offered as a health education tool featuring news and stories centered around academic-based, discovery-driven health care—it is not a substitute for consultation with a personal physician. West Chester Hospital is located at 7700 University Drive, West Chester, Ohio 45069. For information, call (513) 298-3000 or visit [www.UCHealth.com/WestChesterHospital](http://www.UCHealth.com/WestChesterHospital). If you do not wish to receive future issues of this publication, please email [WCH@UCHealth.com](mailto:WCH@UCHealth.com).



West Chester Hospital is the only hospital in Ohio to earn the U.S. Environmental Protection Agency's (EPA's) ENERGY STAR certification this year. Committed to resource conservation and environmental stewardship, we are one of only 100 hospitals nationwide to hold this certification.

Going above and beyond to make our carbon footprint smaller is just one more way West Chester Hospital is actively promoting a healthy community.

**Proud to Be Ohio's Energy Star**



# COMMUNITY SEMINAR SERIES



*Scan and check out our  
current events page!*

West Chester Hospital hosts free monthly health seminars for the community that provide valuable information and education about a variety of topics. Our presenters are the region's leading primary care and specialist physicians.

Watch for more details about the upcoming events listed below. To learn more, visit [www.UCHealth/WestChesterHospital](http://www.UCHealth/WestChesterHospital), click on "About Us" and choose "Current Events."

**To reserve your seat now, please call West Chester Hospital at (513) 298-3000.  
To learn more about other upcoming seminars, please send your email address to [WCH@UCHealth.com](mailto:WCH@UCHealth.com).**

**Saturday, January 28;  
9 to 10:30 a.m.**

Women and Cancer:  
From Early Detection to  
Latest Treatments

**Thursday, February 23;  
7 to 8:30 p.m.**

Managing Your Medications

**Saturday, March 31;  
9 to 10:30 a.m.**

What You Need to Know  
About Colon Cancer

**Saturday, April 28;  
9 to 10:30 a.m.**

Healthy Living  
in the Golden Years

**Thursday, May 17;  
7 to 8:30 p.m.**

Demystifying Diabetes

