

refresh

SUMMER 17

Living Well with **Diabetes**

*Navigating
the Cancer Journey,
Together*

*Rapid Response to Stroke
Makes All the Difference*



CHI
St. Joseph
Health

Imagine better health.®

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Connect With Us

WHERE YOU NEED US

CHI St. Joseph Health wants to be your—and your family's—healthcare partner. We have facilities and physician practices throughout the Brazos Valley to serve you where and when you need us.

Hospitals / ERs

CHI St. Joseph Health Regional Hospital
 CHI St. Joseph Health Grimes Hospital
 CHI St. Joseph Health Burlison Hospital
 CHI St. Joseph Health Madison Hospital
 CHI St. Joseph Health Bellville Hospital
 CHI St. Joseph Health Emergency Center

Express Clinics

Walk-in Clinics Open Every Day
 Brenham
 Bryan
 College Station

Primary Care and Pediatrics

15 locations throughout the Brazos Valley

HEALTH RESOURCES

Visit chistjoseph.org for essential resources, such as:

- Physician Finder—Find the right doctor with one click.
- Make an Appointment—Make an appointment ASAP online.
- Classes and events—New parent education, CPR & first aid training, and much more

SENIOR SERVICES

Visit maturewell.chistjosephhealth.org to learn more or sign up for updates about our services:

- Skilled Nursing Care
- Long Term Care
- Senior Renewal Program

To subscribe to our print magazine for yourself or for loved ones, visit chistjoseph.org.

Stay connected on your schedule:



From the CEO

DEAR FRIENDS,

Being a caregiver to someone undergoing cancer treatment is an incredibly love-filled, yet daunting task.

For more than 20 years, our cancer doctors, many of whom trained at some of the nation's most renowned medical centers and who have a combined total of over 100 years of experience, have been identifying and treating breast, prostate, lung, colon and other cancers at CHI St. Joseph Health Cancer Center.

Coupled with the only dedicated in-patient oncology unit and certified oncology nurses in the Brazos Valley, our team is committed to education, support, compassion and providing access to the most comprehensive care available.

Our cancer center's national accreditation is a central part of our promise to you that our full scope of services, from diagnosis and treatment to rehabilitation and ongoing support is based on leading-edge research and science. In fact, our breast cancer program is the only accredited Breast Cancer Center of Excellence in the Brazos Valley.

At CHI St. Joseph Health Cancer Center, we're committed to helping our patients navigate their care, removing as much uncertainty for our patients as possible.

Our nurse navigators, personally assigned to each of our patients, will go with you to your appointments, explain your diagnosis and financial and treatment options, connect you with resources for education and support, and follow up to work with you for ongoing screenings and care.

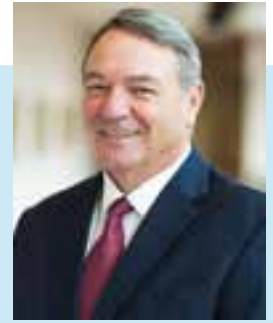
As a healthcare ministry, it's important for us to not only provide expert care, but also champion ongoing research, awareness, and expanded access to resources and medical care for those patients who need them most.

As part of this effort, we sponsor and participate in local annual events such as the American Cancer Society's Relay for Life, Making Strides, and the Pink Alliance Surviving and Thriving luncheon. Each of these events honors our cancer patients and survivors and allows for ongoing research, education and support.

At CHI St. Joseph Health Cancer Center, we are continually growing and improving to meet your needs, and we are committed to providing the best care to you and your family. Read on in this issue to learn more about cancer care and how we can assist you in navigating your cancer journey.

In good health,

Rick Napper
President & Chief Executive Officer
CHI St. Joseph Health



RICK NAPPER, PRESIDENT & CEO

Road Trips Rated 'H' for Healthy

If a holiday road trip is in your plans this summer, be sure to do it the healthy way. Find a spot that will be not only fun, but safe, for all ages.



THE BEACH

There's a reason so many people flock to the beach during the summer months. Adults can read and relax, while children have access to a very large sandbox and even bigger "pool."

Safety tips:

- Reapply sunscreen every two hours.
- Don't swim alone.
- Stay hydrated.



NATIONAL PARKS

National Parks like the Grand Canyon, Yellowstone and Yosemite host some of the most awe-inspiring sights in the country. Plus, they're usually very affordable.

Safety tips:

- Wear appropriate shoes and clothing.
- Stay on marked trails.
- Bring sprays to ward off bugs and animals.



AMUSEMENT PARKS

Here, you can find entertainment for every age range and possibly more rides, games and shows per square foot than anywhere else.

Safety tips:

- Stay together.
- Bring medication for motion sickness.
- Wash your hands after touching heavily used surfaces.



Living Well with **Diabetes**

Type 2 diabetes doesn't have to stand between you and the things you love.

Picture the scene: You're standing in the grocery store looking over the seemingly endless choices. You start to feel overwhelmed. Even with education, making healthy choices in real time can be difficult.

A GROUP EFFORT

Thankfully, managing Type 2 diabetes isn't something you have to do on your own. In addition to partnering with your physician, you can take advantage of educational resources like our Living Well with Diabetes program. As part of this free program, our registered dietitians lead grocery store tours, so you don't feel so lost while planning weekly meals.

Take carbohydrates, for example. The reason people with Type 2 diabetes and prediabetes need to be mindful about carbohydrates is that they raise blood sugar faster than other foods. Carbohydrates (regardless of type) raise blood sugar levels. To be heart healthy, it is important to be mindful of what type of carbohydrate is consumed.

HANDS-ON HELP

There's a big difference, however, between reading that advice or even hearing it in a classroom and putting it into practice. The hands-on education provided in Living Well with Diabetes can make the difference between knowing and doing, according

to Shelby Jaedicke, M.S.N., R.N., certified diabetes educator at CHI St. Joseph Health.

"When someone is standing in an aisle full of breads, the right choice isn't always obvious," Shelby said. "That's where the grocery store tours come in. We pull products from the shelf and teach participants how to rate the product by reviewing the nutritional labels and ingredient lists."

We host grocery store tours every month, and they're just one resource available through Living Well with Diabetes. You can also take part in the twice-monthly offered core programs, which consist of two- to three-hour educational sessions focused on nutrition, foot care, carbohydrate counting and exercise, or attend one of our bimonthly informational seminars. Seminar topics vary from month to month, but they usually cover subjects such as eating out, managing stress, protecting your eyesight and traveling with diabetes.

CHI St. Joseph Health's Living Well with Diabetes program is designed for those who have prediabetes, who have recently been diagnosed with Type 2 diabetes, or who have lived with Type 2 diabetes for a while and simply need a refresher. To learn more or register, visit chistjoseph.org/classes-and-events, or call 979-731-1231.



5 Tips for Healthy Living With Diabetes

Set yourself up for success from day one with these five tips from CHI St. Joseph Health's *Living Well with Diabetes*:

1. Mind your carbs. Many people believe that having diabetes means avoiding carbohydrates. That's not true. As long as people enjoy the correct portion size of high-quality carbohydrates, carbs can be a healthy part of everyone's diet, including people with Type 2 diabetes and prediabetes, a condition that usually precedes Type 2 diabetes and is characterized by slightly and consistently higher-than-normal blood sugar levels. The American Diabetes Association recommends keeping carbohydrate intake to no more than 45 to 60 grams per meal.

2. Learn how to navigate a restaurant menu. Large portion sizes and an unlimited selection of rich, fried and fatty foods can make eating out difficult for anyone who's trying to lose weight or monitor his or her diet. For this reason, Shelby Jaedicke, M.S.N., R.N., certified diabetes educator at CHI St. Joseph Health, recommends looking up nutritional information—most chain restaurants, including fast-food establishments, make this information available online—and choosing your menu selection *before* you arrive at the restaurant. If portions seem larger than what you'd prepare for your family at home, box up half of your meal before digging in.

3. Exercise most days of the week. Staying active can help you better control your blood sugar. Depending on the medications you take, you may get more benefit from exercising at certain times of the day or need to check your blood glucose level before, during or after exercise. Work with your physician to develop a safe, effective schedule for your daily workouts.

4. Keep an eye on your blood sugar. Talk with your physician to see how many times you should check your blood sugar every day. This may vary depending on the type of medication you take. For example, people who take insulin may need to check their blood sugar at least twice a day, especially before meals. Those on medications other than insulin may not need to check their blood glucose levels at home.

5. Check in with your physician as recommended. "Several blood glucose tests are available to monitor Type 2 diabetes and help determine if people are at risk for diabetes-related complications," Shelby said. "These tests need to be done on a regular basis. I encourage people to see their healthcare provider every three to six months."



"If people can keep their blood sugar as close to normal as possible, they can lower their risk of long-term complications. We're here to help them navigate these necessary changes."

—SHELBY JAEDICKE, M.S.N., R.N., CERTIFIED DIABETES EDUCATOR AT CHI ST. JOSEPH HEALTH

*Navigating the
Cancer Journey,*

Together

The team at CHI St. Joseph Health
Cancer Center treats the whole
person, not just the diagnosis.



News of a cancer diagnosis can be hard to take in, especially when you are trying to explain your next steps to family members and friends. Traveling away from home to seek treatment adds to that burden and can be lonely at times.

That's why CHI St. Joseph Health offers a comprehensive Cancer Center staffed by experienced medical professionals and equipped with innovative technology right here in your community, providing an extra layer of support for you as you maintain a normal life while undergoing treatment.

"We take care of all common cancers and blood disorders locally so patients dealing with a cancer diagnosis can spend more time at home with their children, at work alongside their colleagues, and in the community with their neighbors and friends," said Erin Fleener, M.D., board-certified medical oncologist and chief of the medical staff at CHI St. Joseph Health, and associate clinical professor at Texas A&M Health Science Center. "With these pieces in place, patients experience better quality of life, which is incredibly important during this health journey."

For patients who may need extra medical support at night or on weekends, the oncology team is on call 24 hours a day, 365 days a year.

"This extended coverage is unique, because for every phone call I receive, I know the person on the other end," Dr. Fleener said. "I've been invested in their care from the start, and that adds depth to my understanding of where they are physically, mentally and emotionally. I am not treating their condition in isolation, based on information from their chart. I am individualizing care based on their specific needs and wants, whether that happens on a weekend call or during a scheduled visit."

This type of treatment experience provides the best possible scenario for standardized cancer care and happens on a continuum.

A SPECTRUM OF CARE

Lead patient care navigator Teri Sabo, R.N., B.S.N., walks alongside patients during their journeys, connecting them with team members and additional services. Teri communicates closely with patients and oncologists like Dr. Fleener, ensuring nothing gets lost in translation. She understands

A Wealth of Wellness Resources

The CHI St. Joseph Health Cancer Center team refers patients to the Wellness Program offered by CHI St. Joseph Health. This space offers patients direct access to physical therapy, an exercise gym and nutrition counseling.

"This center is directly across the street from us, so patients can walk over and make use of the pool, treadmills, weights and aquatic classes, all supervised by exercise physiologists, who monitor patients' blood pressure and pulse readings for added safety," said Misti Chapman, MSCPM, RT(R)(T), director of the Cancer Center and the oncology service line. "Exercise is important during cancer treatment, and having such close proximity to this added resource is a huge benefit to our patients. I always tell them to listen to their bodies and talk with their physicians and nurse navigators about their exercise goals and plans."

Interested in finding more information about the Wellness Program? Visit chistjoseph.org/classes-and-events/wellness-services.



each patient's story and steps in when they have additional questions related to treatment or need more education about a particular topic.

"We also have a licensed social worker certified in grief counseling who is dedicated to the Cancer Center, and not many cancer centers are fortunate enough to have this extra support," said Misti Chapman, MSCPM, RT(R)(T), director of the Cancer Center and the oncology service line. "She connects with patients to see how they are feeling and if they perceive any obstacles along their path to recovery, such as needing financial assistance, nutrition support, or a ride to and from treatments."

If our social worker feels a patient could benefit from additional counseling while dealing with a diagnosis, she makes a referral to specialists.

COMMUNICATION AND COLLABORATION

It's vital to have all of these team members in place, because a patient may feel more comfortable discussing certain things with a physician and disclosing other, more personal matters to a nurse navigator or social worker.

"Knowing this, we bring the entire oncology group together—physicians, oncologists, dosimetrists, nurse navigators, nurses and receptionists—for weekly group meetings to make sure everyone has the information needed to care for each patient well," Misti said.

The oncology team places the patient first and makes decisions based on the core values of compassion, integrity, reverence and excellence. They stay in constant communication—meeting daily for morning safety huddles—and are always looking to improve the care they offer, which includes spiritual support.

"There is a sense of peace here that is evident to anyone who walks through our doors," Misti said. "It encourages patients to offer up any fears, worries, anxieties and frustrations, knowing all of us are here to pray with them, support them and care for them as they find hope and healing for their next steps."

Want to learn more about the Cancer Center? Visit chistjoseph.org/services/cancer-treatment or call 979-774-0808.



Cancer Care Can Include Genetic Testing

For Kyree Shaver and the women in her family, genetic testing has been a life-changing resource.

Physical education teacher, coach and career counselor Kyree Shaver was only 37 years old when she received the news that she had breast cancer.

"My sister, Kendra, could see me deflate when I heard the diagnosis," Kyree said. "I lost it. I was devastated."

The cancer had taken Kyree completely by surprise. She noticed the lump while she was sitting with family and friends, having a casual conversation, when she crossed her arms and felt a lump in her breast.

She brought it up during an annual gynecologist appointment one week later. A series of tests, including a mammogram, ultrasound and biopsy, confirmed what Kyree had suspected.

"The tests took place right around Thanksgiving," Kyree said. "The diagnosis was life-changing for my entire family."

A PLAN OF ACTION

Under the care of Erin Fleener, M.D., of the CHI St. Joseph Health Cancer Center, Kyree had a lumpectomy followed by chemotherapy and a double mastectomy. She also plans to have her uterus and ovaries removed during the summer of 2017. The intense course of treatments came after Kyree tested positive for a BRCA gene mutation.

"We tested her for the mutation because she was younger than 45 and had breast cancer," said Teri Sabo, R.N., B.S.N., oncology nurse navigator with the Cancer Center. "She was at a higher risk for developing recurrent breast cancer. The positive test result affected the treatment strategy we would follow to decrease the risk of cancers in the breast or ovaries in the future. It puts the patient in the driver's seat, allowing her to make good choices for herself."

Kyree's mother, sister and niece also received genetic testing. Her sister and niece tested positive for the genetic mutations that may one day lead to breast cancer. Positive test results do not mean that future cancer is inevitable, but they are powerful reminders to have regular checkups and take proactive steps if and when they are needed.

"I've always said that getting tested is your choice, but if it will save your life in the long run and help your family, then go for it," Kyree said. "A lot of women put these tests off, but for my own peace of mind this was the right path to follow."

To learn more about the CHI St. Joseph Health Cancer Center Program, visit chistjoseph.org/services/cancer-treatment or call 979-774-0808.

Safe SITTER

Babysitting is a rite of passage for many young teens. Make sure your child is ready for this exciting challenge.

Caring for younger neighbors or siblings is often a first job for young teens, and it's a big task. Babysitters may encounter a variety of unexpected situations, from severe weather to minor injuries and even life-threatening emergencies. Our Safe Sitter Essentials® with CPR course, designed for tweens and teens in grades six through eight, helps ensure new babysitters are prepared to handle these circumstances as they arise.

"Whether kids are home alone, watching younger brothers and sisters, or babysitting, they need to know how to stay safe," said Fawn Preuss, healthy communities manager at CHI St. Joseph Health. "Our Safe Sitter Essentials with CPR course teaches kids how to handle emergencies and covers such topics as injury prevention, first aid, indoor-outdoor-online safety, CPR and behavior management. Young teens also learn business skills so that they know how to be responsible and considerate when babysitting or doing odd jobs for family, friends and neighbors."

Each summer, CHI St. Joseph Health offers Safe Sitter Essentials with CPR sessions in June and July. Each session costs \$50 and is held from 9 a.m. to 3:30 p.m. in the CHI St. Joseph Medical Office Building classroom.

To view a list of upcoming Safe Sitter Essentials dates, visit chistjoseph.org/services/maternity/safe-sitter-course. To register your child, call 979-731-1231.



THE INS AND OUTS OF Sinus Surgery

Who needs this procedure, and how does it work?

Sinusitis is swelling or inflammation of the tissues lining the sinuses. While it can be painful, sinusitis generally responds to simple treatments, such as over-the-counter medication or a humidifier in the bedroom. As a last resort, a doctor may prescribe antibiotics for an acute bacterial sinus infection.

Sometimes, sinusitis becomes chronic, lasting 12 weeks or more, and doesn't respond to treatment. That's when your doctor may recommend sinus surgery.

MINIMALLY INVASIVE RELIEF

Using a thin, flexible tube called an endoscope, an ear, nose and throat doctor opens or enlarges channels to the sinuses and may remove infected tissue, polyps or even foreign objects. The endoscope is inserted via the nose, without cutting. A limited number of sinus operations are performed through incisions.

Balloon sinus surgery may help people with recurrent sinusitis. In this procedure, a balloon is inserted endoscopically, then inflated to widen the sinus cavity.

Children with sinusitis generally don't need surgery, but when a doctor recommends it, they are placed under general anesthesia for the procedure.

"Sinus surgery isn't the first line of treatment," said Steven Wright, M.D., otolaryngologist with CHI St. Joseph Health. "But for patients who struggle with ongoing sinus pain, it may provide lasting relief."

To find an ear, nose and throat doctor at CHI St. Joseph Health, visit chistjoseph.org and click "Find a Doctor."



Rapid Response to Stroke Makes All the Difference

The quick actions of her sons—and the stroke team at CHI St. Joseph Health Regional Hospital—helped ensure Connie Mantey the chance to make more memories with the people she loves.

Ms. Mantey, a 58-year-old restaurateur and caterer from Somerville, loves to fish and camp, but nothing is more important to her than family.

“I have four grandchildren and one on the way,” she said. “They’re my life.”

Ms. Mantey has a lot to live for, but on the afternoon of April 19, 2017, her future suddenly came under threat. She was alone in her Somerville restaurant, closing out the register at the end of the day. Out of nowhere, alarming symptoms struck.

“My face started burning badly, as if I’d been squirted with jalapeno juice,” Ms. Mantey said. “My head started spinning. I thought it was vertigo. I sat for a moment, but when I tried to stand to answer the phone, I fell and blacked out.”

When Ms. Mantey came to, she couldn’t get up. She crawled 25 feet to a table where her cell phone sat. When she called her son, Ricky, she was barely intelligible. Ricky, a paramedic and firefighter, correctly guessed what was wrong with his mother.

“Given what little I was able to get out, Ricky assumed I was having a stroke,” Ms. Mantey said. “He called my other son, Patrick, and told him to go to me at the restaurant and call 911.

When the ambulance arrived, Ricky talked to the emergency medical technicians [EMTs] on the phone and told them what was happening.”

During the ambulance ride to CHI St. Joseph Health Regional Hospital in Bryan, the EMTs told Ms. Mantey to be prepared for things to move quickly once they arrived. The efficiency and expertise of the team at the hospital’s Joint Commission-certified Primary Stroke Center—the first in the Brazos Valley—would be critical to stopping the cascade of cell death in her brain.

TIMELY TREATMENT

The stroke team in the emergency department was waiting for Ms. Mantey, thanks to advance notice from the ambulance crew. A computed tomography scan taken soon after her arrival revealed she was having the most common type of brain attack: an ischemic stroke, which occurs when a clot in an artery of the brain blocks blood from reaching the organ, depriving it of oxygen. The stroke was affecting the left side of Ms. Mantey’s body—her mouth was drawn downward, and she had lost most of the function in her hand and leg.

"Patients who are having an ischemic stroke, as Ms. Mantey was, may qualify for a medication called tissue plasminogen activator [tPA], which is the only drug approved in the United States to treat this kind of stroke," said Brad White, M.D., Ph.D., medical director of the stroke program at CHI St. Joseph Health. "When given intravenously, tPA travels through the blood vessels to the clot and breaks it down. Our goal is to administer tPA within 45 minutes of patients' arrival. Patients lose a large number of brain cells for every minute that passes before they receive tPA. The quicker we can break down the clot, the better patients do in both the short and long term."

After giving Ms. Mantey tPA, the stroke team moved her to the critical care unit (CCU) to carefully monitor her for bleeding in the brain, a rare side effect of clot-busting medication.

"Recovering stroke patients in the CCU receive close observation and neurological exams," Dr. White said. "Once they pass the window of concern for hemorrhage, which is typically 12 hours after administration of tPA, we turn our attention to why the stroke occurred, what can be done to prevent another, and how physical, occupational and speech therapy can help with any deficits."

After a week in the hospital, Ms. Mantey went to live with her son and daughter-in-law in Caldwell, and her recovery entered a new chapter.

A ROAD PAVED WITH HOPE

The journey back to an active, independent life will take time, but Ms. Mantey is approaching it with optimism and clear goals. She goes to the CHI St. Joseph Health Rehabilitation Center twice a week for an hour of physical therapy and an hour of occupational therapy. Gradually, she is regaining strength and function in her hand and leg.

"Rehab has made such a difference for me," Ms. Mantey said. "The staff is so nice and encouraging. I plan to keep going until they tell me to quit!"

Ms. Mantey looks forward to the day when life returns to normal.

"I'm hoping to go back to my home and restaurant," she said. "I'm not a person who likes to sit around."

Our Primary Stroke Center team uses speed and skill to save lives. To learn more, visit chistjoseph.org/services/stroke-care.

Stroke's Silver Lining

Did you know eight out of 10 strokes are preventable?

The reason: Many risk factors are within your power to change.

"High blood pressure, high cholesterol, inactivity and smoking are the most significant contributors to stroke," said Brad White, M.D., Ph.D., medical director of the stroke program at CHI St. Joseph Health. "We encourage patients to do what they can to mitigate those factors, such as exercise regularly, quit smoking, eat a heart-healthy diet and work with their physicians to keep blood pressure and cholesterol under control."



BRAD WHITE, M.D., PH.D.

"I received excellent care. The providers in the emergency department knew exactly what they were doing. The staff did what needed to be done, fast. They made me comfortable and tended to my family's comfort, as well. I really appreciated that."

—CONNIE MANTEY, WHO RECEIVED CARE FOR A STROKE AT CHI ST. JOSEPH HEALTH REGIONAL HOSPITAL IN APRIL 2017



Student Sports Prep

for Fall

If your child is planning to participate in fall sports, he or she can start getting ready now.

Saturday Sports Clinic

The CHI St. Joseph Health Saturday Sports Clinic serves children and teens in middle and high school. Orthopedic surgeons, physical therapists and sports trainers are available to treat injuries of the muscles, bones and joints and make referrals for services, such as X-rays, if needed. Minors should bring a consent-to-treat form if they come without a parent or guardian.

Time: Select Saturdays throughout the fall sports season

Location: College Station at 2803 East Rudder Freeway, Suite 102

Phone: 979-731-2876

Players often experience injuries, such as sprains and strains, when they return to their sport after time away. However, athletes who stay in shape over the summer—even if they're performing different activities than their sport—are less likely to get hurt when they begin strenuous fall practices.

Heat illness, such as heat exhaustion and heat stroke, may also take a toll when people start exercising outside. According to U.S. Army guidance, preparing to work out safely in the heat includes two types of acclimation: getting used to the heat and getting used to performing the relevant task in the heat.

So someone who needs to be able to run outside in hot weather should become accustomed to spending time outside in the heat but should also practice cardiovascular exercise outside. If your child expects to join a soccer team in the fall, for instance, encourage him or her to spend some summer time jogging, or take a job doing physical work outdoors.

MAKE SAFE MOVES

Help your children follow these safety guidelines as they work or play outdoors.

- **Drink plenty of water.** Dehydration leads to heat energy buildup. In general, kids should drink 17–20 oz. of water two to three hours before exercise and about 7–10 oz. of fluid every 10–20 minutes during activity in the heat.
- **Get a physical.** A sports physical is not just a school requirement to participate in sports. It's essential to making sure student athletes are ready to play—and stay healthy at the same time.
- **Train for balance.** Cross training may be a smart precaution for some athletes. For instance, plyometric training has been shown to reduce ACL injuries in female athletes. Ask your coach or doctor what supplemental exercises you need.
- **Watch for sunburn.** Apply UVA and UVB protective sunscreen with an SPF of at least 30 that is resistant to water and sweat.

Does your child need a sports physical? Visit chistjoseph.org/locations to find the clinic location that's convenient for you.

A Better Way to Treat Fractures

Every year, fracture injuries account for more than 3.8 million emergency room visits across the United States.

A fracture, also known as a broken bone or cracked bone, occurs when a strong force or impact is placed on a bone from a traumatic injury. Fractures require immobilization to heal properly.

To better address this need, CHI St. Joseph Health opened the doors to a brand new fracture clinic in December 2016. The Orthopaedic Fracture Clinic is an extension of the CHI St. Joseph Health Emergency and Trauma Center and specializes in the care of broken bones caused by accidents and other types of injuries.

DAY IN AND DAY OUT

Not only does the Emergency and Trauma Center always have an orthopedic surgeon on call, but all of the clinic's physicians are fellowship trained in orthopedics and board certified by the American Board of Orthopaedic Surgery. Patients diagnosed with fractures are seen at the fracture clinic within 24 to 48 hours after discharge from the emergency room, where a wide range of surgical and nonsurgical treatments are offered.

"We primarily handle fractures resulting from traumatic injuries caused by falls, sports or motor vehicle accidents," said Anthony Zissimos, M.D. "Since we deal only with fractures, patients referred from the emergency room can receive highly specialized care and be seen more quickly than at a general orthopedic clinic."

To learn more about the Fracture Clinic, call 979-821-7676.



Expanding Cardiac Care

Community support has helped CHI St. Joseph Health bring cardiac rehabilitation to Madisonville.

For anyone who has endured a cardiac event, returning to daily life can seem daunting. Fortunately, that doesn't have to be the case. Cardiac rehabilitation can help restore and improve cardiovascular function. Patients who go through cardiac rehab experience shorter recovery times and are able to safely resume physical activity.

Patients may benefit from cardiac rehab if they have a history of:

- heart disease
- heart attack
- coronary artery bypass surgery
- heart or lung transplant
- stable chronic heart failure
- heart valve replacement
- stable angina
- angioplasty or stent in coronary artery

"Cardiac rehab has been proven to help patients live longer by controlling symptoms and reducing future problems," said Marybeth Murphy, regional administrator of rural hospitals for CHI St. Joseph Health. "Expanding access to this kind of specialized care is a core component of our mission."

Thanks to the support of the Madisonville community, CHI St. Joseph Health Madison Hospital now offers cardiac rehab services for physician-referred patients.

Patients strengthen their hearts and begin to build healthier lifestyle habits through carefully monitored exercise, education and counseling by a team of registered nurses, dietitians and the physical therapy team in Madisonville.

Interested in learning more about cardiac rehab? Visit chistjoseph.org/services/rehabilitation/cardiac-rehabilitation.



Good Health Means Good Sleep

Think sleep is a luxury? Think again. Adequate rest is critical to emotional and physical health.

Too many people live with their schedules filled to the brim, making time a valuable and often scarce commodity. And while many of us may skimp on sleep to honor our commitments in life, the sacrifice of rest does come at a cost.

"Living in a busy and demanding culture has consequences if you are not getting enough sleep," said John Childers, R.R.T., R.P.S.G.T., coordinator of the CHI St. Joseph Health Sleep Center. "Lack of rest can increase the risk of everything from anxiety and depression to hypertension and weight gain."

But it's not just the number of hours you sleep that can impact your health. If your rest is disrupted by conditions such as periodic leg movement or sleep apnea, you may experience chronic grogginess day after day.

"If you don't feel refreshed after a full night of sleep or if your bed partner complains about your snoring or tossing and turning, consider having a conversation with your healthcare provider," Childers said. "We can drill down to find the cause of the disruption and develop a strategy to enhance your rest."

SLEEP SOLUTIONS

The team at the Sleep Center has the equipment to conduct a variety of tests to determine the issue that is causing restless sleep. Ear, nose and throat specialists, neurologists, psychiatrists, pulmonologists, registered sleep technologists, respiratory therapists and other specialists work with patients to understand the cause of any disruption.

"Typically, sleep disorders have a solution," Childers said. "Our goal is to identify what needs to be done to address the underlying problem and reduce the risk of illness that may result from sleep deprivation."

The CHI St. Joseph Health Sleep Center is accredited by the Joint Commission and the American Academy of Sleep Medicine. Scott Spencer, M.D., leads the full-service, four-bed sleep center.

Feeling fatigued? Talk with your primary care provider about the quality of your sleep. To find a provider, visit chistjoseph.org and select "Find a Doctor."

The Right Amount of Quality Rest

You don't have to get a solid eight hours of shut-eye every night to be well rested. If four-hour blocks of snooze time suit your schedule better, feel free to mix up your rest periods.

"Sleep cycles don't have to be continuous when you are working to get the seven to nine hours per night you need," said John Childers, R.R.T., R.P.S.G.T., Sleep Center coordinator with CHI St. Joseph Health. "Sometimes people do better with four-hour blocks that may include a nap. Before we had artificial lighting, human beings would take naps during the day, and that is still a practice people may prefer today."

Meet Dr. Mamigonian

Jacques Mamigonian, M.D., offers a broad range of family medicine services to patients of all ages.

After receiving his medical degree from the Autonomous University of Guadalajara in Mexico and completing his residency at the Brazos Family Medicine Program, Dr. Mamigonian was board-certified by the American Board of Family Practice.

"Family medicine allows me to build long-lasting relationships with patients, which provides them continuity of care," says Dr. Mamigonian, family medicine physician with CHI St. Joseph Health Primary Care. "We offer patient-centered care for people of all ages in our community."

Dr. Mamigonian, along with Adel Massoud, M.D., practices at Primary Care South College Station. For an appointment, call 979-690-4260.



JACQUES MAMIGONIAN, M.D.

Making Exercise a Breeze

Stay cool during your summertime workouts.

Overheating is a very real risk when it comes to working out in warm weather or a steamy gym. Getting too hot can lead to problems such as heat cramps, heat exhaustion and even life-threatening heat strokes.

Fortunately, your body has a built-in cooling system. You can help it do its job by making the following preparations before working up a sweat.

FIND YOUR FUEL

For the majority of workouts, drinking water is the best option to remain hydrated while sweating. However, for really strenuous or long workouts, sports drinks can be useful for replacing electrolytes.

Equally as important is avoiding alcohol, caffeine and any drinks loaded with sugar before or during exercise.

SELECT YOUR SPOT

Choose where and when you work out with care. Try to schedule your workout in the morning or evening, when the temperature isn't as hot. Typically, this means anytime before 10 a.m. and after 4 p.m.

Likewise, find cool locations to exercise. Run on shaded trails, work out beside fans in the gym or swim laps in a pool. These measures can go a long way in helping your body regulate its temperature.

COVER TO COOL

Make sure your clothing is light in weight and color. In addition, try to choose fabrics that are breathable and can wick away moisture.

If you're exercising outside, put on sunscreen with a sun protection factor (SPF) of at least 30 that is resistant to water and sweat.

BELIEVE IN BREAKS

If you feel like you're sweating excessively, get very thirsty or start experiencing muscle cramps, these could be early signs of heat exhaustion. Take breaks in a cool area to prevent symptoms from getting worse.

If early signs of heat exhaustion persist or worsen, visit the emergency room or call 911.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.
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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.



Pineapple Jerk Chicken

This fresh, spicy entree cooks quickly, has just the right amount of heat and is perfect for summer evenings eating outdoors.

INGREDIENTS

- 1 cup long-grain rice
- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 teaspoon Jamaican jerk blend seasoning
- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 1 20-ounce can pineapple chunks, drained
- 1 15-ounce can black beans, drained and rinsed
- 1 4.5-ounce can chopped green chilies
- 1/2 cup jerk marinade

INSTRUCTIONS

1. Prepare rice as instructed on the label.
2. While rice is cooking, sprinkle chicken with jerk seasoning. In a 12-inch skillet over medium-high heat, cook chicken pieces in hot oil until browned on all sides (about 5 minutes). Use slotted spoon to remove chicken to plate.
3. Reduce heat to medium. In drippings remaining in the skillet, cook onion (about 5 minutes). Add chicken pieces, pineapple chunks, black beans, green chilies and jerk marinade. Bring to a boil.
4. Reduce heat to low. Cover and simmer for 10 minutes, until chicken is tender, stirring occasionally.
5. Serve jerk chicken mixture over rice.

NUTRITION

- (Serves 6)
Calories: 310
Total fat: 4.5g
Saturated Fat: 0.5g
Protein: 20g
Carbohydrates: 4.5g
Cholesterol: 40mg
Dietary fiber: 7g
Sodium: 490mg



This recipe reprinted courtesy of FruitsAndVeggiesMoreMatters.org.