

refresh

FALL 17

*Light at the End of
the (Carpal) Tunnel*

Back Off, Back Pain!

The Power of

Pediatric Therapy



**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 locations and physician clinics throughout the Brazos Valley to serve you where and when you need us.

Hospitals / ERs

Regional Hospital
Grimes Hospital
Burlson Hospital
Madison Hospital
Bellville Hospital
South College Station 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.CHISTjoseph.org to learn more or sign up for updates about our services:

- Wellness programs
- Health education resources
- Senior care

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

Stay connected on your schedule:



From the CEO

DEAR FRIENDS,

As a mission and values-based healthcare organization, we believe that your experience at CHI St. Joseph Health trumps any pie charts, flow charts or business strategy. Here, we are focused on what it truly means to continue along the course our Sisters set for us in today's world, treating our patients with all the consideration, compassion and respect they deserve—and creating a positive experience our patients will remember.

This experience begins with our people and our culture. CHI St. Joseph Health team members and physicians are engaged in our mission, which focuses on creating healthier communities, and are called to live out the values and behaviors that embody the spirit and example that our founders, the Sisters of St. Francis, set in motion over 80 years ago.

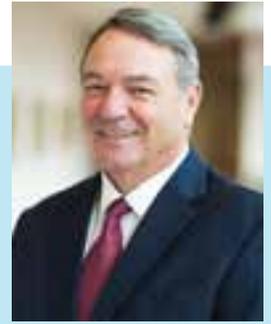
Each and every day our team members follow a calling to advocate for the needs of our patients, as well as their families and loved ones, placing them at the center of everything we do. This means we remain just as focused on patient experience and the kind of healing environment we create as on clinical excellence and positive outcomes.

From the very beginning of Catholic healthcare and starting over 80 years ago in our community, the most important reason for the existence of Catholic hospitals such as CHI St. Joseph Health has been to serve our community with reverence, integrity, compassion and excellence. This focus—the foundation of the mission and values of our healthcare ministry—is the prevailing legacy of our founders and what sets our healthcare ministry apart from others.

The healthcare landscape and complexity of needs in our community are sure to continually change, as they have in previous years and decades. The constant for CHI St. Joseph Health will always be our commitment to our patients, a central part of our mission and course our Sisters established for us so long ago.

In good health,

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



RICK NAPPER, PRESIDENT & CEO

5 Ways to Shake Up Your *Rise-and-Shine*

Have you fallen into a morning rut? Freshen up your start-the-day routine with these healthy ideas.

- 1. Cool down your shower.** You're probably used to waking up with a hot shower, but a cold one may be beneficial for your health. Studies have linked cold-water bathing to relief for depression symptoms and muscle soreness.
- 2. Hit the trail.** If your office is close to a park or greenway, schedule a 15-minute walk before work. Walking in nature decreases brain activity associated with negative thoughts, which could help prevent depression, according to Stanford University researchers.
- 3. Give thanks.** Research has shown that fostering a grateful attitude can improve optimism, motivation and happiness. Start each day by

listing five things you're thankful for. When times get tough, review your gratitude list to remind yourself of everything that's good in your life.

- 4. Cultivate less stress.** Gardening doesn't have to be just for evenings and weekends. Spend a few minutes watering or trimming in the morning, and you may find yourself feeling less stressed about work deadlines and the children's after-school activities.
- 5. Ditch the hug-and-hurry routine.** Instead of embracing your loved ones and then dashing out the door, take time to reconnect with them, even if only for a minute. Ask what their day holds, and let them know how important they are to you.



LUNGS on the Line



Two years ago, a retired Air Force officer learned he was facing a formidable new adversary: lung cancer. A skillful team at CHI St. Joseph Health helped him complete his mission of survivorship.

Shoulder pain probably doesn't come to mind when you think of lung cancer. For the 72-year-old former pilot, however, it was the first sign of a much bigger health problem. A former smoker, he had smoked at least one pack of cigarettes a day for 35 years before he kicked the habit in 1994. He was not a candidate for lung cancer screening, however, because he had been smoke-free for more than 15 years.

When the veteran began having left shoulder pain in 2015, lung cancer seemed an unlikely cause. A chest X-ray, however, showed a mass in his left lung. It was visible on a computed tomography (CT) scan, as well—along with evidence that the cancer had spread to two ribs and two vertebrae in the spine. A biopsy confirmed the news no patient

wants to hear: squamous cell carcinoma of the lung, a type of non-small-cell lung cancer, which had spread to other parts of the body.

TEAM TREATMENT

At CHI St. Joseph Health, patients who receive a lung cancer diagnosis don't face the disease alone. A team that includes radiologists, pulmonologists, thoracic surgeons, interventional radiologists, medical oncologists, radiation oncologists, radiation therapists, a social worker and a nurse navigator stands ready to do everything it can to help patients become survivors.

"No other lung cancer program in the region can match our capabilities, but we're always seeking to improve," said Terry Jenkins, M.D., medical director of oncology

The Catch of a Lifetime

Screening To Get the Earliest Possible Diagnosis

Lung cancer screening can help find cancer early for smokers or people who have quit recently. Cancer diagnoses can happen in a variety of ways, following problematic signs or after screening. No matter how they occur, however, one thing is true: the sooner patients have a diagnosis, the better, especially when it comes to lung cancer.

“Lung cancer is the most common cause of death from cancer worldwide,” said Terry Jenkins, M.D., medical director of oncology services at CHI St. Joseph Health. “Symptoms often appear only when the disease is advanced.”

At CHI St. Joseph Health, patients at risk of developing lung cancer can take advantage of a service that may put time on their side: a low-dose CT scan that can show lung cancer in its early stages, when it’s easier to treat. To qualify for the screening, patients must be 55 to 74 years old. They can’t have symptoms, and they must be current smokers who smoked at least one pack a day for 30 years or former smokers at that level who quit no more than 15 years ago.

“Many lung cancers begin as small, solid nodules and grow silently until they spread, causing symptoms,” Dr. Jenkins said. “The low-dose CT scan can find nodules as small as several millimeters wide, some of which are early cancers. Treatment at this stage improves outcomes.”

Patients whose screening results are normal may receive two more annual tests. Those whose findings include abnormalities enter the lung nodule program for a follow-up scan based on the likelihood of finding cancer.

**Think you might be a candidate for a lung screening?
Request more information at [CHStJoseph.org/
lung-screenings](http://CHStJoseph.org/lung-screenings).**

services at CHI St. Joseph Health. “We are helping to advance a variety of innovative treatments, including molecular testing, targeted treatment and immunotherapy. More importantly, though, we’re as committed as ever to providing the compassionate, personalized care every patient and family needs when facing this disease.”

In the case of the Air Force veteran, collaboration was crucial—and successful. At the recommendation of Dr. Jenkins—and with the stamp of approval of the CHI St. Joseph Health multidisciplinary tumor board—the retired pilot completed chemotherapy and radiation during the fall of 2015, followed by surgery to remove part of his left lung, lymph nodes and portions of the affected vertebrae. The multi-pronged treatment worked: Two years later, the patient is still in remission and enjoying an active life.



Smoke, Out

How You Can Kick the Habit

What does it take to send a toxic habit up in smoke? The answer is different for each person, but many successful efforts have a few factors in common. Use these tips to help you quit for good:

- **Accept failure.** If your first attempt to kick the habit ends unsuccessfully, don’t be too hard on yourself. The same thing happens to many would-be quitters, often because nicotine withdrawal can cause a variety of troublesome symptoms, such as irritability and hunger. Don’t dwell on failure. Instead, focus on trying again.
- **Branch out.** Quitting cold turkey is certainly possible, but it doesn’t work for everyone. Be willing to explore other options. These include behavioral health counseling, which can help you understand the emotions that motivate you to smoke and find healthier ways to cope with them. You can supplement therapy with other aids, such as oral, topical and spray medications that contain nicotine.
- **Embrace your support system.** The help and encouragement of others is an important ingredient in a successful smokeout. Lean on friends, family and, if you attend a smoking cessation support group, your fellow aspiring quitters, in difficult moments.
- **Keep your eyes on the prize(s).** When your motivation flags, remind yourself just how much your health will benefit once you kick the habit. In the hours, days and weeks after your last cigarette, your blood flow and pressure will improve, as will your abilities to breathe, smell and taste, according to the National Institutes of Health. As the smoke-free years pass, you’ll be less likely to develop heart disease, chronic obstructive pulmonary disease and many forms of cancer.



Finding the Words



When Haiden Walker’s mother noticed his difficulty communicating, his pediatrician directed them to CHI St. Joseph Health for pediatric speech therapy.

When Haiden, now age 3, was 12 months old, he didn’t speak at all. He wasn’t even saying a simple “Mama,” preferring instead to lead his mother around or push her toward the things he wanted. His mother, Mary, expressed her concerns about Haiden’s silence to his pediatrician, who recommended speech therapy. At 15 months, Haiden began working with CHI St. Joseph Health speech therapists in Madisonville.

“At first, we worked on building that foundation of words—what words mean and how to ask for things he wanted,” Mary said. “He learned simple words like ‘cup’ or ‘dog,’ and worked on interacting with the therapists and toys.”

Before long, however, Mary had concerns about other aspects of Haiden’s behavior, such as his love of spinning and enjoying things a typical two-year-old wouldn’t be interested in, such as *Wheel of Fortune*. These concerns led to a broader regimen of both speech and occupational therapy and, eventually, to an autism spectrum diagnosis. As occupational therapy services were not offered in Madisonville, Haiden and his family began traveling to CHI St. Joseph Regional Hospital in Bryan, where he could receive both speech and occupational therapy services.

MAKING FAST PROGRESS

“Haiden’s initial goals were to follow simple one-step directions involving toys and books, participate in turn-taking, make choices and use single words during structured play,” said Kim Hanks, MS, CCC-SLP, lead speech-language pathologist for CHI St. Joseph Health. “In about a year and a half of therapy, he’d improved his language equivalency scores by a year, which is remarkable progress, especially for a child on the autism spectrum.”

Haiden’s vocabulary has expanded, and he now speaks in sentences of three words or more on a regular basis. It’s a significant change from the child who was mainly a nonverbal communicator when he arrived at CHI St. Joseph Health.

“He’s able to use language more functionally now,” Kim said. “Our current goals include direction following, working on turn-taking for up to five minutes at a time and using phrases with more than three words to comment or make requests.”

THE IMPORTANCE OF TEAMWORK

Part of the reason for Haiden’s progress is his significant family involvement.



Pushing Forward With Pediatric Therapy

The CHI St. Joseph Health Pediatric Therapy team in Bryan offers occupational and speech therapy to a wide range of children in the community. Whether a child has fine motor or sensory deficits, is dealing with an expressive or receptive language disorder, has feeding or swallowing issues, or requires therapy for a host of other reasons, our skilled therapists can help.

"We've had a lot of kids come through our program, and seeing their improvement over the course of their treatment is so rewarding," said Kim Hanks, MS, CCC-SLP, lead speech-language pathologist for CHI St. Joseph Health. "As speech therapists, our favorite thing to hear from parents is, 'We couldn't get them to talk when we first came here, and now they won't stop talking!' That's how we know we've done our job."

Some of the many conditions that may lead to a child requiring speech or occupational therapy include:

- autism spectrum disorders
- developmental delays
- sensory integration disorders
- auditory processing disorders
- cerebral palsy
- feeding and swallowing disorders
- language or reading disorders

"After kids go through speech therapy, they leave communicating more effectively with their parents," Kim said. "Those who go through occupational therapy, who initially couldn't stand or balance on one foot, are crawling on top of our sensory gym and going across the monkey bars by the time they leave us. The improvements these kids are capable of are incredible."

Mary Walker, mother of patient Haiden Walker, agrees.

"Speech-language and occupational therapy services are your best tool not only to help your child, but to help you navigate this journey, whatever your child's diagnosis may be," said Mary. "Use them. Talk to your doctor and express any concerns you have about what's going on with your child."

"On the days kids see us, we're with them one hour out of 24," Kim said. "Family members are with them the other 23. Their involvement is so important. We're laying the foundation, and we can't make a difference without the parents' or other family members' buy-in."

Haiden's mother agrees and centered her approach around this mindset, involving his aunt and grandmother in Haiden's therapy.

"It does take a village," Mary said. "At the end of the day, your therapists will become some of the greatest, most influential people in your child's life, and yours as well. Without them, we would not be where we are today."

Once Haiden gets something, Mary and his therapists discovered, he has it. Thanks to constant re-evaluation by his team of therapists, he achieves new goals weekly. This makes therapy fun, which is an important aspect of keeping any young child engaged in a therapy session of 45 minutes. Because it's fun, Haiden is willing to keep working—and so is his family.

"If I could give advice to any parent, it would be don't give up," Mary said. "You are your child's best advocate, and the stronger your team, the better your chances are to reach your goals."

Talk to your child's pediatrician if you feel he or she may benefit from pediatric therapy services. Learn more at [CHISTjoseph.org/services/rehabilitation/pediatric-therapy](https://www.chistjoseph.org/services/rehabilitation/pediatric-therapy).

Light at the End of the

(CARPAL) TUNNEL



Carpal tunnel syndrome may arise from everyday activities, but you don't have to accept it as a part of your everyday life.

It's the end of a long day at the office, and you've been typing on your computer for hours. Your hands and fingertips are tingling as they tend to do, so you move them around as you walk to the parking lot and climb in your car. The discomfort persists as you clasp the steering wheel on the drive home.

You think a good night's rest will fix the problem, but the next morning, the sensations begin to resurface, and it becomes clear that a visit to your physician may be in order.

"When a nerve is under constant pressure, numbness and tingling or burning pain in the thumb, index, long and ring fingers may develop, interfering with your quality of life and maybe even waking you up in the middle of the night," said Darryl Wayne Peterson, M.D., hand and microvascular surgeon with CHI St. Joseph Health Orthopaedic Associates. "When these signs of carpal tunnel syndrome become ever-present and affect your activities of daily living, you should have a consultation immediately with a hand specialist to discuss your options to find relief."

"If you have symptoms, don't suffer. Carpal tunnel will not go away on its own, but surgery is a very effective way to find relief."

—DARRYL WAYNE PETERSON, M.D.

SPECIALIZED CARE

The carpal tunnel is a passageway that connects the hand and wrist. Tendons and the median nerve pass through it, and carpal tunnel syndrome develops when the median nerve becomes irritated. Those at increased risk of developing the condition include individuals who do repetitive tasks, such as typing or working on an assembly line, people with a genetic predisposition for carpal tunnel, and women who are pregnant. Not addressing the condition early can lead to long-term damage, including:

- loss of function in the hands
- loss of sensation
- reduced likelihood of a full recovery post-surgery

To perform a carpal tunnel release procedure, a surgeon makes a small incision to cut the ligament that is putting pressure on the median nerve. This creates space for the median nerve and tendons in the wrist and improves function and sensation in the hands. Recovery from the operation typically takes between three and four weeks.

Many general surgeons, orthopedic surgeons, plastic surgeons and neurologic surgeons are trained to perform carpal tunnel release surgery. But a hand surgeon, like Dr. Peterson, tends to have the most training and experience in this procedure.

"Hand surgeons are the most qualified people to handle surgeries such as carpal tunnel release, because our primary focus is working on the nerves in the hands," Dr. Peterson said.

Are you experiencing carpal tunnel syndrome or other hand issues? You can make an appointment with Dr. Peterson by calling 979-731-8888.



Want to be free of back pain? You have options.

BACK OFF, BACK PAIN!

While back pain can be caused by a variety of different things, one thing is for certain—it's quite common.

"Around 83 percent of Americans will develop back pain at some point in their lives," said Ali Daftarian, M.D., pain medicine director at CHI St. Joseph Health Regional Hospital. "While a small portion of these people may require surgery, most will benefit from simpler treatment options."

FINDING A FIX

Living with back pain isn't a necessity. Seeking help from a doctor is a great place to start. After a consultation, your primary care provider could recommend:

- anti-inflammatory or neuropathic pain medications
- weight loss through diet and exercise
- physical therapy
- massage therapy
- epidural steroid injections
- surgery

"Usually a multimodal approach is best when it comes to treating back pain," Dr. Daftarian said. "Your primary care provider should be able to guide you through various options that would be best for your particular condition."

Back pain bothering you? Consult your physician for treatment options or visit CHiStJoseph.org/locations/pain-management.

Home at the Hospital

Pain and Spine Associates is moving to a new, larger location on the medical campus of CHI St. Joseph Health Regional Hospital in Bryan. "Our new space will help us see patients in a more efficient manner," Dr. Daftarian said. The clinic will be located on the east side of the campus, in the space where the emergency department was formerly located.

Exam TIME

Knowing when it's time for a prostate cancer screening is important for men, especially if they have risk factors for the disease.

Prostate cancer is the most common non-skin cancer among men, with one in seven men being diagnosed with the disease. It is also the third leading cause of cancer-related death in men.

"Most prostate cancer is diagnosed through screening tests, but when to begin screening depends on a lot of factors," said Kathy Ravanbakhsh, D.O., FACOS, chief of urology at CHI St. Joseph Health. "A physician must take into account one's presenting symptoms, physical exam, and personal risk factors. It is also important to discuss risks, benefits and limitations of global screening with patients. A timely diagnosis gives the patient and physician many options for treatment."

Most types of prostate cancer grow slowly and can be treated successfully when caught early, but the right time for a prostate exam and blood test for prostate specific antigen (PSA) can vary. Some men may not require an exam until they are 55, while others should be screened as early as age 40. Risk factors for prostate cancer include age, family history, race and ethnicity.

"There are genetic predispositions among African-Americans, and having an immediate family member with the disease can double the risk of prostate cancer," Dr. Ravanbakhsh said. "Depending on one's history, a patient may require screening every year or every two years."

Patients and physicians should work closely together to determine risk factors and proper exam schedules. A comprehensive prostate cancer screening includes both a blood test for PSA and a physical digital rectal exam (DRE).

Have questions or need to schedule a screening? Call 979-774-3041 to schedule a doctor's appointment with CHI St. Joseph Health Urology Specialists.

What Is a Neonatologist?

When infant James Broadway was rushed to CHI St. Joseph Health Regional Hospital, he was cared for by a team of neonatologists, or pediatricians specifically trained to handle high-risk newborn situations.

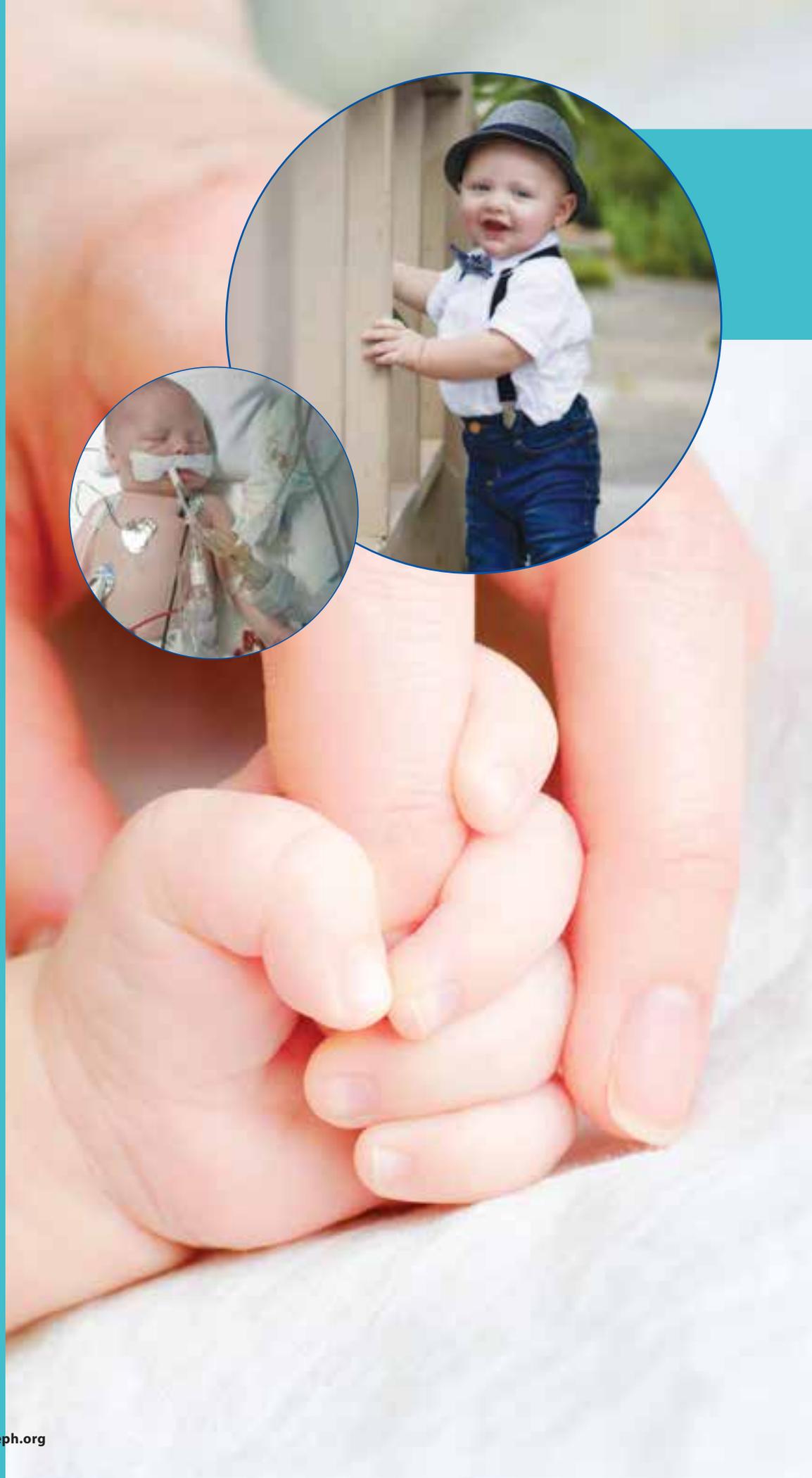
Having neonatologists on board allows CHI St. Joseph Health to care for a wide range of very serious issues that babies like James can face, such as breathing disorders, infections and life-threatening medical conditions.

Neonatologists spend six years after medical school receiving extra training in order to offer special care to infants during critical situations, usually in the neonatal intensive care unit (NICU).

James' situation was unique in that neonatologists were transferred from the NICU to the Emergency Department to deliver cardiopulmonary resuscitation and investigate what caused his heart to stop working. Luckily for James, the crew took charge and knew what steps to take to ensure he was safe and sound before transporting him to pediatric subspecialty care.

"It took teamwork on our part to do what was best for James in such an uncommon situation, but everyone worked as best as they could to set him up for later success," said neonatologist Courtney A. Carmichael-Swanner, M.D., CHI St. Joseph Health Regional Hospital. "We are all glad to know James recovered fully and is doing well now."

When it comes to dealing with infants, neonatologists know what to do and can make quick lifesaving decisions on the spot, like they did with James.





A Sweet Save

When Lisa Broadway arrived at a family reunion, she was prepared to celebrate life. Instead, she almost lost her 10-day-old son James. Three off-duty nurses from CHI St. Joseph Health, our emergency and trauma team, and our neonatal intensive care unit made sure that didn't happen.

Lisa, then 38 years old, remembers sitting at lunch with her oldest daughter Brianna and taking turns holding baby James. When it was Lisa's turn, she looked down and noticed his face was purple and eyes black.

"As a mother, I just knew he was dead by the way he looked," Lisa said. "As soon as I stepped outside to call 911, three off-duty nurses ran after me to help."

These nurses—Jeri Diserens, Stephanie Massey and Melissa Radde—attended the homecoming and work together at CHI St. Joseph Health. They quickly explained who they were and took action, trying to get James to breathe again. Soon after, the volunteer fire department arrived with oxygen, which provided short-term relief.

A BALANCING ACT

James continued to slip in and out of consciousness as he was rushed by ambulance to the neonatal intensive care unit at CHI St. Joseph Health Regional Hospital. Jeri, a pediatric nurse, even made the trip with James before handing him off to his care team, which included neonatologist Courtney A. Carmichael-Swanner, M.D.

"At the time, we didn't know anything for certain and were investigating a range of diagnoses, but we knew James had suffered cardiopulmonary arrest and needed long-term care outside our scope of services. We worked as a team to stabilize him for transport to Texas Children's Hospital," Dr. Carmichael-Swanner said. "This stop was a crucial one for James, who needed local care to stay alive before making any type of flight elsewhere."

The stop ended up being crucial for Lisa, as well. The same team that saved James' life kept her afloat with warm embraces and words of encouragement.

"I consider them all my angels," Lisa said. "They made me feel like they were in this fight with me."

Before heading off, the entire team huddled around Lisa and prayed for her and James—a significant send-off in her mind.

NEXT LINE OF CARE

James ended up spending 13 days on life support at Texas Children's Hospital, most of them in a medically induced coma so his team

could perform many diagnostic tests. Results confirmed James suffered from a combination of strep throat, pneumonia and respiratory syncytial virus, or RSV.

"James had a common cold that essentially went crazy and turned septic," Lisa said. "The blood poisoning about killed him."

After undergoing life support and treatment that included many medications and antibiotics, James returned home and is doing well.

SERENDIPITY

As Lisa tells it, she met the right people in the right place at the right time. She lives three hours away from CHI St. Joseph Health and only happened to be nearby thanks to her father's homecoming event. If she had been at home, she thinks James wouldn't have made it.

Recently, CHI St. Joseph Health hosted an event honoring the heroes who saved James' life. Lisa and James attended the event and were welcomed with tears and smiles.

"James smiled back," Lisa remembered, "as if he knew them."

To look after your child's daily health, partner with one of our pediatricians. To book an appointment, call 979-774-2121 or visit SJApptASAP.org.

"There is no way to rate how wonderful the entire healthcare team at CHI St. Joseph Regional Hospital was to me and my son. They exceeded anything I could have possibly hoped for, and they knew how to take care of the patient and family simultaneously. You just don't see that anymore."

—LISA BROADWAY, MOTHER TO JAMES



In these days of driverless cars, you might imagine that something called “robotic surgery” would involve more robot than surgeon. But in this case, the human stays firmly in the driver’s seat.

Surgical Superpowers

“The robotic system is really an extension of my own eyes and hands, with a magnified, high-definition vision system and tiny, highly flexible instruments that allow me to see and maneuver better than I can during conventional surgeries,” said Bryan Parrent, M.D., a general surgeon at CHI St. Joseph Health Regional Hospital, who performs most of his procedures using robotic-assisted technology. “Because the robotic tools are so small and precise, the procedure tends to be less invasive and therefore less traumatic to the body.”

PATIENT PERKS

During a robotic procedure, the physician makes incisions just large enough to slip surgical instruments into the body and then uses hand movements to guide them, watching the process in 3-D with the help of an endoscope (a thin tube with a camera on the end).

Like laparoscopy, robotic surgery requires a smaller incision than traditional surgical techniques. It offers other advantages, too, according to the U.S. National Library of Medicine. Because robotic instruments are so fine tuned, they can be used for procedures that previously required open surgery. And while setting up the robotic system adds time in the operating room, the

procedure itself is both more comfortable for surgeons and easier on patients.

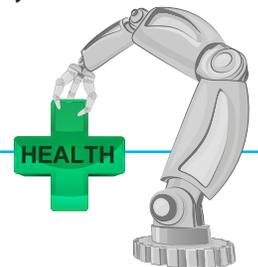
There are post-op benefits for patients too. With less pain and bleeding and less risk of infection, they can leave the hospital sooner and have a shorter recovery time. Later on, they have smaller, less noticeable scars.

RAPID RECOVERY

Pre-op instructions for robotic surgery are similar to those given for other surgeries. Patients will be instructed not to eat or drink for several hours before the procedure, and perhaps to avoid certain medications and supplements for several days. Post-op instructions usually include some limits on physical activity.

“Recovery time depends on the procedure,” Dr. Parrent said. “But robotic surgery can give patients a nice head start.”

To learn about robotic surgeries offered at CHI St. Joseph, visit CHISTjoseph.org/services/robotic-surgery.



“Robotic-assisted surgical technology benefits patients by extending a doctor’s vision and reach in the operating room.”

—BRYAN PARRENT, M.D., GENERAL SURGEON AT CHI ST. JOSEPH HEALTH GENERAL SURGERY

Common Robotic Surgeries

The United States Food and Drug Administration has approved the use of robotically assisted devices for certain cardiac, colorectal, gynecologic, head and neck, thoracic and urological surgeries. Robotic surgery is currently FDA-approved for over 50 procedures in:

- bariatric (weight-loss) surgery
- cardiothoracic surgery
- colorectal surgery
- otolaryngology (ear, nose and throat)
- general surgery
- gynecology
- gynecologic oncology
- reproductive endocrinology and infertility
- urology



History Doesn't Have to **Repeat Itself**

Even if you have a family history of heart disease, there are many lifestyle-related factors you can control to reduce your chance of heart attack or stroke.

"Millions of Americans have a family history of heart disease, but that history does not have to be destiny," said Ricardo Gutierrez, M.D., medical director for the cardiac service line at CHI St. Joseph Health. "Anyone can make changes to bring their individual risk down."

Those include stopping smoking, limiting alcohol use, losing excess weight, cutting back on processed foods and

getting regular exercise. The American Heart Association recommends at least 150 minutes of moderate-intensity exercise every week, 75 minutes per week of vigorous exercise or a combination of moderate and vigorous activity.

All these strategies can help manage or reverse high blood pressure, high cholesterol and diabetes—three more risk factors for heart disease.

A primary care physician can help you make a plan to protect your heart, Dr. Gutierrez said. That begins with a personalized risk assessment using a combination of tools, from blood tests to electrocardiograms and diagnostic imaging.

"People with a family history should act now to give themselves the best chance of preventing a heart attack or stroke later," he said.

We offer same-day and next-day appointments. If you need a primary care provider to help you start doing everything you can to prevent heart disease, use our Find a Doctor tool at CHStJoseph.org or call 979-774-2121.

Teen Transitions

As children get closer to adulthood, they hit a number of milestones: starting high school, getting a driver's license—and transitioning from pediatric to adult care. Here's what you need to know to make that transition a smooth one.



The American Academy of Pediatrics suggests teens should begin adult-oriented care between the ages of 18 and 21, but when that transition happens is really a decision for each family and teen to make, said Kuy Houser, M.D., a primary care physician with CHI St. Joseph Health.

"Some adolescents might feel like they 'grow out' of the pediatrician's office at some point before age 18," Dr. Houser said. "If your teen feels that way, this might be a natural time to transition."

When to begin well-woman visits with a gynecologist is also a matter of preference to some degree, depending on medical history, Dr. Houser said. They can start as young as 13 years old, but the transition often happens around 21.

Well before your teen moves on from his or her pediatrician, begin role playing exercises to show your child how to directly interact with a physician instead of relying on you to take the lead in the exam room, Houser recommends.

And here's a heads-up for you: Be prepared to step out of the exam room when your child's doctor wants to have the "teen talk," a discussion about sexual health/risks, drugs and alcohol, and self-image.

Want more tips on transitioning your teen to adult care? Give your pediatrician a call. If you need a doctor, try our Find a Doctor tool at CHStJoseph.org.



What Did You Say?

Know when to get a hearing test and how to keep your hearing healthy.

It's not unusual to experience hearing loss as we age, but hearing loss impacts people of all ages. After all, we are surrounded by sound every day, nearly all the time. Over time, all those everyday sounds—your alarm clock jarring you awake, the music you listen to on your cell phone, the weed whacker you use to tidy up your lawn—can nibble away at your ability to hear. Here's what you need to know to keep your hearing healthy.

PROTECT YOUR EARS

"I tell patients 'if you're getting ready to do something and you think that I maybe would want you to put hearing protection in, like ear plugs, then yes, I do want you to,'" said Jennifer Muehlebach, audiologist at CHI St. Joseph Health.

The best thing to do is to wear ear protection appropriate for the situation. Foam earplugs, for example, work well for mowing the lawn, but won't provide enough protection if you're using a power saw or hunting.

"If you're not sure what type of ear protection is the best for the activity you're doing, check the product's noise reduction rating," Muehlebach said. "The riskier the behavior—like hunting—the higher the rating you want to have."

STOP PUTTING OFF THAT HEARING TEST

To prevent additional hearing loss, you should get your hearing tested as soon as you start feeling you can't hear well in noisy places. Unfortunately, most people wait many years after they begin noticing hearing loss before they finally get their hearing tested, according to Muehlebach.

Testing is simple: You'll wear headphones and listen for sounds, then push a button when you hear them. You may also have to repeat a series of words.

Hearing aids are the only solution today for most typical hearing loss, Muehlebach said. She recommends them based on the degree of hearing loss and

Using Earbuds? Don't Do It

It seems like everyone uses earbuds—for talking on cell phones, listening to music or watching videos—but sending that concentrated sound directly into your eardrum is not a good idea. If you are going to use earbuds, according to Jennifer Muehlebach, audiologist at CHI St. Joseph Health, watching your volume is critical. Keep the sound down. It's better for your hearing to wear over-the-ear headphones. Better yet, wear those headphones around your neck with the volume up or use a personal desktop speaker.

on the impact that loss is having on a person.

"Over-the-counter hearing amplification devices don't help most people," she said. "They are like having a microphone in your ear. A true hearing aid is a sophisticated tool that is programmed specifically to your hearing loss and for reducing things like background noise to make hearing clearer."

Interested in scheduling a hearing test? Call CHI St. Joseph ENT Associates at 979-680-8808.



Meet Dr. Deskin

As a board-certified otolaryngologist, Ronald Deskin, M.D., specializes in treating children and teenagers with disorders of the ear, nose and throat.



RONALD DESKIN, M.D.

Dr. Deskin joined CHI St. Joseph Health ENT Associates a year ago, after a decade in academic medicine at the University of Texas Southwestern Medical Center in Dallas. A graduate of the UT Medical Branch at Galveston, he completed his pediatric fellowship at Harvard's Boston Children's Hospital and spent 20 years in private practice in Austin.

"I was inspired to go to medical school just out of college, by an otolaryngologist who was a mentor," Dr. Deskin said.

"I received a bachelor's degree in chemistry from UT-Austin, so I changed my direction from chemistry to medicine. As a physician, my focus has always been to treat my patients as I would want my family to be treated—with care, accuracy and attentiveness."

Dr. Deskin practices at CHI St. Joseph Health ENT Associates in College Station. For an appointment, call 979-680-8808.



From Bucket List to Reality

The thought of running 13.1 miles may seem intimidating, but the right preparation and training can carry you through race day and beyond. Ready to get started? Keep these four tips in mind:

1. Start strong. Vet your training plan with your physician and treat yourself to a new pair of running shoes before your first run to help prevent injuries and illnesses that can derail your training.

2. Allow at least 10 weeks to train. Runners should increase their mileage by no more than 10 percent every week, according to the American College of Sports Medicine. Build up your mileage gradually until you're logging

12 miles during your weekly long-distance training runs.

3. Mix it up. Vary your routes to prevent boredom. On your off days, perform rejuvenating activities like yoga that improve your flexibility.

4. Get the right fuel. While you're training for your half marathon, the American Council on Exercise recommends getting 55 to 65 percent of your daily calories from high-quality carbohydrate sources, such as fruits, vegetables and whole grains. Prior to your long-distance workouts, fuel up with small meals that offer a combination of protein and carbs.

Put Your Training to the Test

CHI St. Joseph Health is the presenting sponsor of the third-annual Republic of Texas Run Half Marathon. The event celebrates our state's independence.



What: 1/2 marathon, 1/4 marathon and 5k race, with awards for top racers, after-party with food and drinks

When: Sunday, February 25, 2018 at 6:30 a.m.

Where: George H.W. Bush Presidential Library and Museum, 1000 George Bush Drive West in College Station.

Sign up at RepublicOfTexasRun.com.



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CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.



Pumpkin Pancakes

Nothing says fall like the sweet flavor of pumpkin spice. These pancakes not only feature fall's favorite squash, but are also low in sugar, so you don't have to feel guilty about satisfying your family's sweet tooth.

INGREDIENTS

- 2 cups flour
- 6 teaspoons brown sugar
- 1 tablespoon baking powder
- 1¼ teaspoons pumpkin pie spice*
- 1 teaspoon salt
- 1 egg
- ½ cup canned pumpkin
- 1¾ cups low-fat milk
- 2 tablespoons olive or vegetable oil

*If you don't have pumpkin pie spice on hand, substitute ¾ teaspoon cinnamon, ¼ teaspoon nutmeg and ⅓ teaspoon each of ginger and cloves.

DIRECTIONS

1. Mix flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl. Set aside.
2. In a separate bowl, mix wet ingredients.
3. Combine wet ingredients with flour mixture, stirring until moist. Keep in mind your batter may have lumps.
4. Lightly coat your griddle or skillet with cooking spray and heat on medium heat.
5. Pour batter—in 1/4 cup-sized portions—onto the hot griddle or skillet. Cook until bubbles begin to burst, then flip. Continue cooking until pancakes are golden brown—about 1.5 to 2.5 minutes. Top your pancakes with fruit or sugar-free syrup and serve with an egg-white omelet or piece of turkey sausage for a well-balanced meal.

NUTRITIONAL INFORMATION

Makes 12 servings
(1 serving = 1 pancake)
Total calories: 127
Saturated fat: 1g
Cholesterol: 17mg
Sodium: 159mg
Total carbohydrate: 21g
Dietary fiber: 1g
Total sugars: 4g
Protein: 4g

Recipe courtesy of the Kansas Family Nutrition Program and the What's Cooking? USDA Mixing Bowl

