

Fall 2008

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**Hancock
Regional
Hospital
Home
Medical
Equipment**

Meeting Your
Needs **24/7**

**The Future
of Women's Care**

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hancock
Regional Hospital

Enhancing Your Surgery

On October 6, Hancock Regional Hospital will launch the Total Joint and Spine Health Services Program, which is designed to teach total joint replacement and spine surgery patients what to expect before, during, and after surgery.

SIX WEEKS BEFORE SURGERY, a dedicated coordinator will work with patients and their coach (usually a friend or loved one) in pre-operation education classes. The classes cover topics ranging from insurance needs and the actual surgery to rehabilitation and exercise. After surgery, the patient and coach will go through group physical therapy and group meals with other members of the program.

“Teaching individuals what to expect can have a significant impact on recovery and overall satisfaction,” says Maureen May, RN, Team Leader of Surgical Services at Hancock Regional Hospital. “Our hope is that this program helps provide the best experiences and outcomes for patients so they know that they don’t have to travel far from home for exceptional care.”

For more information about additional services offered at Hancock Regional Hospital, visit www.hancockregional.org.



Innovative Imaging

HANCOCK REGIONAL HOSPITAL is proud to announce the acquisition of the Aquilon™ 64-slice computed tomography (CT) scanner from Toshiba America Medical Systems, Inc. Featuring advanced CT technologies, the Aquilon can capture detailed images of any area of the body in as few as ten seconds, enabling physicians to identify illnesses and injuries of the bones, muscles, and organs, as well as providing for quick and accurate diagnosis of heart attack and stroke.

“The 64-slice scanner allows more patients to be treated with better accuracy in less time, which can potentially provide for earlier diagnosis and a better outcome,” says Lisa Wood, Team Leader of Diagnostic Imaging at Hancock Regional Hospital. “The new scanner is just one more example of Hancock Regional Hospital’s commitment to providing our patients with great care.”



For more information about the Aquilon 64-slice CT scanner or to schedule an appointment, call (317) 468-4600.

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

The Future of Women's Care

On April 26, James T. Anderson, MD, Family Physician, received a birthday present beyond his wildest dreams. The new women's center at Hancock Regional Hospital was named in his honor—the James T. Anderson, MD, Center for Women's Health.



(left to right) Amy Baggott, April Sasso, and Erin Dorsey spearheaded the campaign to name the new women's center after their father, James T. Anderson, MD.

“DR. ANDERSON HAS BEEN practicing medicine in Greenfield for 44 years and is still going strong,” says Myra Bleill, Executive Director of the Hancock Regional Hospital Foundation. “Thanks to the generosity of family, friends, and a grateful community, fundraising efforts enabled Hancock Regional Hospital to name the center in his honor. His three daughters, April, Amy, and Erin, and wife, Patti, spearheaded the campaign to show Dr. Anderson what he means to both them and the community.”

In 2009, Hancock Regional Hospital will begin construction on the center, which will allow women to receive all their care in one centralized location and will offer digital mammography, ultrasound, and bone density screenings.

“The Foundation is still involved in raising funds for the state-of-the-art equipment for the new center,” says Bleill. “In addition, the annual Women Helping Women dinner will be held on October 15, 2008, to raise money to provide free mammograms to uninsured and underinsured women in the community.”



For more information on the Women Helping Women dinner, call Myra Bleill at (317) 468-4583. To make an online donation using your credit card, visit www.hancockregional.org/foundation/gifting.asp.

Inflammatory Breast Cancer

Although not as common as other forms of breast cancer, inflammatory breast cancer (IBC) can strike suddenly and advance quickly.



IBC MAKES UP ABOUT 5 percent of all breast cancer diagnoses and occurs when breast cancer cells block the lymph cells in the breast, causing the breast to become swollen and red.

The early signs of more common forms of breast cancer—a breast lump or suspicious area on a mammogram—are often absent in IBC. In addition, the discoloration associated with IBC is often mistaken for a breast infection. It is important to pursue a breast or skin biopsy if treatment for an infection does not work.

Testing and Treatment

IBC is not often identified through mammograms and ultrasounds. Normally a biopsy is required. If IBC is diagnosed, treatment often begins with chemotherapy to reduce the number of cancer cells, followed by surgery and radiation therapy.

Because IBC is aggressive, difficult to treat, and has a high recurrence rate, it is important to notify a physician immediately if you experience any changes in your breasts. The earlier a diagnosis can be made and treatment can begin, the better the chance of a successful recovery.

To find a doctor on staff at Hancock Regional Hospital, visit www.hancockregional.org.

Symptoms of IBC

- warmth and swelling of the breast
- pink, reddish purple, or bruised skin color
- pitted, ridged skin similar in texture to an orange
- burning and aching pain of the breast
- increased breast size
- inverted nipple

Home Medical Equipment: **The Care You Need**

It's 6:30 p.m. on a Sunday evening, and you're in the lobby of the hospital waiting to hear about your husband's condition. His doctor tells you that your husband can go home, as long as he has a hospital bed and a wheelchair. You wonder where you can find the equipment at this hour—and on such short notice.



YOU DON'T HAVE TO look any further than Hancock Regional Hospital Home Medical Equipment for your supplies. When you call the compassionate professionals at Hancock Regional Hospital Home Medical Equipment, an associate will be ready to take your call and provide you and your loved ones with the services you need.

"We provide our services seven days a week, 24 hours a day," says Darlene Albertson, Team Leader of Home Health/Hospice and Home Medical Equipment. "No matter when you call, we are always available to provide the specialty equipment and experienced professionals who can properly install the equipment."

Hancock Regional Hospital Home Medical Equipment always has a trained associate on call and ready to help. The most complex deliveries can be orchestrated at any time.

"At Hancock Regional Hospital Home Medical Equipment, we understand that emergencies don't happen during set hours," says Jessica Mench, Manager of Hancock Regional Hospital Home Medical Equipment. "Our services are vital and help keep individuals and families independent. We want the community to know that whenever they need us, someone will be available to help."

The Services

"Since we opened in 2006, we've been able to provide supplies to community members who might have otherwise needed to drive to Indianapolis," says Mench. "Providing access to quality home medical services is more than a job. At Hancock Regional Hospital Home Medical Equipment, it's our mission."

Rental equipment available at Hancock Regional Hospital Home Medical Equipment includes:

- ambulating scooters
- bath benches
- lift chairs
- medical beds
- over-the-table beds
- oxygen concentrators
- wheelchairs

"We offer equipment to keep patients independent," says Albertson. "Because we can provide equipment such as hospital beds and wheelchairs, our patients can often leave the hospital earlier or avoid staying in a nursing home or assisted living center."

Don't Sweat the Small Things

While equipment such as knee braces or crutches can be found at other locations, the services of associates trained to fit equipment to your injury and body type cannot. Hancock Regional Hospital Home Medical Equipment can help you find the best fit for all of your equipment needs.

"We are also a retail store providing compression hose, braces, and other support supplies," says Albertson. "We supply lift chairs for toilets, special socks, and zipper pulls that make independence easier for the senior population. They are small items, but in the overall fight to maintain independence, being able to zip a jacket with ease can mean a lot to our patients."

Beyond the variety of products is the ability of associates to help every customer find exactly the walker or cane that best suits his or her needs. In order to move comfortably, certain aspects of the equipment need to be taken into consideration.

"When we fit patients for walkers, for example, we always make sure there is a slight bend in their wrists to keep them comfortable," says Mench. "We take measurements to ease the fitting for products such as compression hose and generally follow up with patients' physicians to be sure the fit is as accurate as possible. Anyone who needs our services can be assured they will leave our store with the equipment best suited for their needs."

Hancock Regional Hospital Home Medical Equipment is located at 1560 B N. State St. in Greenfield. For more information, visit www.hancockregional.com or call (317) 477-6463.



Satisfied Customers

Hancock Regional Hospital Home Medical Equipment offers personalized services, friendly associates, and a location close to home. Customers who visit the location are thrilled with the services they receive.

"We survey our customers every month," says Jessica Mench, Manager of Hancock Regional Hospital Home Medical Equipment. "Our customer satisfaction results are always phenomenal—at least 98 percent. We are pleased when we receive such excellent feedback and will continue to provide high-quality services to our friends and neighbors."

"If someone cannot pick up the equipment for you, we will deliver it to your home. For patients who need home medical equipment or specialized services on a regular basis, we keep everything stocked and ready."

—JESSICA MENCH
Manager of Hancock Regional Hospital Home Medical Equipment

Positive Life Changes

Programs in Health & Lifestyle Education

All classes will be held in the Hancock Regional Hospital classrooms (located on the lower level of the hospital) unless otherwise indicated. Look for directional signage indicating assigned classrooms for each program.

Online registration is now available! Please visit our Web site at www.hancockregional.org for a detailed list of classes and available dates. Registration fees can also be paid online (credit/debit card payment only). You may also call Education Resources at (317) 468-4506 for class information and registration. The Education Resources Department at Hancock Regional Hospital is staffed between 8 a.m. and 4 p.m., Monday through Friday.

Please register in advance for all classes. In the event a class is canceled, we will make every effort to notify you. We have established minimum and maximum numbers for class enrollment. If a class falls below the minimum, we reserve the right to cancel the class. If a class exceeds the maximum, we reserve the right to close registration for the class. Should you have questions about this policy, please call. Thank you!

Family Connections Breastfeeding

Saturdays, October 11, December 13, 9 a.m.–Noon, Thursday, November 13, 6–9 p.m., \$30 per couple

Childbirth Preparation for the 21st Century

This class is a comprehensive discussion of labor, delivery, and recovery. Perfect for the busy first-time parent, as well as experienced parents!

A class is currently being formed for November. Please contact Education Resources at (317) 468-4506 or visit our Web site at www.hancockregional.org for more information or to register. \$35 for women delivering at Hancock Regional Hospital; \$65 for women delivering elsewhere

Natural Childbirth

This class focuses on labor preparation, breathing, and relaxation techniques for moms interested in a natural delivery.

Saturdays, October 11 & 18, November 8 & 15, December 6 & 13, 9 a.m.–12:30 p.m., \$35/couple

Play It Safe

American Heart Association Healthcare Provider CPR

October 6, November 3, December 1, 8:30 a.m.–3 p.m., \$71

American Heart Association Healthcare Provider Recertification

October 27, November 24, December 16, 8:30 a.m.–Noon, October 27, 1–4 p.m., \$71

Advanced Cardiac Life Support Recertification

November 21, 8:30 a.m.–4:30 p.m., \$128

Pediatric Advanced Life Support

December 11 & 12, 8:30 a.m.–4 p.m., \$179

Pediatric Advanced Life Support Recertification

October 24, 8:30 a.m.–4 p.m., \$128

First Aid and CPR Course (Adult, infant, and child CPR, and First Aid)

Tuesday and Thursday, October 14 & 16, November 4 & 6, December 2 & 4, 6–10 p.m., \$80

To Your Health

Diabetes Health Fair—SAVE THE DATE! Thursday, November 20, 5–8 p.m.

Hancock Regional Hospital is sponsoring a Diabetes Health Fair in recognition of National Diabetes Awareness Month. Attend this FREE event to learn important self-care behaviors that can help you control your diabetes! Perfect for friends, family members, and healthcare professionals, too!

Call the Diabetes Education Center at (317) 468-4379 for more information.

Look Good...Feel Better Look Good...Feel Better provides information and cosmetic advice, including instruction on makeup, skin

care, and the use of wigs, turbans, and scarves, for women battling cancer. Reservations are required, and women must be in active cancer treatment.

For more information or to make a reservation, please call (317) 467-7100, ext. 207. Next class offering is November 10, 1:30–3:30 p.m., Central Indiana Cancer Centers, Suite 50, Hancock Regional Hospital. No charge.

Joint Replacement Seminar

Richard W. Eaton, MD, an Orthopedic Surgeon and member of Hancock Regional Hospital's medical staff, will discuss when a hip or knee replacement is needed, the advantages of the surgical procedure, how it is performed, and the recovery process. FREE to the public. *Thursdays, October 9, November 6, December 11, 5–7 p.m.*

Individual Diabetes Counseling

By appointment; MD orders required. Call (317) 468-4379 for appointment and more information.

Individual Diet Instruction

By appointment; MD orders required. *Monday–Friday, scheduled anytime from 8 a.m.–4 p.m. Call (317) 468-4467 for appointment and more information.*

Diabetes Monthly Program
Wednesday, October 15, 1 p.m. Thursday, October 16, 7 p.m. Call (317) 468-4379 for information. Reservations normally not needed. No charge.

Diabetes Education 15 = 1 Basic Concepts of Diabetes

A three-hour class that addresses the very basics of diabetes and an in-depth study of carbohydrate counting. Participants will receive a meal plan and a copy of the booklet *Exchange Lists for Meal Planning*. Time is spent writing menus according to individual meal plans. The video *Putting Carbohydrate Counting into Practice* is shown.

Fitness Factor

A three-hour class that will explore diabetes as it relates to activity, diabetic medications, short-term complications, sick day management, long-term complications, foot care, and emotions. A game show format is used to review and reinforce information presented in this class. The video *Preventing Long-term Complications* is shown.

Nutrition, Weight Loss, and Lipids, Oh My

A three-hour class on topics of nutrition including fats, reading nutrition labels, recipe modification, artificial sweeteners, alcohol consumption, and eating out. Participants will have a chance to discuss “case studies” and play a labeling

game called *Sometimes, Always, Never*. The video *Pattern Management* is shown. All three courses are offered at the following times: Monday evenings, 5:30–8:30 p.m.; Wednesday mornings, 9 a.m.–Noon; and Thursday mornings, 10 a.m.–1 p.m.

An individual appointment (one hour in length) is needed prior to attending class. Participants are encouraged to bring a family member. A physician’s order is required for Diabetes Self-Management classes. Call (317) 468-4379 for further information.

A Helping Hand Commit to Quit/Smoking Cessation Classes

Mondays: October 6, 13, 20, 27, 6–7 p.m.; Mondays: December 1, 8, 15, 22, Noon–1 p.m. or 6–7 p.m.; Tuesdays: November 4, 11, 18, 25, 6–7 p.m. \$35; Call (317) 468-4162 to register and contact the Hancock County Health Department at (317) 477-1128 to learn how to receive Nicoderm patches for free!

Tobacco-Free Teens

A tobacco cessation class for teenage users of cigarettes or chewing tobacco.
Mondays: October 6, 13, 20, 27; December 1, 8, 15, 22; 3:30–5 p.m. Tuesdays: November 4, 11, 18, 25, 3:30–5 p.m.; \$25

Parenting Children of Divorce

Class provided by the Indiana Health Group. Please call (317) 467-2025 to register for this class.
Thursday, October 23, 6–7:30 p.m.

Support Groups Eating Disorders Support Group

This group will address anorexia, bulimia, and over-eating disorders and will provide education and support.
October 6 & 20, November 3 & 17, December 1 & 15, 7 p.m., No charge

Breastfeeding Support Group

Come and meet other mothers and their babies in an environment of support and assistance. Scales will also be available to check your baby’s growth. Led by a Breastfeeding Professional.
Thursdays, October 9, November 13, December 11, 6–7 p.m., No charge, OB Lounge, 2nd Floor

Cancer Circle Support Group

Wednesdays, October 15, November 19, December 17, 7 p.m., No charge

Alzheimer’s Support

Mondays, October 27, November 24, December 29, 6:30–8 p.m., No charge

Multiple Sclerosis Support

Thursdays, October 16, November 20, 7–9 p.m., No charge

Caregivers Support Group

This support group will teach vital skills to caregivers as well as provide an environment of support and shared information about vital community resources.
Tuesdays, October 28, November 25, December 30, 1:30–3 p.m., No charge

Commit to Quit Support Group

Meets the first Thursday of every month at a local smoke-free restaurant at 6 p.m. Please call (317) 468-4162 for locations. No charge

Better Breathers

Wednesdays, October 1, November 5, December 3, 12:30–3 p.m., Generously provided free of charge by donors through the Hancock Regional Hospital Foundation.

Grief Support

Second Thursday of the month, 6 p.m., No charge. Greenfield Christian Church, 23 North East Street, Greenfield

Would You Like to Learn More about Hancock Regional Hospital?

Group Hospital Tours
 Small groups have the opportunity to meet hospital CEO Bobby Keen and receive a behind-the-scenes tour of the facility. Light dessert is provided. Registration required. Call (317) 468-4583 for more information.



Enjoy the Great Outdoors

You probably remember the days of outdoor adventures from when you were younger—time spent in your friend's treehouse or riding bikes around the neighborhood. You know it was fun, but do you also know that playing outdoors can help kids be healthier and happier as they grow?

WHILE SPENDING TIME OUTDOORS was common for children even a decade ago or two ago, the popularity of video games, the Internet, and hundreds of different television channels has diminished the amount of time kids spend outside. It's important for parents to encourage their kids to leave cyberspace and head into the space of the great outdoors.

What Are the Benefits?

Recent research shows that kids who play outdoors are less likely to be obese or suffer from attention disorders or depression. A 2003 study published in *Environment and Behavior* found that spending time outside reduces stress among children and helps make them more focused. Researchers at the Children's Hospital in Philadelphia discovered that children who spend unstructured time outdoors are more likely to be happier, healthier, and even smarter than their peers.

Tips to Get Outside

The National Forum on Children and Nature offers the following ideas for spending time with your child outdoors:

- **Harvest the fruits of the season.** Go as a family to pick fresh fruits, including pumpkins, apples, and berries.
- **Enjoy the sunny days.** Establish a house rule that when the sun's out, you head outdoors.
- **Bring back the old days.** Return to old traditions, including collecting lightning bugs, leaves, and rocks.

Does your child need a checkup before heading out into the great outdoors? To find a Hancock Regional Hospital pediatrician to meet your child's healthcare needs, visit www.hancockregional.org and select "Find a Doctor."



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