

Fall 2009

healthline

Dance the Night Away

for a Great Cause

Protect Your

Heart Health



Cancer Care

Treating the Whole Person

Expect the Extraordinary | www.hancockregional.org

 **ancock**
Regional Hospital

Moving on Up!

HANCOCK REGIONAL HOSPITAL is dedicated to the health and well-being of our patients across the region. In pursuit of this ideal, the Knightstown Health Care Center has moved to a more spacious location on West Main Street, Knightstown, IN.

“Through the expansion of the new Knightstown office, Hancock Regional Hospital is furthering our goal of offering quality care to as many patients as possible,” says Rob Matt, Vice President of Business Development at Hancock Regional Hospital. “The new building features better parking, a larger waiting room, additional exam rooms, and an improved clinical environment.

As the needs of our growing community change, we will continue to strive for clinical excellence.”

Open since June, the new office features the same trusted medical services available at the previous facility, including:

- comprehensive family care
- immunizations and vaccines
- sports physicals
- women’s health services

“We have been seeing patients in the new location for three months now,” says Vicki Miller, NP at Hancock Regional Hospital. “Patients and staff are delighted to be in a larger facility. We have had 100 percent positive patient feedback about the



new facility. Many thanks to all who made the dream of a new site a reality. It is much appreciated!”

For more information about additional services offered at the Knightstown Health Care Center, visit www.hancockregional.org.

Securing Your Health

At Hancock Regional Hospital, safe and efficient healthcare is our priority. To give our patients peace of mind when it comes to medical record security, we have implemented the use of electronic medical records (EMR) to provide confidentiality and aid in patient care.

“EMRs ALLOW A PATIENT’S chart to be available to multiple physicians and associates via a secure connection at any time,” says Sally Lacy, Team Leader of Health Information Services. “EMRs are especially important in emergency situations, such as a heart attack or stroke, because they provide immediate access to vital information.”

A Class Act

All physicians and associates undergo annual training in regards to patient rights and confidentiality.

“Checks are in place to ensure your medical records are protected,” Lacy says. “We also run audits every quarter to check for possible security breaches. If a breach is identified, we take corrective action immediately.”

For more information on electronic medical records, visit www.hancockregional.org.

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DEVELOPED BY



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.

Adding Some Ease to Catching Your Zzz's



For millions of Americans, receiving a good night's sleep is easier said than done. With the help of Hancock Regional Hospital Sleep Disorders Center, a good night's sleep does not have to be just a dream.

SLEEP DISORDERS—including narcolepsy, sleep apnea, and insomnia—not only deprive you of precious hours of sleep, they also can put your overall health at risk, including increasing your chances of suffering from a heart attack and stroke.

At Hancock Regional Hospital Sleep Disorders Center, help is available for a number of sleep problems. If you suffer from any of the following symptoms, a visit to our center may be the key to helping you get the sleep you need.

- daytime fatigue
- difficulty falling asleep
- loud snoring
- unrefreshed sleep or staying asleep

Quality Care

Specialized physicians who are dedicated to helping patients get the most out of their restful hours are on staff

at the Hancock Regional Hospital Sleep Disorders Center. Featuring four comfortably furnished observation bedrooms that are designed to resemble those of a fine hotel, the center allows patients to undergo evaluation and treatment in a welcoming environment.

“The services offered at the center are all-inclusive,” says Mike Levine, MD, board-certified Sleep Specialist at the Hancock Regional Hospital Sleep Disorders Center. “From evaluation and treatment to follow-up appointments, our goal is to help patients obtain a better night's sleep, enlisting all the services necessary to make this possible.”

To learn more about the Hancock Regional Hospital Sleep Disorders Center, visit www.hancockregional.org and click “Our Services.”

Healthcare on a Mission

On February 1, 2009, associates from Hancock Regional Hospital returned for a third journey to Machilipatnam, India, to help establish community health programs and provide medical assistance to villagers in the region.

A TEAM OF NINE VOLUNTEERS traveled to the state of Andhra Pradesh in southeastern India to provide education and offer direct medical assistance.

“During our 12 day trip, we established community health programs to help inform villagers on basic issues, such as handwashing, food preparation, and rehydration for the treatment of diarrhea,” says Russel Jarvis, Chaplain at Hancock Regional Hospital. “Our team also worked with village leaders to promote disease prevention and provide direct clinical care for more than 600 villagers.”

Helping at Home and Abroad

In addition to medical missions aiding communities overseas, Hancock Regional Hospital also works closely with surrounding communities here at home when the need arises.

“These trips are part of a larger initiative called ‘Caring Community Partners,’ which has led us to the Gulf Coast on multiple occasions to provide relief for victims of hurricane Katrina and created many other projects here



in our own community,” Jarvis says. “We’re happy to be able to keep serving those in need, which is really what Hancock Regional Hospital is all about.”

For more information about the Caring Community Partners program, visit www.hancockregional.org.



Ready, Set, TEST!

Wouldn't you like to know if you are at risk of suffering from a cardiovascular event before it occurs? Now you can.

CORONARY ARTERY CALCIUM SCORING is a quick and noninvasive medical test that identifies calcified plaque, which can build up in your coronary arteries, causing them to narrow or even close off the blood flow to the heart and possibly lead to a heart attack.

"Since spring 2009, the Coronary Artery Calcium Scoring test has already helped save one patient's life," says Lisa Wood, Diagnostic Imaging Services, Team Leader at Hancock Regional Hospital. "Without the screening, the patient would not have followed up with a cardiologist and discovered the need for open-heart surgery."

A Simple Test

While lying on your back, electrodes, which document the electrical activity of your heart on an electrocardiograph machine, are attached to your chest. You are then asked to hold your breath for 20 to 30 seconds while numerous images are taken. Once the screening is complete (approximately 10 minutes), you will receive preliminary test results, while the final results will be analyzed by a radiologist and sent to your primary care physician.

Unlike many screenings, you are able to eat and drink beforehand. In addition, patients feel no pain or side effects, and the test does not use any injection or contrast material.

"Hancock Regional Hospital offers Coronary Artery Calcium Scoring for \$99, and a physician referral is not required," Wood says. "We are proud to offer this test to the community year round as a screening tool and also at our annual Heartbeats Health Fair, which is held in the spring."

To schedule your \$99 heart scan today, call (317) 468-4600.

ARE YOU AT RISK?

Coronary artery disease (CAD) affects more than 13 million people living in the United States. Risk factors associated with CAD include:

- » *abnormally high blood cholesterol levels*
- » *diabetes*
- » *family history of heart disease*
- » *high blood pressure*
- » *obesity and being overweight*
- » *physical inactivity*
- » *smoking cigarettes*

"If you experience one or more risk factors of CAD, you may significantly benefit from receiving a Coronary Artery Calcium Scoring screening," says Lisa Wood, Diagnostic Imaging Services, Team Leader at Hancock Regional Hospital. "This quick and inexpensive test could help save your life."

Women who are pregnant should not undergo this test. Consult your physician to see if the Coronary Artery Calcium Scoring test is right for you.

Cancer Care with A Personal Touch

Hearing you have cancer can be a scary experience and may leave you worrying about where you can turn for help. Fortunately, with advanced, high-quality cancer services available at Hancock Regional Hospital, you can rest assured your health needs will be met and your expectations exceeded.

“AT HANCOCK REGIONAL HOSPITAL, the caliber of cancer management available is nothing short of exceptional,” says Tony Ricchiuto, Physician Liaison for Central Indiana Cancer Centers. “Several physicians who are seen as leaders in their field are available to care for patients here, helping to offer effective treatments and provide patients with positive results.”

Hancock Regional Hospital offers a wide variety of cancer services to meet the needs of local residents. Services include:

- Medical oncology and hematology
- Radiation oncology, including HDR brachytherapy
- Radiosurgery utilizing CyberKnife®
- Cancer research with access to numerous national clinical trials
- On-site pharmacy and comprehensive laboratory
- Cancer screenings and diagnostic imaging, including PET

No “I” in Team

Patients undergoing cancer treatment at Hancock Regional Hospital have a team of powerful allies in their corner. In addition to offering advanced chemotherapy and radiation treatments from a staff of seasoned experts, the physicians, nurses, and associates who provide oncology care at the hospital are dedicated to ensuring

patients receive care with a personalized touch. Thomas Whittaker, MD, is one of the medical oncologists who delivers this personal care every day.

“We recognize that people are more than just patients—they are individuals with personal needs and feelings,” Whittaker says. “We want patients to understand that they have treatment options, and we work with them to find out their best option. Looking at the whole person and providing support for all their needs is vital to treating cancer.”

Beyond traditional services, patients have access to cancer screenings, financial counseling, support groups, and other activities. Patients also have access to the very latest in cancer research, with more than 35 clinical trials currently open. For patients with a terminal diagnosis, compassionate palliative care also is available.

“The goal of comprehensive cancer treatment is to provide integrated, compassionate medical care for the patient’s individual circumstances,” says Irene Minor, MD, Radiation Oncologist with Central Indiana Cancer Centers. “The physicians and staff at Hancock Regional Hospital and Central Indiana Cancer Centers can provide that care.”

To learn more about the services available at Hancock Regional Hospital, visit www.hancockregional.org and click “Our Services.”



CANCER BY NUMBERS

The numbers surrounding the most common types of cancer may be surprising.

Here are some statistics to consider:

- As many as one out of eight American women will develop breast cancer at some point during a lifetime, according to the American Cancer Society.
- According to the National Cancer Institute, approximately 150,000 new cases of colorectal cancer will be diagnosed in 2009.
- More than 190,000 new cases of prostate cancer will be diagnosed this year.
- Approximately 45,000 Americans will be diagnosed with some form of leukemia in 2009.

Positive Life Changes

Fall 2009

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

Saturday, October 10, December 5, 9 a.m.–Noon, Thursday, November 5, 6–9 p.m., \$30 per couple

Childbirth Preparation

Learn about the stages of pregnancy, the basics of labor, delivery techniques, and the recovery process. Perfect for first-time parents and/or experienced parents in need of a review. Includes tour of the Andis Women's Unit. \$35 for women delivering at Hancock Regional Hospital; \$65 for women delivering elsewhere. Class dates for September and November

2009 are now being reserved. Please call (317) 468-4506 for more information.

Natural Childbirth

This class focuses on labor preparation, breathing, and relaxation techniques for moms interested in a natural delivery. Saturdays, October 10 & 17, December 5 & 12, 9 a.m.–12:30 p.m., Thursdays, November 5, 12, 19, 6:30–9 p.m., \$35 per couple

Play It Safe

American Heart Association Healthcare Provider CPR

October 8, November 5, December 8, 8:30 a.m.–3 p.m., \$71

American Heart Association Healthcare Provider Recertification

October 22, November 23, 8:30 a.m.–Noon, December 17, 1–4 p.m., \$71

Advanced Cardiac Life Support Recertification

October 30, December 4, 8:30 a.m.–4 p.m., \$128

Pediatric Advanced Life Support

November 23 & 24, 8:30 a.m.–4 p.m., \$179

Pediatric Advanced Life Support Recertification

December 18, 8:30 a.m.–4 p.m., \$128

Heartsaver First Aid and CPR Course

(Adult, infant, and child CPR, and First Aid) Tuesday and Thursday, October 6 & 8, December 8 & 10, 6–10 p.m., \$80

Safe Sitter®

The Safe Sitter® course is a medically accurate child care course developed especially for boys and girls ages 11 to 13. Safe Sitter teaches the skills needed to safely care for children—infants through school age. First aid techniques for choking will be addressed, but CPR certification is not provided.

Saturdays, September 26,

November 21, 9 a.m. – 4 p.m. Please call (317) 468-4506 for more information.

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.

To Your Health

Look Good...Feel Better

This class for women battling cancer provides information and cosmetic advice. Reservations are required, and women must be in active cancer treatment. For more information on the next class date or to make a reservation, please call (317) 467-7100 ext. 207. Central Indiana Cancer Centers, Suite 50, Hancock Regional Hospital. No charge.

Diabetes Education—NEW!

Hancock Regional Hospital is proud to announce a new Diabetes Education program, complete with monthly support groups, individual counseling, and education classes.

Diabetes Support Group

Wednesday, October 21, 1 p.m. Thursday, October 22, 7 p.m. Call (317) 468-4379 for information. Reservations normally not needed. No charge.

Diabetes Education Classes

- Total Nutrition for Diabetes
- Living a Healthier Diabetes Lifestyle
- Diabetes Management Issues
- Introduction to Diabetes

Classes are offered at convenient afternoon and evening times each month. Cost is \$15 per class. To find out more about class times and to register, please visit www.hancockregional.org.

Diabetes Health Fair

In celebration of National Diabetes Awareness month, Hancock Regional Hospital is sponsoring a Diabetes Health Fair. Attend a free seminar about the risks of diabetes and stroke. Learn what health issues place you at risk for a stroke and steps you can take to prevent it. Receive diabetic educational and promotional items from our local diabetes vendors.

Tuesday, November 17. Vendor Fair 5–7 p.m. Speaker at 7 p.m.

Individual Diabetes Counseling

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

Individual Diet Instruction

By appointment; MD orders required. Call (317) 468-4467 for an appointment and more information.

A Helping Hand Commit to Quit/Smoking Cessation Classes

Mondays: October 5, 12, 19, 26, 6–7 p.m., Tuesdays: November 3, 10, 17, 24, December 1, 8, 15, 22, 6–7 p.m., Tuesdays: December 1, 8, 15, 22, Noon–1 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 Education Group

A tobacco cessation class for teenage users of cigarettes or chewing tobacco.

Mondays: October 5, 12, 19, 26, 3:30–5 p.m. Tuesdays: December 1, 8, 15, 22, 3:30–5 p.m. \$25 for first-time attendees, \$50 for second time attendees.

Parenting Children of Divorce

Class provided by the Indiana Health Group. Please call (317) 467-2025 to register for this class.

Thursdays: October 29, November 19, 6-7:30 p.m.

Support Groups

Breastfeeding Support Group for Pregnant and Nursing Mothers

For pregnant and nursing mothers interested in learning more about the benefits of breastfeeding in a supportive environment. For nursing mothers, scales are available to monitor your baby's weight gain. Led by a Breastfeeding Professional.

Thursdays, October 8, November 12, December 10, 6-7 p.m. No charge, OB Lounge—2nd Floor.

Cancer Circle Support Group

Wednesdays, October 21, November 18, December 16, 7-8 p.m. No charge.

Alzheimer's Support

Mondays, October 26, November 30, December 28, 6:30-8 p.m., No charge.

Multiple Sclerosis Support

Thursdays October 1, November 19, 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 27, November 24, December 29, 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 7, November 4, December 2, 12:30-3 p.m. Generously provided free of charge by donors through the Hancock Regional Hospital Foundation.

Dancing the Night Away for Women's Health

Hancock Regional Hospital Foundation is planning a party, and YOU are the guest of honor.

ON SATURDAY, DECEMBER 5, 2009, you are invited to join Hancock Regional Hospital Foundation as we Light the Way—a celebration of how your gifts donated through the Hancock Regional Hospital Foundation will help ensure that Hancock Regional Hospital can meet the community's health and wellness needs now and for generations to come.



“We want to acknowledge how much we appreciate the continued support of our donors and community, especially in this time of economic uncertainty,” says Myra Bleill, Executive Director of the Hancock Regional Hospital Foundation. “Since 1951, Hancock Regional Hospital Foundation has channeled the generosity of individuals and groups who, like you, are committed to the common good.”

The theme, Light the Way, was selected as an analogy in appreciation for gifts given and in anticipation for donations yet to be contributed—each which light the way for better health and wellness. This event's offerings will be directed toward the James T. Anderson, M.D., Center for Women's Health. The center, which will be located on the main floor of the hospital, has been approved, and construction will begin soon. The James T. Anderson, M.D., Center for Women's Health will provide the latest in digital technology for breast screening and diagnoses, as well as bone-density scans, wellness programs, the Andis Clinic, and a resource center.

Light the Way

Held at the Westin Hotel in Indianapolis, the Light the Way evening will include fine dining, dancing to the Flip Miller Band, a reverse raffle, and the opportunity to participate in additional fabulous raffles, such as trips to Mexico or Palm Springs and a 46" Sharp LCD TV.

“Individual tickets are \$100 and include a chance at the \$5,000 reverse raffle drawing,” Bleill says. “Sponsorships are available. Tables of 10 may be reserved, and blocks of hotel rooms also have been held to give you an opportunity to stay the weekend in Indianapolis. The rooms are only \$129/night plus taxes. You will be able to reserve a room directly through the Westin Hotel.”

Plan to join us as we celebrate the James T. Anderson, M.D., Center for Women's Health and YOU. For more information or to purchase a ticket, please call Hancock Regional Hospital Foundation at (317) 468-4583 or the Westin Hotel at 1-800-Westin1 (1-800-937-8461) for room reservations.

Charge Your Health With TNT!

TOTAL NEWS THURSDAYS

Join Hancock Regional Hospital for an exciting new health information series! All sessions are free. Please register by calling (317) 468-4506, as space is limited.

Session 1: Standing Tall

Taking charge of back, neck, hip, and knee pain

Thursday, September 17, 2009

Vendor Showcase: 6-7 p.m.

Speaker: 7-8:30 p.m.

Session 2: A Deadly Disorder—What is Metabolic Syndrome?

Thursday, October 29, 2009

Vendor Showcase 6-7 p.m.

Speaker: 7-8p.m.

Free prostate exams, blood pressure, and blood sugar screenings



THE FIGURES TO PROVE IT

70 the record number of Indiana companies designated a Best Place to Work in Indiana in 2009

23 the number, including Hancock Regional Hospital, appearing for the first time

14 Hancock Regional Hospital's rank overall

Simply the Best

Hancock Regional Hospital ranks as one of the Best Places to Work in Indiana as voted by its employees.

THE ENTIRE STAFF OF HANCOCK REGIONAL Hospital is excited to have placed 14th overall in the Best Places to Work in Indiana survey. The Indiana Chamber of Commerce sponsors the survey in partnership with Anthem Blue Cross and Blue Shield. Only two healthcare organizations statewide ranked higher.

“This is an honor we share with all 900 employees and reflects the dedication of each associate to provide the highest quality healthcare as a team,” says Erin Brothers, Recruiter at Hancock Regional Hospital. “We have what we call a ‘patients first culture’—a teamwork approach to putting patients first.”

Organizational Success

According to the survey, more than 95 percent of associates at Hancock Regional Hospital gave a positive response in the area of employee engagement.

“The commitment of associates is a product of the positive work environment and open lines of communication maintained throughout the organization,” Brothers says. “Hancock Regional Hospital has a flat organizational structure where our customers are on top.”

Performing exemplary customer service, associates are friendly, positive, and qualified. Hancock fosters a family environment, which makes people feel welcome.

“New hires comment on the mutual respect and teamwork at Hancock Regional Hospital,” says Brothers. “The recognition as one of the Best Places to Work in Indiana is something we are extremely proud of. We have resolved to continue this tradition to help benefit patients and associates for years to come.”

For more news about Hancock Regional Hospital, visit www.hancockregional.org.