

# health connection

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## Jane Phillips Medical Center Offers Tips To Fight Off **H1N1**

 **JANE PHILLIPS  
MEDICAL CENTER**

[www.jpmc.org](http://www.jpmc.org)

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# Jane Phillips Medical Center Offers Tips To Fight Off H1N1

With school back in session and the regular flu season soon upon us, Jane Phillips Medical Center officials are taking steps to inform the public about the symptoms, prevention and treatment of the virus commonly referred to as the swine flu or H1N1 flu.

The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. Those deemed as high risk are pregnant women, providers to children < 6 months, ages 6 months–24 years, 25–65 years with chronic medical conditions, healthcare workers and first responders.

People at higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical

conditions (such as asthma, diabetes, or heart disease), and people who are immunosuppressed (e.g., taking immunosuppressive medications, infected with HIV).

If you get sick with flu-like symptoms, stay home, limit contact with others, and call your doctor. Your doctor will decide if testing or treatment is needed. These people are strongly encouraged to also wear a mask or ask for a mask when going to their medical provider's office or upon arrival to the hospital when coming for any tests or procedures.

Pregnant women are especially susceptible to the virus and therefore are requested to take the same measures as those individuals with flu-like symptoms by wearing a mask while at the medical center. "When

coming to the hospital for testing or the ER, patients are encouraged to inform the staff of their symptoms," said Rita Johnson, RN, MBA, Emergency Services Nurse Manager. "Our ER liaison and Security staff will distribute masks and tissues to patients requiring them. In addition, patients may be asked to wait in a separate waiting room to decrease the spread of germs."

"This is a health safety measure we have in place every flu season," said Johnson. "We take these precautions to prevent the unnecessary exposure of patients at the hospital." Other measures taken during the flu season at JPMC are distribution of hand sanitizer and tissues in all waiting rooms for our guests to wash their hands. Posters are also placed throughout the hospital to remind visitors, staff, and patients to always cover their cough and to wash their hands often.

A vaccine to protect against the pandemic H1N1 virus is currently

being manufactured, but is not ready for distribution at this time. When the vaccine is made available to the public, you will be able to receive the shots through your physician or the health department. But treatments are available that can shorten the course of the illness in severe cases once the infection is diagnosed.

"Jane Phillips Medical Center has a sufficient supply of these medicines on hand to handle an increase in patients admitted with influenza," said Erin Claiborne, DPh, JPMC Pharmacy Manager. "We also have made arrangements with our supplier to get more if we should have an influx of patients admitted with the flu."

If you get sick, you may be ill for a week or longer. You should stay home and keep away from others as much as possible (except to get medical care or for other necessities). This includes avoiding travel and work or school for at least 24 hours after your fever is gone. (Your fever should be gone without the use of fever-reducing medicine.) If you leave the house to seek medical care, wear a facemask, if available and tolerable, and cover your coughs and sneezes with a tissue. In general, you should avoid contact with other people as much as possible to keep from spreading your illness, especially people at increased risk of severe illness from influenza.

With seasonal flu, people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods. People infected with the novel H1N1 are likely to have similar patterns of



People infected with the novel H1N1 are likely to have similar patterns of infectiousness as with seasonal flu.

infectiousness as with seasonal flu.

As with any influenza virus, individuals are encouraged to take the following steps to reduce the spread of the virus:

- Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching the eyes, nose, and mouth.
- Stay home when sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into the elbow or a tissue and properly dispose of used items.
- Stay healthy by eating a balanced diet.
- Get adequate sleep. Lack of sleep (rest) reduces your body's resistance to the flu.
- Drink lots of water. Catching the flu becomes more likely when you are dehydrated.
- In addition, to drinking water, eat

five or more servings of fruits and vegetables daily—and always eat breakfast. Good nutrition is an excellent way to keep your body resistant to the flu.

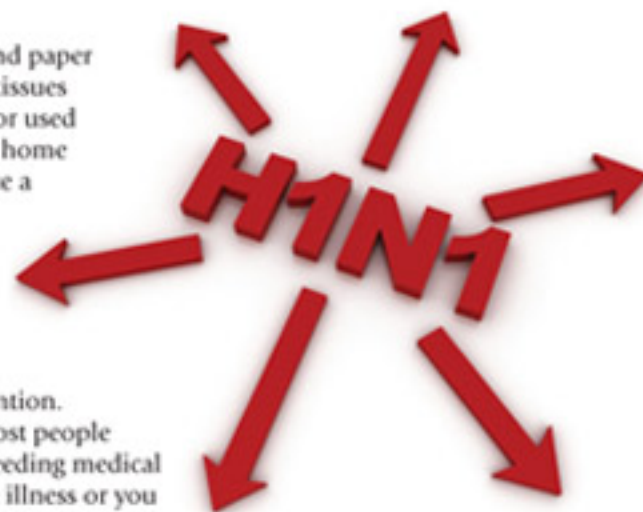
- Take a multi-vitamin daily and, if your healthcare provider approves, take additional vitamin C if you don't think you're getting enough in your diet.
- Don't Smoke. Smoking lowers your body's resistance to disease and causes damage to your lungs and respiratory system.
- Exercise. Activities that increase your heart rate, such as walking, biking, and swimming are excellent ways to keep your body resistant to disease.


Other suggestions to deter the spread of the virus are to regularly clean commonly touched surfaces such as handrails and doorknobs, avoid overcrowded conditions, get plenty of fresh air, stock all sinks and

restrooms with soap and paper towels, place boxes of tissues and waste containers for used tissues throughout the home or workplace, and make a plan to separate those individuals with flu-like symptoms from the general public and supervise them until able to go home or receive medical attention.

It is expected that most people will recover without needing medical care. If you have severe illness or you are at high risk for flu complications, contact your healthcare provider or seek medical care.

"Each year, JPMC prepares for the upcoming flu season months in advance," said David Stire, President/CEO. "This year, is no different. We have a Flu Committee who has been meeting and following the H1N1 flu news and have prepared by ordering



extra supplies of medications, masks, hand sanitizer, gowns, and other personal protective supplies to have on hand and procedures to implement should we see an increase in flu cases this year. The community can feel confident that JPMC will be able to care for any patients admitted with the H1N1 flu." 

# JPMC Earns Another Heart Award

Jane Phillips Medical Center has again been recognized for its outstanding heart care. JPMC is one of only two Oklahoma hospitals to earn the American Heart Association's 2009 Silver Performance Award. Listed in U.S. News & World Report's Best Hospitals issue, JPMC is recognized for treating patients with coronary artery disease. The Bartlesville-based hospital is lauded for achieving a high rate of compliance with the AHA's Get With The Guidelines program, which features the latest evidence-based guidelines for treating coronary artery disease.

"Earning this prestigious honor took dedication by everyone," said Stan DeFeht, MD, Bluestem Cardiology. "I am very proud of our commitment to

and success in providing patients with a higher standard of specialized heart care and doing so quickly and easily." To receive the AHA's Silver


Performance Achievement Award, JPMC consistently followed treatment guidelines for 12 consecutive months.

David Stire, JPMC President/CEO, said the hospital is committed to delivering quality cardiology services.

"The number of acute heart attack patients eligible for treatment is expected to grow over the next decade due to increasing incidence of heart disease and a large aging population," said Stire. "We remain dedicated to delivering quality heart care close to home."

JPMC's cardiology services have consistently earned national recognition for a high standard

of care. The American College of Cardiology ranked JPMC as the best hospital in the country for providing heart patients with critical medication upon discharge. JPMC also exceeds both state and national averages for treating heart attack patients who come through the Emergency Room for care.

Every year, JPMC treats over 2,500 patients for chest pain and performs more than 360 heart catheterizations. The hospital's Heart & Vascular Center features an array of modern diagnostic and interventional technologies. 



## Bluestem Foundation To Host

# GLITZ 2009

The Bluestem Regional Medical Development Foundation, which supports the mission of Jane Phillips Medical Center, again will host its annual fall fundraising event for the continuing education and training of JPMC employees. The 2009 Glitz fundraiser will be held on Friday, September 18 beginning at 6:30 p.m. and will be held in the Rose Garden "Casino" at the Medical Center.

"This year the atmosphere will feature the heart of Las Vegas, complete with the aromas and sounds of a luxury casino," said Event Chair Laurie Kendall, JPMC Public Relations/Marketing Manager.

"This is a chance to escape to Vegas while staying right in Bartlesville and enjoy an evening of fun, lights, good company, and great food," said Kendall.

The festive evening will begin at 6:30 p.m. with hors d'oeuvres, bidding on silent auction items, and playing craps, black jack, and roulette.

"Continuing education is crucial in the ever-changing world of healthcare," said David R. Stire, JPMC President/CEO. "The funds raised provide resources beyond the funding capabilities of the hospital's operating budget allowing employees to acquire additional instruction. This translates into a more knowledgeable and versatile staff which benefits both the hospital and the community," he said. "This promises to be a fun and entertaining way to make a positive impact on the healthcare of our community."

A silent auction will be held from 6:30 p.m. to 8:15 p.m. in the main lobby of the medical center. "Many of the hospital's departments with employees who used Glitz funds donated a themed-basket for the auction," said Kendall. In addition, various local businesses/organizations donated items for the auction.

A live auction will begin at 8:45 p.m. Some items up for bid include:

- Two Oklahoma City Thunder vs.

Miami Heat basketball tickets (Wednesday, October 14 at 7 p.m.) at BOK Center and gas card donated by Bank Of Oklahoma and Quik Trip

- Flowers for a year donated by Flowerland
- Two season passes to the Broadway In Bartlesville series at the Community Center donated by Bud Sexson and the Bartlesville Community Center
- Five-night condo stay (for four) during May, June, or July at Angel Fire, New Mexico donated by Jim and June Pritchard
- An American made bicycle by Trek with a aluminum lifetime guaranteed frame. This bike has state-of-the-art Bontrager alloy rims, hubs, saddle and stem. You can not go wrong with Shimano Tiagra derailleurs and this road bike would be a great entry for anyone interested in cycling donated by Dr. Terry and Janet Johannesen
- A "Poker Party" catering event for 20 guests donated by Classic Fare Catering
- Half a beef donated by JPMC's Emergency Services and Critical Care Unit. Processing donated by Peck's Dewey Custom Butchers
- Beautiful jewelry donated by Boles Jewelry
- Four days/three nights at the Sheraton Four Points Metrocenter Hotel in Phoenix, Arizona. Includes museum/attraction


passes for two donated by Dorea and Kevin Potter

- Exciting week at a Fairfield Resort donated by Dr. Bill and Carolyn Fesler
- Callaway Golf FT-1 25th Anniversary driver and a round of golf for two at Scissortail Golf Course in Verdigris donated by Bob and Lori Walker and JPMC Diagnostic Imaging department
- Two tickets to "Tuna Does Vegas" at the Tulsa PAC March 9-11. One of every merchandise item including T-shirt, hat, key chain, poster, and more. Plus, a rare BACKSTAGE TOUR before the show to see how they do costume changes, etc. donated by Rep. Earl Sears and actor Joe Sears

- Official NFL Miami Dolphins helmet autographed by Dan Marino donated by JPMC Business Services and Cindy O'Bannon
- Two OSU vs Missouri tickets (October 17, 2009), \$50 Quik Trip gas card, and a pre-game tailgating party with Scott Ambler donated by Mary & Senator John Ford, Quik Trip, and Ambler Architects

Tickets are \$100 each and a portion is tax deductible. The deadline to RSVP is September 11. Call the Bluestem Foundation office at 918/331-1431 to make reservations or for more information. The public is invited to attend.

A companion event, the Glitz Open Golf Tournament, will be at Adams Golf Course on Thursday, September 24. For the fifth consecutive year the field has been completely filled for the tournament.

A truck will be the grand prize for any golfer who can ace the third hole at Adams Municipal Golf Course during this year's Glitz Open Golf Tournament. The hole-in-one contest sponsor is Oakley Chevrolet-Buick-Pontiac. 



# How to Have a Hundred Birthdays

Presented by David Meinz,  
MS, RD, FADA, CSP



## Jane Phillips Medical Center and Bluestem Foundation Are Hosting the 13th Annual Cy Young Symposium

Thursday, October 22, 2009  
Bartlesville Community Center

Returning to Bartlesville after a popular appearance in 2008, nationally known speaker David Meinz, MS, RD, FADA, CSP, will present "How to Have a Hundred Birthdays." Forty years ago, there were 3,000 centenarians living in the U.S. Today there are 70,000! People who have celebrated their one hundredth birthday belong to the fastest growing age population in this country.

Nutritionist David Meinz shows you how to add years to your life and life to your years. You'll discover the Seven Steps To Longevity, the latest on vitamin supplements, how to get more energy, and brand new information on cholesterol. A fun and funny program that will show you how to power-up your health in today's fast-paced lifestyle.

Information and health screening booths will be open 5:30 p.m. to 7 p.m. Presentation 7 p.m. to 8:30 p.m.

The public is invited to attend this free seminar. Light refreshments will be served.

Reservations are requested. To RSVP, please call 918/331-1431 or email lharrison@jpmc.org.

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## Mother/Daughter Workshop: Growing Up Offered


Jane Phillips Medical Center's Women's Health Education is offering the Mother/Daughter Workshop "Growing Up" on Saturday, October 10, 2009 from 9 a.m. to 11 a.m. at Jane Phillips Medical Center in the first floor classrooms.

The class is offered to girls ages 9-13 and their mothers. The program will address menstruation and puberty. Mothers and daughters are given the opportunity to explore the physical and emotional changes that come about during puberty. They are encouraged to consider the positive aspects of puberty and the transition to womanhood.

This class is offered in a supportive atmosphere. Participants will also receive information to help them make good choices in building healthy relationships and to identify those that are not healthy. Opportunity will be given to

discuss the value of respectful, caring relationships with family, friends, and peers.

Reservations are requested. Please call 918/331-1425 to enroll.

Pre-enrollment is requested one week in advance. Cost is \$25 per mother/daughter couple. Please note: five couples are required per class. 



## Accepting New Patients

**William L. Fesler, MD**

Family Medicine, Gemini Medical Clinic

3450 SE Frank Phillips Blvd., Suite 400, Bartlesville, OK 74006

918/331-2424

- Board certified in Family Practice by the American Board of Family Medicine
- Received his medical degree from the University of Oklahoma College of Medicine
- Completed his residency program from Wesley Medical Center in Wichita, Kansas
- A member of Jane Phillips Medical Center's medical staff since September 1976
- Accepting new appointments now. Office number is 918/331-2424. Seeing patients on a part-time basis.



 GEMINI  
MEDICAL GROUP, INC.

 JANE PHILLIPS  
MEDICAL CENTER

JANE PHILLIPS MEDICAL CENTER AND THE BLUESTEM FOUNDATION ARE HOSTING:

# SADDLE UP

## A BENEFIT TRAIL RIDE TO FIGHT DIABETES



Jane Phillips Medical Center and the Bluestem Foundation are hosting a benefit trail ride to fight diabetes on Saturday, October 10 at 9:30 a.m. at Cedar Creek Ranch.

For people who have diabetes, education and support from a team of health care professionals can help them maintain control of their diabetes and assist them in living a long and healthy life. Jane Phillips Medical Center in Bartlesville offers an outpatient education and support program that is certified by the American Diabetes Association. However, only eight percent of people who are discharged from the hospital with diabetes attend diabetic education classes.

The ride will be on the Cedar Creek Ranch, one of the ranches owned and operated by John F. and John B. Kane. The ranch has been part of the Kane family operation since 1966 and is situated in eastern Osage County. Deep canyons, thick stands of blackjack oak trees, and native bluestem rangeland, mark the ranch. Cedar Creek and Buck Creek run through the ranch, along with a scenic natural horseshoe lake.

The ride will cover approximately 15 miles of primitive trails including smooth stretches for leisurely riding and conversation, rambling creeks, hill-top breathtaking vistas, and challenging climbs and drops, just to add a little excitement!

Riders are to provide their own horses.

Primitive camping is available on

Friday after 3 p.m. Registration and check-in on Saturday is from 7 a.m. to 9 a.m.

Cost for those participating in the trail ride is \$45 per person. This includes the ride and lunch. Riders are to supply their own horses.

Pre-registration is requested by September 25 to ensure adequate food. To receive a brochure with registration form, rules and regulations, and more information regarding the fundraiser, please call the Bluestem Foundation's office at 918/331-1431 or email [lharrison@jpmc.org](mailto:lharrison@jpmc.org).

### Ride Schedule:

- Registration and coggins check on arrival
- Friday: Arrival between 3 p.m. and 9 p.m.
- Gate closes at 9 p.m. Friday
- Saturday: Arrival and check-in time 7-9 a.m.
- Parking and unloading: Cedar Creek Ranch North Pens
- Ride begins: Promptly at 9:30 a.m. (no exceptions)
- Arrive at lunch stop: 11:45 a.m.
- Lunch, 50/50 money drawing, silent auction bidding, and rest period: noon
- Afternoon ride begins: 1 p.m.
- Ride ends at camp at 4 p.m.




### Rules & Regulations:

- Current negative coggins will be checked at gate.
- Riders under age 18 must be accompanied by a parent or guardian.
- Shoes on your horses are recommended.
- Riding is prohibited except during the ride.
- No riding double or riding bareback.
- Kicking horses must be flagged with red on their tail.
- No stallions.
- Do not pass trail leaders. Any exceptions could cause confusion to the people behind and endanger riders.

- No littering, smoking, or alcohol permitted.
- No pets on the trail.
- Reservations requested for meals, trail ride, and t-shirts.
- Entry and liability releases for all riders

### Accommodations At Cedar Creek Ranch:

Overnight camping is available on Friday night prior to the ride. Very primitive setting. Port-a-potties will be provided. No electricity is available. Dogs allowed in camp on leash only and must be confined to your camp. 

## Sports Medicine Clinics Held on Saturdays During Football Season

It is football season and that means that it is time once again for the Jane Phillips Medical Center's Sports Medicine Clinic. Every Saturday (September 5–November 7) 9 a.m. to 11 a.m., the clinic offers free exams to student athletes at Jane Phillips Medical Center's Emergency Room.

The ten-week clinic features care of the injured athlete and is directed by a team of sports medicine professionals. The medical team includes an orthopedic surgeon, licensed physical therapists, and a certified athletic trainer. Normal charges will apply. Please bring appropriate insurance information. Students under 18 must be accompanied by a parent or guardian.

"This is an excellent opportunity for students who get hurt during the week to get in quick and be seen by a sports medicine specialist," said David Villasenor, Manager of Physical Medicine Services. "This has been a very successful program and we are excited to offer it again."

Villasenor emphasized the clinic is solely for student athletes and not for weekend warriors or adult enthusiasts. In addition, a parent or guardian must accompany students under the age of 18.

Alan Mount the Regional Sports Medicine Coordinator continues to advise area coaches, athletes, and their parents in the prevention and care of sports-related injuries. **JP**

## Pulmonary Rehab Program Beneficial To Those Suffering From Lung Disease

Jane Phillips Medical Center offers a Pulmonary Rehab program at the Wellness Connection on the ninth floor of the hospital. Patients attend sessions for approximately 12–16 weeks for a total of 30 sessions. The program is covered by Medicare and most insurance plans. Physician referral is required.

Patients with any of the following will benefit from the program: COPD, chronic bronchitis, emphysema, kyphoscoliosis and scoliosis, chronic respiratory conditions due to fumes and vapors, coal workers pneumoconiosis, pulmonary fibrosis, bronchiectasis, cystic fibrosis, persistent asthma, lung transplantation, sarcoidosis, plus other respiratory diagnosis.

The patient should have symptoms that impair their level of functioning, i.e. FEV1; have quit smoking or be willing to participate in smoking cessation; be willing to cooperate and participate in the plan of care; and be physically able, motivated, and willing to participate in rehab.

JPMC has partnered with Oklahoma Rehab Services (ORS) to deliver individualized treatment for people with chronic lung disease. ORS provides a medical director to oversee the program and two staff members to conduct the program. All patients receive a thorough evaluation and an individualized treatment plan by Jane Phillips Physical Medicine Department's physical therapy staff.

For any questions about the program, please call the Jane Phillips Pulmonary Rehab Program at 918/331-1904. **JP**





## Gemini Medical Group & Jane Phillips Medical Center Welcome

**Courtney Carter, DO**  
Pediatrician

Gemini Medical Clinic  
3450 SE Frank Phillips Blvd., Suite 100  
918/338-3739

- Received medical degree from Oklahoma State University Center for Health Sciences.
- Completed pediatric residency and internship training from Oklahoma State University Medical Center.
- Member of the American Osteopathic Association, Oklahoma Osteopathic Association, American College of Osteopathic Pediatricians, and the American Academy of Pediatrics.
- Now accepting new patients. To schedule an appointment, please call 918/338-3739.



## You're Invited: Baby Shower/Maternity Fair



### *Jane Phillips Medical Center's Family Services invites you to an Open House & Information Shower*

**October 8, 2009**

**6:00–8:00 p.m.**

First Floor Classroom

Booths, Cake and Punch, Information, Door Prizes

- Learn about our full array of services at JPMC for "nearly" Moms.
- Be pre-admitted to JPMC and make financial and insurance arrangements ahead of time.
- Pick up handouts and gift packs.
- Meet the JPMC staff members who will be guiding you through pregnancy, helping you through delivery, teaching you the benefits of breastfeeding, and calling you at home to make sure everything is going well.
- Learn how to sign on for a safe and joyful journey on the pathway to parenthood in our Childbirth Education Classes.

**Jane Phillips Medical Center Family Services**  
3500 S.E. Frank Phillips Blvd.  
Bartlesville, OK 74006  
918/331-1425  
[www.jpmmc.org](http://www.jpmmc.org)

