

health connection

October 2009

a publication of Jane Phillips Medical Center

your source for a more healthy and well-connected life

David Mainz Presents

How to Have a Hundred Birthdays



 JANE PHILLIPS
MEDICAL CENTER

www.jpmc.org

Sponsored by St. John Health System

David Mainz Presents How to Have a Hundred Birthdays

Jane Phillips Medical Center is hosting the 13th annual Cy Young Educational Symposium on Thursday, October 22 at the Bartlesville Community Center. The symposium will be from 5:30 p.m. to 8:30 p.m. Information booths will be open from 5:30 p.m. to 7 p.m. and the presentation is from 7 p.m. to 8:30 p.m.

Returning to Bartlesville after a popular appearance in 2008, David Mainz, 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 Mainz 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 control. Mainz presents a fun and funny program that shows you how to power-up your health in today's fast-paced lifestyle.

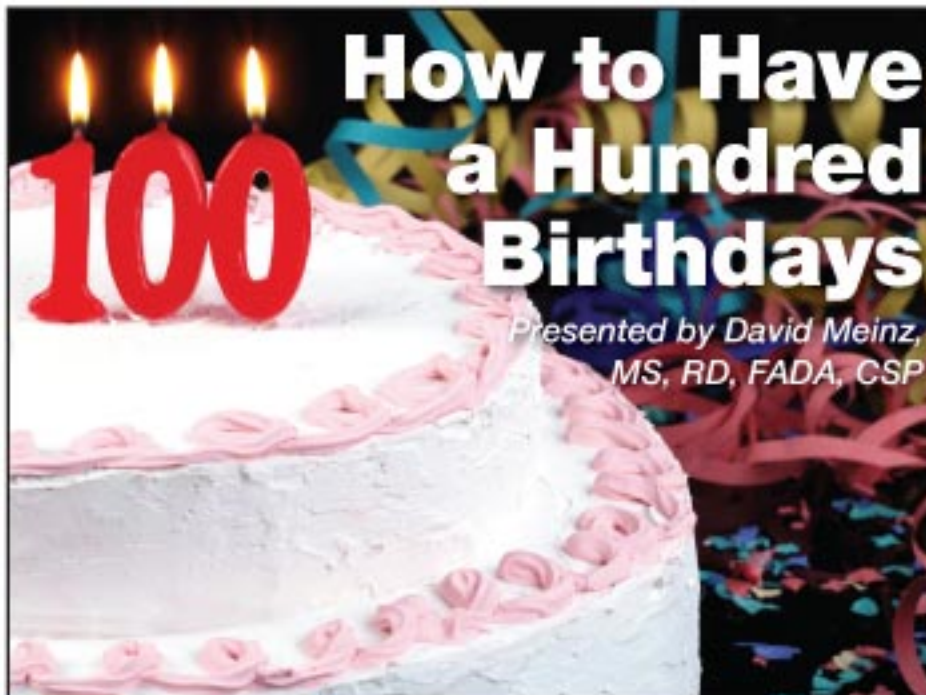
Mainz earned a Master's Degree (MS) in Human Nutrition in 1981. He is a Registered Dietitian (RD) and Fellow in the American Dietetic Association (FADA), an honor held by less than 1% of all dietitians. He has also earned the Certified Speaking Professional (CSP) designation in the National Speakers Association. Only 325 people in the world have earned this prestigious title.

The public is invited

to attend this free seminar. Light refreshments will be served.

Reservations are requested. Please call 918/331-1431 to RSVP or for more information. 

Forty years ago, there were 3,000 centenarians living in the U.S. Today there are 70,000.



How to Have a Hundred Birthdays

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



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Jane Phillips Medical Center and Bluestem Foundation Are Hosting the

13th Annual Cy Young Symposium

Thursday, October 22, 2009
Bartlesville Community Center

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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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SPONSORED BY ST. JOHN HEALTH SYSTEM

Bluestem Foundation 2009 GLITZ FUNDRAISER SUCCESSFUL



The Bluestem Regional Medical Development Foundation, which supports the mission of Jane Phillips Medical Center, hosted its annual fall fundraising event on September 18.

This year's Glitz dinner event featured the heart of Las Vegas, complete with the aromas and sounds of a luxury casino. The fundraiser offered a chance to escape to Vegas while staying right in Bartlesville and allowed the guests to enjoy an evening of fun, lights, good company, and great food.

Guests tried their luck at the craps, blackjack, and roulette tables. Many hospital departments whose employees used Glitz funds donated a

themed-basket for the silent and live auctions. In addition, various local businesses/organizations donated items for the auctions.

"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. The result has been a significant elevation in

the levels of competence and skills possessed by our hospital associates who provide patient care and by those who support them. Glitz is a fun and entertaining way to make a positive impact on the healthcare of our community."

"We sincerely appreciate everyone who supported us in this important endeavor of helping provide a more knowledgeable and versatile staff which benefits both the hospital and the community," said Mike Wilt, Bluestem Foundation Executive Director. **JP**

Pictures provided courtesy of Wilbur Gibson, PiczHappen.com.

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The Bartlesville Garden Center recently presented Jane Phillips Medical Center with a beautification award.

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.



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October is NATIONAL BREAST Month CANCER AWARENESS

In 2009, an estimated 192,370 women and 1,910 men in the United States will be diagnosed with breast cancer. In fact, breast cancer is the second leading cause of cancer deaths in women today (after lung cancer) and is the most common cancer among women, excluding non-melanoma skin cancers.

In an effort to increase public awareness about breast cancer, Jane Phillips Medical Center joins other organizations nationwide to promote National Breast Cancer Awareness Month in October.

Breast Cancer Risk Factors

Anything that increases a person's chance of developing a disease is called a risk factor. Studies have found that race, social status, income, education and access to screening and treatment services may affect a woman's risk of developing breast cancer. Some of these risk factors for breast cancer are as follows:

- **Age**—Breast cancer is more likely to develop as one grows older.
- **Menstruation onset**—A woman's risk of developing breast cancer may be higher if her first period began when she was under the age of 12.
- **Delay of first pregnancy**—A woman who delays starting a family until she is in her mid-30's or older is at an increased risk.
- **History of breast cancer**—A previous case of having breast cancer may increase chances for it to return (a recurrence).
- **Family history**—The likelihood of developing breast cancer increases if your mother or sister had breast cancer, especially if at an early age.
- **Radiation therapy**—Radiation therapy to the chest, given more than 10 years ago, especially in women younger than 30 years old, may increase a woman's risk of developing breast cancer.

- **Other breast diseases**—A previous breast biopsy specimen showing certain types of benign breast conditions may indicate a higher risk of developing breast cancer. For most women, ordinary "lumpiness" of the breast tissues does not increase their risk.

American Cancer Society Guidelines for the Early Detection of Breast Cancer

- **Yearly mammograms** are recommended starting at age 40 and continuing for as long as a woman is in good health.
- **Clinical breast exam (CBE)** should be part of a periodic health exam, about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- **Women should know how their breasts normally feel and report any breast change promptly to their health care providers.** Breast self-exam (BSE) is an option for women starting in their 20s.
- **Women at high risk (greater than 20% lifetime risk) should get an MRI and a**

mammogram every year. Women at moderately increased risk (15% to 20% lifetime risk) should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15%.

The Mammogram is One of the Best Screening Tools

Getting a regular mammogram is essential for breast health, along with the self breast exam. Mammograms are normally performed after the age of 40, but can be done if breast cancer is suspected or if there is a genetic predisposition for breast cancer. A mammogram is an x-ray of the breast. This test is used to look for breast disease in women who do not seem to have breast problems. It can also

be used when women have symptoms such as a lump, skin change, or nipple discharge.

Jane Phillips Medical Center and JP Imaging Services offer the latest in digital mammography technology. "We believe that mammography remains a strong and important tool for the early detection of breast cancer and that early detection saves lives," said Joy Sandborn, JP Imaging Services Manager.

The digital mammography systems at JPMC, Medical Park Center, and JP Imaging Services provide physicians with clear and precise all-digital images rather than X-ray film images. This new and powerful technology helps physicians detect and diagnose breast cancer. Mammograms are among the best early detection methods yet 13 million women 40 years of age or older have never had a mammogram, according to the

(continued on page 7)

mammography
is a piece of cake!



Do something sweet on your birthday, schedule a mammogram.

worldwide
breast cancer



(continued from page 6)

National Breast Cancer Foundation, Inc.

"Providing the best diagnostic equipment possible to patients is a vital step toward good preventive health and one we take seriously," said Sandborn.

There are many advantages to a digital mammography system. The

images are clear and easy to read and the technology offers a better view of the breast, especially near the skin line, chest wall and in women with diverse breast tissue types.

"The digital image is ready to read within 10 seconds," Sandborn said. "Patients no longer need to wait for film development before knowing

whether the images are usable."

Digital mammograms roughly take half the time of film. If a second opinion is needed, the image can be sent electronically to a consulting physician virtually instantaneously.

Sandborn said patients desire state-of-the-art technology when it comes to imaging services and that JPMC

is committed to maintaining high standards for screening and early detection.

To schedule a mammogram, please call Jane Phillips Medical Center at 918/331-1598. **JPM**

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.

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: 12 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. **JPM**

Comprehensive Rehabilitation

Jane Phillips Physical Medicine Center offers the finest in rehabilitation services to children, adolescents, and adults. The two-story structure boasts almost 21,000 square feet of space and features a warm-water therapy pool and a large exercise area. Services include physical therapy, occupational therapy, speech therapy, aquatic therapy, sports medicine, and work conditioning services.

The Center offers safe and convenient parking that is available through controlled gated entry just off Frank Phillips Boulevard.

Physical Therapy

- Treatment of spinal dysfunction
- Treatment of musculoskeletal disorders
- Full range of therapeutic modalities
- Rehabilitation following joint replacements and ligament reconstruction
- Stroke and neurological rehabilitation
- Pediatric developmental assessment and treatment
- Computerized strength testing
- Functional capacity evaluations
- Back injury prevention
- Burn and wound care
- Balance/Flexibility training
- Orthopedics

Speech/Language Pathology

- Articulation disorders
- Language disorders
- Adult swallowing disorders (Dysphagia)
- Voice disorders
- Cognitive communication disorders
- Auditory-perceptual skills
- Stuttering

- Cognitive linguistic disorders
- Speech and language therapy
- Voice retraining

Occupational Therapy

- Activities of daily living
- Hand rehabilitation
- Conservative/post surgical treatment of carpal tunnel syndrome
- Modalities
- Splinting
- Stroke rehabilitation
- Head injury rehabilitation
- Functional activity to improve hand coordination
- Functional activity to improve upper extremity function
- Patient education
 - Work simplification/joint protection

Sports Medicine

- Rehabilitation and computerized testing
- Certified Athletic Trainer available to regional schools

- Saturday Sports Medicine Clinic (9 a.m. to 11 a.m. during football season)
- Sports Medicine Hot Line 918/331-1553

Work Conditioning

- Work conditioning and task simulation
- Pre-employment screenings
- Job site assessments
- Functional capacity evaluations
- Back injury prevention programs
- Task simulation for work return

Aquatic Therapy

- Aquatic exercise for rehabilitation 1:1
- Arthritis classes (introductory and advanced)
- Partners in Therapy class
- Water walking fitness sessions
- Balance/Flexibility classes
- Advanced aquatics class
- 20' x 40' therapy pool maintains a 90+ degree water temperature year round
- Warm water therapy pool with a lift for the disabled and a separate dressing room

for those who need assistance changing clothes. A physician's order is required for the warm-water therapy pool (Open water swimming is not available).

(Note: Class sizes are limited, participants must have a physician's release or permission, and all sessions are private pay. No insurance will be filed.)

Special Pediatric Therapy Services

- Visual motor skill development
- Speech and language training
- Neuromuscular re-education for neurological deficits
- Fine/Gross motor coordination training
- Seating and positioning

JPMC Physical Medicine Center Team

- Licensed therapists
- Licensed assistants
- Licensed athletic trainer
- Support staff

Monday through Friday, 7 a.m. to 6:30 p.m.

To refer a patient and/or schedule an appointment, call the Physical Medicine Center at 918/331-1594 or fax the order to 918/331-1631.

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