

health connection

January 2012

a publication of Jane Phillips Medical Center

your source for a more healthy and well-connected life

Jane Phillips Medical Center Presents:

Take a Moment

For
Your

HEART

Women's
Luncheon

Friday, February 18, 2012



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MEDICAL CENTER

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Jane Phillips Medical Center Presents:

Take a Moment

For
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Women's
Luncheon

Friday, February 17 at the Bartlesville Community Center

Headline text: Heart disease is still the number one killer of women. This means women in America are dying at the rate of one per minute because they do not know that heart disease kills.

That is why Jane Phillips Medical Center and BlueStem Cardiology are inviting women to "Take A Moment For Their Hearts" on Friday, February 17 to learn how to fight heart disease.

The event will be held on Friday, February 17 at the Bartlesville Community Center.

10:15 a.m. to 11 a.m.

Angela J. Finney, ARNP
Jane Phillips BlueStem Cardiology
"Know Your Numbers"

11 a.m. to 11:30 a.m.

Jane Phillips Medical Center's
Services
Informational Booths

11:30 a.m. to 12:30 p.m.

Cardiologist Anderson P. Mehrle, MD
Jane Phillips BlueStem Cardiology
"Stress and Heart Disease"

Luncheon

12:45 p.m. to 1:15 p.m.

Q & A with Panel of Cardiologists

1:15 p.m. to 2 p.m.

Panel Discussion with Dietitian and Diabetes Educators, and Fitness Specialists

When the terms "heart disease" or "heart attack" are mentioned, most people think of men. Women often deny or downplay symptoms they are

experiencing. It is very important for them to learn about and know about this disease so they are better able to advocate for themselves with their physicians.

Help spread the word that heart disease kills more women than all cancers combined and share the facts that lives can be saved when women know their risks of heart disease and the signs of a heart attack.

Those interested in attending the event are encouraged to bring their mothers, sisters, daughters, nieces, co-workers, neighbors, and friends, so everyone can learn what can be done for good heart health. Participants are encouraged to wear red—the national color for women and heart disease awareness.


Cost is a \$5 or more donation to the Bluestem Medical Foundation. The donation will benefit the heart program at Jane Phillips Medical Center.

The following door prizes will be given away:

- One, three-month membership to Jane Phillips Wellness Connection
- Spa package
- Massages from Jane Phillips Wellness Connection
- Jewelry sets
- Purses/Wallets
- CT cardiac scoring screening
- Stroke and heart screening ultrasounds—carotid artery,

abdominal aortic aneurysm, and peripheral artery disease.

Registration is required one week prior to the luncheon, but space is limited so be sure to register early.

To register, call Jane Phillips Medical Center's Public Relations department at 918/331-1431 and request a Heart Fair brochure. 



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The Get Fit Club:

A 10-Week Program for Healthy Lifestyle and Weight Management

Are you ready to make a lifestyle change that will improve your health?

Can you dedicate 10 weeks to a program that could impact you for the rest of your life?

Jane Phillips Medical Center is offering the Get Fit Club on Tuesdays in the lower level classroom at JPMC January 10–March 13 at 7:15 a.m. and 4:45 p.m.. Sessions are 45 minutes and include weekly information sessions by health professionals and weight checks.

The Get Fit Club at Jane Phillips Medical Center is more than a weight loss program. Whether your goals are to lose weight, exercise to tone, lower your cholesterol or blood pressure, reduce your risks for heart disease and diabetes, or simply improve your and your family's eating habits, Sherry Jackson, Registered and Licensed Dietitian, CDE; and Kelsey Stephens, Certified Personal Trainer, will help you meet your health and lifestyle needs in a compassionate and supportive environment.

Each participant will receive a food journal, a notebook with weekly handouts, a pre/post mini health profile—blood pressure, height, weight and measurements, and lab work—lipid/glucose profile. In addition, participants have full access to exercise at Jane Phillips Wellness Connection free during the 10-week period.


Cost for the 10-week session is \$240 and must be paid prior to starting the session.

Not only does obesity contribute to dangerous conditions such as heart disease and diabetes, but it can also be detrimental to the mind and spirit.

"Our unique approach places equal emphasis on nutrition, exercise, and healthy lifestyle," said Sherry Jackson, RD/LD, CDE.

"Our health care experts teach you how to make choices for a healthy lifestyle, without the use of pre-packaged foods, diet "shakes" or gimmicks. Learn how to lose weight and reduce health risk factors and the importance of exercise," said Kelsey Stephens, JPMC Certified Trainer.

Space is limited.

To enroll, please call
Jane Phillips Wellness
Connection at
918/331-1102. 

get
fit club

JANE PHILLIPS MEDICAL CENTER

Make Healthy New Year's Resolution

New Year's resolutions are a bit like babies: They're fun to make but extremely difficult to maintain.

Each January, roughly one in three Americans resolve to better themselves or their situation in some way, according to a 2009 poll by the Marist College Institute for Public Opinion. A much smaller percentage of people actually make good on those resolutions, however. While roughly 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found.

Yes, it's hard to keep that shiny New Year's enthusiasm months after you've swept up the confetti, but it's not impossible. Especially if your goal is a noble one: better health. Exercising more, dropping a few pounds, and other health-related resolutions have traditionally been favorites, and 2011 will likely be no different.

This year, pick one of the following worthy resolutions, and stick with it. Here's to your health!

Lose weight. The fact that weight loss is perennially among the most popular resolutions suggests just how difficult it is to stick with. But you can succeed if you don't expect overnight success. You want results yesterday, and desperation mode kicks in. Beware of the valley of quickie cures. Also, plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place. JPMC is offering a ten-week Get Fit Club program. Call 918/331-1102 for more information or see article on page 3 of this newsletter.

Stay in touch. Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don't.

In fact, a lack of social bonds can damage your health as much as alcohol abuse and smoking, and even more than obesity and lack of exercise.

In a technology-fixated era, it's never been easier to stay in touch-or rejuvenate your relationship-with friends and family, so fire up Facebook and follow up with in-person visits.

Quit smoking. Fear that you've failed too many times to try again? Talk to any ex-smoker, and you'll see that multiple attempts are often the path to success.

Try different methods to find out what works. And think of the cash you'll save! (We know you know the ginormous health benefit.)

Save money. Save money by making healthy lifestyle changes. Walk or ride your bike to work, or explore carpooling. (That means more money in your pocket and less air pollution.)

Cut back on gym membership costs by exercising at home. Many fitness programs on videogame systems like Nintendo's Wii and Microsoft's Xbox Kinect can get you sweating.

Take stock of what you have in the fridge and make a grocery list. Aimless supermarket shopping can lead to poor choices for your diet and wallet.

Cut your stress. A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of—or worsen—insomnia, depression, obesity, heart disease, and more.

Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress.

Stress is an inevitable part of life. Relaxation, sleep, socializing, and taking vacations are all things we tell ourselves we deserve but don't allow ourselves to have.

Volunteer. We tend to think that we can make ourselves happy by doing things for ourselves, but we are happier when we are doing things for others, like through volunteer work. JPMC is seeking volunteers. For more information, contact Volunteer Services at 918/331-1907.

And guess what? Happiness is good for your health. A 2010 study found that people with positive emotions and an upbeat attitude were about 20% less likely than their gloomier peers to have a heart attack or develop heart disease. Other research suggests

that positive emotions can make people more resilient and resourceful.

Go back to school. No matter how old you are, heading back to the classroom can have a range of benefits. Getting a degree or just taking a few courses can help revamp your career, introduce you to new friends, and even boost your brainpower.

A 2007 study found that adults in their mid-50s who had gone back to school (including night school and training courses) sometime in the previous quarter century had stronger memories and verbal skills than those who did not. What's more, several studies have linked higher educational attainment to a decreased risk of Alzheimer's disease. This research doesn't prove cause and effect, but it suggests that education may play a lifelong role in mental sharpness.

You gain a sense of accomplishment by gaining new knowledge, and you are out there meeting people and creating possibilities that were never there before.

Get more sleep. You probably already know that a good night's rest can do wonders for your mood—and appearance. But sleep is more beneficial to your health than you might realize.

A lack of sleep has been linked to a greater risk of obesity and type

2 diabetes. And sleep is crucial for strengthening memories (a process called consolidation). So take a nap—and don't feel guilty about it.

Cut back on alcohol. While much has been written about the health benefits of a small amount of alcohol, too much tipping is still the bigger problem. (Binge drinking seems to be on the rise, in fact.)

Drinking alcohol in excess affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures.

Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

Travel. The joys and rewards of vacations can last long after the suitcase is put away. We often get stuck in a rut, and we can't get out of our own way. Everything becomes familiar and too routine.

But traveling allows us to tap into life as an adventure, and we can make changes in our lives without having to do anything too bold or dramatic. It makes you feel rejuvenated and replenished. It gets you out of your typical scenery, and the effects are revitalizing. It's another form of new discovery and learning, and great for the body and the soul. **JP**



BUILDING UPDATE:



Cardiology Building Closer to Completion

Construction of a new \$4 million cardiology building is quickly nearing completion at Jane Phillips Medical Center.

During the next several weeks, crews will finish installing cabinets and furniture as well as performing general touch-up work throughout the facility. On the outside of the building, crews will complete work on the canopies and the pouring of concrete and will begin installation of an irrigation system and landscaping. The building will have



tiered flowering beds similar to those at the Physical Medicine Building.

The 16,000 square foot facility will house medical offices and cardiology services with the majority of space being rented to BlueStem Cardiology.

BlueStem Cardiology physicians and staff are currently housed on the entire fifth floor and half of the sixth floor in Medical Park Center. Current office space totals 9,700 square feet.

Completion of the project is expected by month's end. **JP**

Cath Lab Remodel Progressing

The eighth floor of the patient tower at Jane Phillips Medical Center is getting a complete makeover. Thanks to a generous personal contribution to the BlueStem Medical Foundation, the Heart and Lung Center is being remodeled for an expanded and enhanced holding area for Cath Lab patients.

The current holding area is located on the west side of the eighth floor, but following the demolition of walls and offices, a new facility will be constructed on the east side of the tower. Capacity will increase from six to ten and patients will enjoy more privacy. The remodeled area will also encompass a centralized nurses' station and will provide caregivers with an improved work environment.

After the new patient holding area is completed, construction of new office space will commence in the vacated area on the floor's west side.

The project is expected to take several months to complete. **JP**



OB/GYN Coming to JPMC

Jane Phillips Medical Center soon will welcome another physician to Bartlesville. Theresa A. Murch, D.O. will be joining Jane Phillips Specialty Physicians in obstetrics and gynecology. Dr. Murch is expected to open her practice in February or March.

She will join physicians Dr. Michael Collins, Dr. Kyle Craig, Dr. Robert Oliver, and Dr. David Rumph in providing care for area women.

"We are very excited that Dr. Murch has chosen to become a part of our organization and our community," said David R. Stire, JPMC President/CEO.

Dr. Murch is Board Certified by the American College of Osteopathic Obstetricians and Gynecologists and serves on the organization's Ethical and Professional Standards Committee. She is also a member of the American Congress of Obstetricians and Gynecologists.

She comes to JPMC after practicing for three years at Integris Mayes County Medical Center in Pryor, OK following the elimination of the obstetrics program.

Dr. Murch earned her Bachelor of Science degree at The Pennsylvania State University and a Doctor of Osteopathic Medicine degree at Ohio



University in Athens, OH.

She was a resident and from 2001 to 2002 Chief Resident at Ingham Regional Medical Center in Lansing, Michigan. She then practiced for three years at the hospital's women's health center, served as the attending physician for the obstetrics and gynecology residency program, and authored a policy for maternal and fetal drug screening.

From 2006 to 2008, she practiced in Columbus, Mississippi and chaired the Pharmacy and Therapeutics Committee at Baptist Memorial Hospital. **JP**



Take Charge of Your Health Care

In today's healthcare environment, beneficiaries/patients need to be savvy consumers with their healthcare dollars. Many are enrolled in a healthcare plan through their employer, but are unaware of the complicated rules for reimbursement. Navigating this maze of rules and payment policies can be frustrating and can cause the patient to incur additional unexpected costs.

Lack of notification to the insurance company is a common reason for denial. It is not always clear who is responsible for notification—the patient or the provider. This lack of notification to the insurer can result in a complete denial of coverage. In many cases the provider has the option to bill the patient for the entire service.

What can you as a patient do to ensure coverage for healthcare services?

- Know your insurer.
- Carry your insurance card and

insurer's contact information with you at all times.

- Contact your insurer for a copy of your policy.
- Ask the insurer for pamphlets or "help sheets" on general coverage decisions.
- Contact your insurer and provider prior to any elective procedures or services. Many elective procedures have specific payment policies.

If you have questions or concerns about your insurance covering services at JPMC you can contact the Patient Access department at 918/331-1524. **JP**

Gemini After Hours Clinic

Monday–Friday	5:30 p.m. to 8:30 p.m.
Saturday	9:00 a.m. to 3:00 p.m.
Sunday	1:00 p.m. to 4:00 p.m.

JPMC Offers 2012 Childbirth Education Series

We would like to invite you to our CHILDBIRTH EDUCATION CLASSES

We recommend classes to be taken during the 7th month of pregnancy. They can be taken in 4 Tuesday night classes from 6 p.m. to 8:30 p.m.

Or

in one all day "Express Class" on Saturday, from 9 a.m. to 4 p.m.

**Please call 918/331-1425 today
for our class schedule!**



Winter Weather and Blood Donation Don't Mix

Beat Old Man Winter by Giving Blood When the Weather is Good

Having enough blood to meet patient need is a delicate balance between supply and demand. Unfortunately, winter weather often disrupts this balance.

Please know that when winter weather hits, it forces the cancellation of numerous American Red Cross blood drives locally and across the country.

You can help meet the needs of local hospital patients by giving blood before winter weather strikes and as soon as safely possible after the storm.

There is no substitute for human blood. Blood is a perishable product. Red blood cells last only 42 days and platelets just five days. It must be replenished constantly.

Don't let Old Man Winter keep you down, get out and do something good for yourself and your community—give blood with the Red Cross.

Jane Phillips Medical Center is hosting a blood drive on Wednesday, February 1, from 7 a.m. to 5 p.m. in the first floor classroom.

How to Donate Blood:

Please call JPMC's Public Relations department at 918/331-1296 to schedule an appointment. You may also text givelife to 90999 to join the

Red Cross Blood texting program or log on to www.redcrossblood.org for more information or to schedule a blood donation appointment.

All blood types are needed to ensure the Red Cross maintains an adequate blood supply. A blood donor card or driver's license or two other forms of identification are required at check-in.

Donors must be in general good health, weigh at least 110 pounds and be at least 17 years old (16 with completed Parental Consent Form). New height and weight restrictions apply to donors younger than 19. Visit redcrossblood.org to learn more. **JP**

JPMC's 2012 Blood Drive Schedule:

February 1

April 25

June 27

August 22

October 24

December 19

Dr. McQuillen Joins JPMC's Leadership Team

Dr. Paul McQuillen is the newest member of the Jane Phillips Medical Center's Leadership Team. While he has served as the Director of Medical Quality for many years and has worked with the Team on strategic planning, his new role is Chief Medical Officer effective January 1, 2012.

"We are very excited to have Dr. McQuillen become more involved in our efforts to deliver quality, compassionate care," said David R. Stire, President/CEO. "He was a staunch advocate of quality long before it became so prominent. We look forward to working with him and benefitting from his knowledge and expertise."

Dr. McQuillen will continue his practice at Pediatrics of Bartlesville. Some adjustments to his scheduling will allow him to increase his time serving the hospital while maintaining his current level of services in his practice. His added time will assist JPMC in addressing the ever expanding list of quality measures and provide leadership in helping the hospital navigate the ever changing environment of healthcare. **JP**



Check us out at www.jpmmc.org for all of the latest news and information.



Foundation Capital Campaign Progresses

The Bluestem Medical Foundation, which supports the mission of Jane Phillips Medical Center, continues its capital campaign for an important diagnostic imaging project.

JPMC is seeking to provide local and area cancer patients with the latest technology—a Positron Emission Tomography (PET) scanner. This is unique type of imaging helps physicians better detect cancer in patients and determine the effectiveness of their respective cancer treatment programs.

Currently, a mobile PET scanner visits Bartlesville twice a week.

"Having our own permanent PET scanner located inside our facilities will result in more convenience and accessibility for our patients," said Mike Wilt, Bluestem Medical Foundation Executive Director. "For the hospital, it will mean less down

time and improved scheduling ability."

The fundraising goal is \$750,000 or half of the total cost of the PET scanner. Wilt said that the campaign is over half way toward the goal as close to \$430,000 has already been raised.

"This is the first capital campaign we've conducted since our Linear Accelerator project four years ago," Wilt said. "We understand the realities of the economy and the various opportunities for charitable giving, but we are optimistic we can and will reach our goal."

For more information or to donate, contact the Bluestem Foundation office at 918/331-1431. JP



Type 1 Diabetes Support Group

Jane Phillips Diabetes Services is offering a quarterly Type 1 Diabetes Support Group in 2012.

Tobie L. Bresloff, MD, Endocrinologist will present

"How To Live Better And Longer With Your Diabetes"

January 10, 2012 at 6:30 p.m.

Jane Phillips Medical Center
3500 SE Frank Phillips Blvd.
Bartlesville, OK 74006

For more information, please call Jane Phillips Diabetes Services at 918/331-1143

2012 Dates:

January 10, 2012
July 10, 2012

April 10, 2012
October 9, 2012

All sessions meet from 6:30 p.m. to 8:30 p.m. in lower level classroom #1.

918/331-1143
800/824-8854
www.jpmmc.org



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Looking for a Physician? Call Our Physician Information Line 918/331-1297

Monday-Friday 8:30 a.m.-4:30 p.m.