

health connection

January 2011

a publication of Jane Phillips Medical Center

your source for a more healthy and well-connected life



LIZ FUGATE
KNOWS ABOUT
HEALTH CARE.



**JANE PHILLIPS
MEDICAL CENTER**

Sponsored by St John Health System.

www.jpmmc.org

QUALITY CARE...CLOSE TO HOME

QUALITY CARE...CLOSE TO HOME



LIZ FUGATE KNOWS ABOUT HEALTH CARE.

Many people know her as a veteran realtor and a staunch advocate of Bartlesville. Others know her as a proud grandmother of two.

But in 1997, the caring professionals at Jane Phillips Medical Center only knew that Liz Fugate was a patient who had been diagnosed with cancer.

"When you have cancer, you're at the hospital every day...for months," Fugate said. "It was crucial for me to have excellent care right here in town because I still had to work."

Indeed, Liz was dismissed from the hospital on a Monday and was showing property on a Tuesday. She continued to work while enduring blood tests, radiation, and chemotherapy.

It is obvious she has a passion for real estate. And just get her going about being a proud member of the

"grandmother club." But she also has a heart for the Cancer Center and JPMC.

"Everyone's dedication is incredible," she said. "And what a pleasant, attractive facility. I even looked forward to the food."


Led by cancer treatment physicians and specialists, the JPMC Cancer Center team is comprised of a dedicated, experienced staff chosen especially for their unique skills and abilities.

Our radiation oncologist directs the team physicist and technologists who determine the most effective treatment plans possible for patients who will benefit from radiation therapy.

Medical oncologists are physicians

who design the treatment plans for patients who require chemotherapy. Assisted by a staff of nurses and technologists, the medical oncologists direct treatment plans uniquely suited to each individual patient.

Since effective treatment of cancer requires sophisticated diagnostic information, our team also includes hospital laboratory specialists who support the Cancer Center. Dietitians and exercise specialists play an important role in treatment. Proper diet and regular exercise regimes are designed for each patient to improve overall health and to increase stamina during therapy.

JPMC remains committed to providing quality cancer care...close to home. 

"When you have cancer, you're at the hospital every day...for months," Fugate said. "It was crucial for me to have excellent care right here in town because I still had to work."



The Get Fit Club:

A 12-Week Program for Healthy Lifestyle and Weight Management

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

Can you dedicate 12 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 Wednesdays at 12 noon in the Aerobics Studio at JPMC beginning January 19. Sessions are 30 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 Matt McAfee, 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 12-week period. If you join the Wellness Connection after completion of the program, the application fee will be waived.

Cost for the 12-week session is \$120 and must be paid prior to starting the session. Or, participants may pay weekly at \$15 per week for the full 12 weeks.

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 Matt McAfee, 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 A Resolution To Have An Injury-Free Year

January is the month of New Year's resolutions. So often the resolutions we make are unrealistic and difficult to maintain, and by February, plans have been abandoned.

This year, consider making your resolution to have an injury-free year. A few tips can get you jump-started toward achieving that goal as follows:

1. Resolve to talk as a family about injury concerns.
2. Resolve to develop a fire escape plan for your home, including a safe meeting place that everyone can remember.
3. Resolve to talk to your children about ways to walk away from bullies they may encounter. Be

- definite about their need to let you or a teacher know if they are being bullied.
4. Resolve to make a family commitment to keep your home safe from slips, falls and other injuries. This is accomplished by using education and common sense about keeping walkways clear, and using home tools, paints and cleaners, and other equipment as directions indicate.
 5. Resolve to post the poison

6. Resolve to educate your family about calling 911, and inform them about what information the emergency service people need. Make sure that even the youngest members know their address and phone number to help guide emergency personnel.
7. Resolve to keep recreational activities safe. Always use safety equipment, warm up before physical activity, and return equipment to its designated storage area after use.
8. Resolve to wear life jackets when at the lake, and do not drink alcohol when planning to participate in water activities or drive a boat. Your chances of drowning increase when your judgment is impaired by any amount of alcohol.

9. If you have a home swimming pool, be sure to always have an adult present when children and non-swimmers are in the pool. Install a fence around the pool deck area, and keep the gate locked to prevent the potential drowning of a curious child.
10. Resolve to follow all instructions when using any kind of power equipment, lawnmowers and yard tools. Wear safety glasses, appropriate footwear and be sure you are familiar with the equipment.
11. And finally, resolve to communicate with teens that drinking and driving is never acceptable. When you act as an example, the message is much more meaningful.

All of these resolutions require minimal investment and planning when you consider the human and financial cost of ignoring recommended safety suggestions. Be a leader in your family by modeling safe behaviors, and others will follow. **JP**

JPMC's Cardiology Building Construction Continues

Construction continues for the new \$4 million cardiology building at Jane Phillips Medical Center. The 16,000 square foot facility will house medical offices and cardiology services with the majority of space being rented to BlueStem Cardiology. Completion of the new facility is expected in the fall of 2011.

Designed to incorporate as much natural light as possible, the new facility will be located south of the Jane Phillips Cancer Center and will feature two levels with 19 exam rooms and 50 parking spaces. **JP**



2011 JPMC Blood Drives

Every minute of every day, someone needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate. There is no substitute for your donation.

Jane Phillips Medical Center and the American Red Cross have teamed up to help make donating blood convenient for community members.

"We are offering six drives at JPMC throughout 2011," said JPMC Blood Drive Coordinator Wanda Lou Evans. "We are offering early hours so people may stop by and donate before they go to work and we offer food during lunch so they may come by during their lunch hour."

When you make a blood donation, you join a very select group. Currently only three out of every 100 people in America donate blood.

You don't need a special reason to give blood. You just need your own reason.

- Some of us give blood because we were asked by a friend.
- Some know that a family member or a friend might need blood some day.
- Some believe it is the right thing to do.

Whatever your reason, the need is constant and your contribution is important for a healthy and reliable blood supply. And you'll feel good knowing you've helped change a life.

Some Health Benefits

You will receive a mini physical to check your:

- Pulse
- Blood pressure
- Body temperature
- Hemoglobin

Blood Donors Must:

- Be healthy*
- Be at least 17 years old.
- Weigh at least 110 pounds.

- Additional weight requirements apply for donors 18 years old and younger and all high school donors.

* *Note: Healthy means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes, healthy also means that you are being treated and the condition is under control.*

Other aspects of each potential donor's health history are discussed as part of the donation process before any blood is collected. Each donor receives a brief examination during which temperature, pulse, blood pressure and hemoglobin (or hematocrit) are measured.

2011 Blood Drive Dates

- January 26
- March 23
- May 25
- July 27
- September 28
- November 30

When you arrive at the blood drive, you will participate in the step-by-step process outlined below:

Step 1: Screening. In order to give blood, you must be over the age of 17 and weigh at least 110 pounds, and be in good health. A thorough health screening performed when you arrive at the drive will ensure that you are a good candidate for donating blood.

Step 2: Donation. When you give blood, it is

separated into different components. Blood is useful only a short time after it is donated, and new blood donors are needed every day to help patients.

Despite some people's concerns, blood donation is extremely safe and relatively pain free. The American Red Cross follows strict screening requirements and always uses sterile needles to ensure you have no risk of developing a blood-borne infection.


Also, donating blood doesn't inconvenience you—from screening to donation, the entire process takes about an hour.

"Each member of the community has the potential for saving a life with every donation they make," said Evans. "Each and every donor is very much appreciated. Resolve to donate blood at each JPMC blood drive and

help save a life."

Donating blood is safe and practically painless, yet barely a fraction of those who can donate actually do so. To ensure that you or someone you love has blood available if needed, share these reasons for donating with those in your community.

- One pint of blood can save up to three lives.
- Every three seconds, someone in the United States needs a blood transfusion.
- Twenty percent of recipients are children—and many are cancer patients.

To schedule an appointment to donate at JPMC's blood drives, please call JPMC's Public Relations office at 918/331-1296. 



2011 BLOOD DRIVE DATES

January 26

March 23

May 25

July 27

September 28

November 30



JPMC Makes Significant Impact On Bartlesville and Surrounding Communities

While many may realize that Jane Phillips Medical Center is one of the area's largest employers, many may not realize the significant impact it has on Bartlesville and the surrounding communities.

With some 1,034 associates and a payroll of approximately 66 million, JPMC has a tremendous economic impact as the second largest employer. In the last fiscal year, JPMC also paid over \$2.2 million in sales and use taxes. The impact is even greater when physicians, specialists, and rural clinics are factored in. However, the hospital's contribution to the area's quality of life far exceeds economics. At the conclusion of the 2010 fiscal year on September 30, JPMC recorded \$9.8 million in unreimbursed cost of care. This includes the difference between the cost of services provided to Medicaid beneficiaries and the reimbursement received for those services, uncollected debts, and charity care—the cost of services provided to patients who fall below certain federal poverty levels. As a percentage of JPMC's operations, the \$9.8 million is more than double the guidelines set forth by the Catholic Health Association.

"Our mission is to provide healthcare and related ministries for the people we serve, especially the sick, the poor, and the powerless," said David R. Stire, JPMC President/CEO. "We are a community of people dedicated to delivering quality, cost

effective, compassionate care and are devoted to improving the well-being of all who come to us for care, regardless of their ability to pay."

While fully sponsored by the St. John Health System, JPMC is solely responsible for its own financial performance and is not supported by local, state, or federal taxes. And while it is a not-for-profit acute care hospital, JPMC continuously strives to achieve and maintain fiscal strength.

"We are keenly interested in remaining financially strong," Stire said. "Unlike for-profit health care institutions with investors interested in returns on their investments, we devote a significant portion of our earnings in new technology, facilities, expanded services, and physicians. The greater our financial performance the greater is our ability to make those investments. We are also genuinely grateful to those who remember the hospital in their charitable giving. Donations provide valuable resources that allow JPMC to fund projects and services that either would be greatly delayed or not offered at all."

JPMC also supports many other community-based organizations through sponsorships, in-kind contributions, and participation.

For example, the hospital and its associates have been a major sponsor of the American Cancer Society's local Relay for Life since its inception in 1996 and the American Heart Association's HeartWalk. Other organizations and activities that have benefited from JPMC's involvement include the Bartlesville Regional United Way, Miles for Mammograms, Big Brothers/Big Sisters, March of Dimes, Family Care Services, Salvation Army, American Red Cross, Green Country Free Clinic, Bartlesville Public Schools and a variety of medical mission trips.

Closer to home, JPMC sponsored a spring motorcycle run and a fall trail ride to raise money for those who cannot afford important diabetes education. Volunteers with the JPMC Auxiliary have donated over \$10,000 to area students pursuing careers in the medical field and the hospital itself last year paid almost \$40,000 in scholarships for registered nurses and physical therapists.

"Assisting those who are interested in careers in healthcare is important because of the shortages we have now and will have in the future," Stire said. Estimates in the latest report from the Governor's Council for Workforce and Economic Development forecast critical shortages for nurses, laboratory technologists, physical therapists, surgical technicians, and occupational therapists.

In addition to contributing to the local economy, providing uncompensated care, and assisting many charitable efforts, JPMC impacts the local community through its associates who are active in countless civic clubs, boards of directors, and organizations.

"Serving others is at the heart of what we do every day at JPMC," said Stire. "However, we believe serving others extends beyond our hospital campus."

"Assisting those who are interested in careers in healthcare is important because of the shortages we have now and will have in the future," Stire said. Estimates in the latest report from the Governor's Council for Workforce and Economic Development forecast critical shortages for nurses, laboratory technologists, physical therapists, surgical technicians, and occupational therapists.

In addition to contributing to the local economy, providing uncompensated care, and assisting many charitable efforts, JPMC impacts the local community through its associates who are active in countless civic clubs, boards of directors, and organizations.

"Serving others is at the heart of what we do every day at JPMC," said Stire. "However, we believe serving others extends beyond our hospital campus." **JP**

JANE PHILLIPS MEDICAL CENTER AND BLUESTEM CARDIOLOGY PRESENT:

TAKE A MOMENT For Your heart LUNCHEON

Friday, February 18, 2011 At the Hilton Garden Inn
205 SW Frank Phillips Blvd., Bartlesville, OK 74003

Given the ever-increasing demands on life, many women neglect to care for their heart, health and spirit. Jane Phillips Medical Center and BlueStem Cardiology invite women to participate in a luncheon designed to help them take a new approach to improving their health and embracing wellness. The event will be held on Friday, February 18, 2011 at the Hilton Garden Inn in Bartlesville. Participants can enjoy a delicious lunch while learning even more about the risk of heart disease in women.

Cardiovascular disease kills over 432,000 women each year—about one every minute and is the #1 cause of death among women today. Yet studies show that only 21% of women view heart disease as their greatest threat, even more than cancer.

Don't miss a beat—join Jane Phillips Medical Center and BlueStem Cardiology as they discuss the signs and symptoms of heart disease in women and preventive steps that women can take to reduce their risk of heart disease.

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.

After the presentation have your questions answered by a panel of

BlueStem cardiologists and health care professionals.

Those interested in attending are encouraged to bring their mothers, sisters, daughters, nieces, co-workers, and friends, so everyone can learn what can be done for good heart health. Space is limited so be sure to register early.

Cost for the luncheon is a \$5 or more donation to the American Heart Association (benefiting the Washington County Heart Walk on April 30, 2011 at Oklahoma Wesleyan University).

The following door prizes will be also be given away:

- 1, 3-month membership to Jane Phillips Wellness Connection
- Spa package
- Massages
- Mini vacation
- 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. To register, complete the attached form and enclose a \$5 or more donation to the American Heart Association. Participants are encouraged to wear red. A red dress is the national symbol for women and heart disease awareness. The American Heart Association adopted this symbol to create synergy among all organizations committed to fighting this cause. **JP**

Cardiovascular disease kills over 432,000 women each year—about one every minute and is the #1 cause of death among women today.

Registration Form:

Clip and return with a \$5 or more donation to the American Heart Association to: Jane Phillips Medical Center, Public Relations Department, 3500 SE Frank Phillips Blvd, Bartlesville, OK 74006

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Daytime Phone#: _____

Work Phone#: _____

Cell Phone#: _____

Date of birth: _____

Space is limited and registration is required.

For more information, please call Jane Phillips Medical Center's Public Relations office at 918/331-1431.



The Flu Ends with YOU

The Oklahoma State Department of Health reminds Oklahomans that flu season has started and influenza can be a very serious disease. It can spread quickly among family members, friends and co-workers, and it can hit hard, attacking even healthy people and sending children and adults to the hospital.

State epidemiologist Kristy Bradley, with the Oklahoma State Department of Health, said the holidays traditionally prompt a spike in flu-related cases, but the greatest case increase in flu activity comes between mid-January and mid-February. The season could last until April, health officials said.

Bradley said there is some influenza circulating in Oklahoma, but it's at relatively low levels now.

"This year, we never want to stick our neck out too far in making flu predictions, but so far, our surveillance indicates a typical flu season in Oklahoma," Bradley said.


Influenza symptoms begin suddenly and typically include a fever of 100 degrees or higher, chills, headache, sore throat, cough, extreme fatigue and body aches.

Most who contract the flu recover in one to two weeks, but some may develop pneumonia, or other potentially life-threatening complications, officials said. Typically, between 5% and 20% of Oklahomans will get the flu, officials said.

To help avoid catching the flu, avoid close contact with people who are sick, keep your hands clean, properly cover your cough and avoid touching your eyes, nose or mouth because germs can be spread that way.

Health officials are urging people to get a flu shot to prevent the spread of the illness.

"The bottom line is that every year, we see a large number who become sickened by the flu, and that's unnecessary because that's a vaccine-prevented disease," Bradley said. "If you don't get the flu, then you don't share it with those you care about."

The first and most important step in protecting against the flu is to get a flu vaccine. Everyone 6 months of age and older should be vaccinated. 

Gemini Medical Group and You...

BARTLESVILLE, OK

Michael L. Bumpus, M.D.
(918) 331-2444

Kyle D. Craig, M.D.
Leanne Gronemeyer, C.N.S.
(918) 338-3790

William L. Fesler, M.D.
(918) 331-2424

Frances M. Horn, D.O.
(918) 333-6800

Gerald F. Pribil, M.D.
Michelene Jackson, P.A.-C.
(918) 331-2273

Sheri L. Reinhard, M.D.
Blythe Zielenski, P.A.-C.
(918) 335-5000

Saima Salim, M.D.
(918) 338-3713

Carla D. Waller, D.O.
(918) 331-2578

Matthew L. West, M.D.
Joann F. Simpson, A.R.N.P.
(918) 338-3740

Kerri L. Williams, D.O.
(918) 331-2415

INTERNAL MEDICINE
S. Denise Blaylock, M.D.
(918) 331-1030

Samuel D. Brown, M.D.
(918) 331-1070

J. Brad Jarrell, M.D.
2268 DeBell
(918) 331-1060

James W. Young, M.D.
222 DeBell
(918) 333-2260

PEDIATRICS
Helen Wohlgemuth
Bumpus, M.D.
(918) 338-3777

Courtney Carter, D.O.
(918) 338-3739

BARNSDALL, OK
Marcus Sizemore, P.A.-C.
(918) 847-2558

PAWHUSKA, OK
James R. Priest, M.D.
John C. Leatherman, M.D.
Mary Dagenais, P.A.-C.
(918) 287-1310

CANEY, KS
James E. Hignight, M.D.
Carrie L. Strimple, A.R.N.P.
(620) 879-2182

COFFEYVILLE, KS
J. Michael Carver, M.D.
Jack S. Bell, P.A.-C.
Janice L. Shippy, M.S.N.,
A.R.N.P., F.N.P.-C.
(620) 251-5400



Working together for a healthier lifestyle.

Board-certified physicians
An affiliate of Jane Phillips Health Corporation



Looking for a Physician?

Call Our Physician Information Line
918/331-1297

Monday – Friday
8:30 a.m. – 4:30 p.m.

Check us out online at www.jpmmc.org.