

health connection

August 2011

a publication of Jane Phillips Medical Center

your source for a more healthy and well-connected life

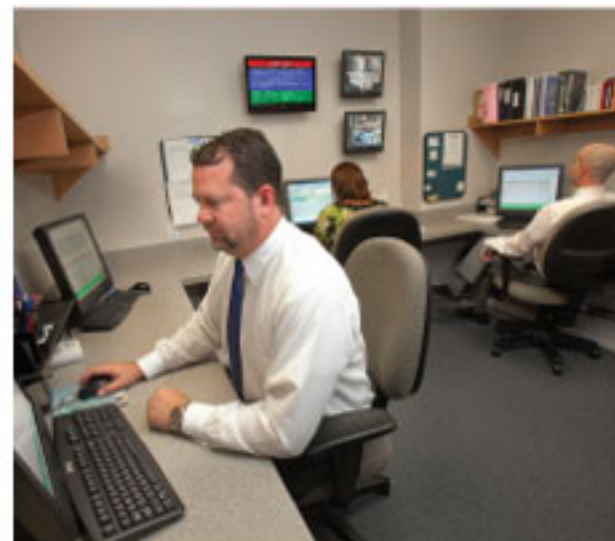
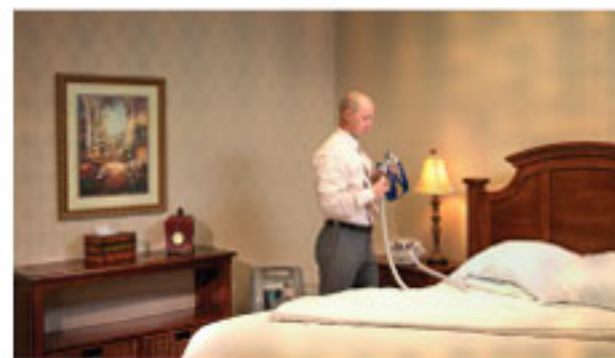
JANE PHILLIPS MEDICAL CENTER SLEEP DIAGNOSTIC SERVICES



www.jpmc.org

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 JANE PHILLIPS
MEDICAL CENTER



JANE PHILLIPS MEDICAL CENTER SLEEP DIAGNOSTIC SERVICES

Jane Phillips Medical Center Sleep Diagnostic Services is an outpatient medical facility for diagnosing and treating sleep-related disorders. Jane Phillips Medical Center Sleep Diagnostic Services offers comfortable, private, homelike rooms where patients are carefully evaluated and monitored by highly-trained sleep technicians and respiratory therapists. State-of-the-art technology is used to monitor, record, and evaluate brain wave activity, eye and limb movements, heart rate, oxygen levels and breathing to provide a comprehensive and thorough evaluation for each patient.

close to home in a safe and secure facility.

- Patients can tour the facility prior to test.
- Results scored promptly and locally.
- State-of-the-art testing equipment.

Test Results:

After each study is completed, a trained sleep technologist will review and score the recorded information. The study is then sent to one of our physicians who specializes in sleep medicine for final interpretation. If the interpreting physician determines that the patient has a sleep disorder, a course of treatment will be recommended to the patient's referring physician.

Location:

Jane Phillips Sleep Diagnostic Services is conveniently located at 2661 S.E. Washington Boulevard in Bartlesville, Oklahoma and

Jane Phillips Medical Center Sleep Services treats patients for a number of disorders, including:

- Excessive somnolence
- Insomnia
- Snoring
- Sleep apnea
- Narcolepsy
- Parasomnias
- Periodic leg movement disorder
- Restless leg syndrome
- Sleep-related breathing disorders
- Problems with nighttime

behaviors, such as sleepwalking, night terrors, or bed-wetting

- Hypopnea

Sleep Diagnostic Services Offered:
Jane Phillips Medical Center Sleep Diagnostic Services offers the following services:

- Polysomnogram (Sleep Study) performed all night by a nationally certified clinician
- Multiple Sleep Latency Testing (MSLT)

- CPAP/Bi-Level/ASV Titration studies
- Restless legs testing
- DME services through Apollo
- CPAP/Bi-Level de-synthesizing after set-up
- Fully accredited Center by the American Academy of Sleep Medicine

Our facility delivers the following patient benefits:

- Professional studies conducted



offers plenty of parking close to the entrance.

Hours of Operation:

Jane Phillips Sleep Diagnostic Services is open Monday through Friday, 8 a.m. to 5 p.m. Patients who are scheduled for overnight sleep studies will check in at 7 p.m.

Payment Accepted:

Jane Phillips Sleep Diagnostic Services accepts Medicare, Medicaid,

and most health insurance plans. As a courtesy to our valued patients, all primary and secondary insurance claims will be filed.

Guest Room:

Guest room is available upon request.

Contact Us:

918/331-3026 (Office)

918/331-3029 (Fax) 

SLEEP SERVICES PHYSICIANS

Mark A. Myers, M.D., F.C.C.P., Pulmonologist
Diplomate: American Board of Internal Medicine, Internal Medicine and Pulmonary Diseases

Dr. Mark Myers received his medical degree from the University of Oklahoma Health Center in Oklahoma City. He completed his fellowship in pulmonary medicine and his internal medicine residency at the University of Florida. Dr. Myers is board certified by the American Board of Internal Medicine in Pulmonary Diseases.

Liphard O. D'Souza, M.D., Clinical Neurophysiologist
Diplomate: American Academy of Sleep Medicine, American Academy of Clinical Neurophysiology

Dr. Liphard D'Souza received his medical degree from St. John's Medical College. He completed his residency in Pediatrics at Lincoln Medical and Mental Health Center, New York Medical College in Bronx, New York. Dr. D'Souza is fellowship-trained in Neurology with Special Competence in Child Neurology from the State University-Kings County Hospital Center, Brooklyn, New York. Dr. D'Souza is board certified by the American Board of Sleep Medicine, the American Board of Neurology and Psychiatry, Clinical Neurophysiology, and the American Board of Pediatrics.



JPMC Outpatient Surgery Scores High in Patient Satisfaction

Jane Phillips Medical Center's Outpatient Surgery received high scores for patient satisfaction. According to the most recent survey results, Outpatient Surgery satisfaction is now up to 95.9 or in the 99th percentile.

The latest score places JPMC among the top 1 percent. Data is compared from some 1,700 hospitals across the country.

Patient satisfaction is a very important gauge of healthcare quality—since it measures patients' perception regarding the quality of the healthcare and services they receive.


Jane Phillips Medical Center utilizes a nationally recognized patient satisfaction survey company, Press Ganey Associates, Inc., to collect results and compare them to other hospitals on a national basis.

"This allows us to measure our performance in this area against other healthcare organizations throughout the country," said David R. Stire, JPMC President/CEO. The survey asks

for patients to rate several aspects of their healthcare experience including those related to physicians, nurses, housekeeping, admitting, discharge and billing services.

"We are gratified to know that patients are happy with the care they are receiving at our hospital, especially knowing they have many choices for healthcare," said Stire. "This snapshot of data validates that staff and surgeons at our hospital are not only providing quality healthcare, but are doing so with respect and care for our patients."

The rating is for the third quarter of fiscal year (FY) 2011 which began in October. Satisfaction scores for FY 2009 and FY 2010 were 91.7 and 92.6 respectively.

"All clinical staff and departments review results of the patient satisfaction surveys in order to find ways to improve the level of patient satisfaction and make the entire healthcare experience a better one for our patients and their families with each encounter," said Stire. 

Shopping List:

Basic Ingredients for a Healthy Kitchen

The first step to cooking healthy is to stock your kitchen with a variety of foods that you can throw together for healthy meals in a hurry. Keep these foods on hand for fast meals on busy nights.

In the cupboard

- Beans: Black, pinto, kidney, chickpeas, lentils, refried
- Rice: Brown, long-grain, rice mixes
- Pasta: Whole-wheat spaghetti, fettuccine, penne, bowtie, ramen noodles
- Other grains: Couscous, orzo, cornmeal, whole-wheat crackers, breadsticks, bread crumbs
- Onions
- Canned tomatoes: Diced, whole, seasoned, sun-dried, sauce, salsa
- Canned vegetable: Mixed vegetables, green beans, mushrooms
- Canned and dried fruits: Applesauce, cranberries
- Sauces: Pasta, pizza, tomato
- Soups: Canned soups, broth, and bouillon and dried soup mixes
- Meats: Canned tuna, salmon, minced clams, and chicken
- Peanut butter
- Evaporated milk
- Vinegars: Cider, red and white wine, balsamic
- Your favorite herbs and spices
- Oils: Olive, canola, peanut, and non-fat cooking spray

In the refrigerator


- Vegetables and fruits
- 100% vegetable and fruit juices
- Reduced-fat milk and yogurt (without added sugar)
- Reduced-fat cheeses: Cheddar, mozzarella, Swiss, Monterey Jack, cottage, Parmesan
- Reduced-fat sour cream and cream cheese

- Whole-wheat and corn tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, teriyaki, and chili
- Ketchup and mustard (spicy and Dijon)
- Salad dressings with olive oil or reduced-fat

In the freezer

- Frozen vegetables, fruits, and 100% juices
- Frozen chopped onions and chopped green pepper
- Breads: Whole-grain breads, dinner rolls, English muffins, bagels
- Meats: Chicken breast, ground turkey breast, extra-lean hamburger
- Fish: Red snapper, salmon, orange roughy, cod, flounder, sole

Whole grains vs. refined grains

A whole grain is made up of 3 parts: the bran, endosperm, and germ. Refined grains are made from the endosperm. Because the bran and germ contain much of the vitamins, minerals and all of the fiber found in grains, whole grains have more fiber and nutrients than refined (or processed) grains. Shoot for at least 3 servings of whole-grain foods each day. 

(Source: *The American Cancer Society*)



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 at

www.jpmmc.org

for all of the latest news
and information.



GIFTS *of* STOCK BENEFIT GIVER & FOUNDATION

Giving to a charitable organization such as the Bluestem Medical Foundation is not only personally satisfying, the IRS (and possibly the state) also rewards you with generous tax breaks.

One of the best gifts to donate is appreciated stock from your investment portfolio because tax benefits from the donation can be increased and the Foundation will be able to use the proceeds to support the mission of Jane Phillips Medical Center.

As an example, Mr. and Mrs. Donor decide they would like to make a contribution to the Foundation for a specific project or need. In 2001, they purchased \$5,000 worth of

stock in ABC Company. Today, their investment has a fair market value of \$20,000 for a \$15,000 gain.

Instead of selling the stock and donating the proceeds, the Donors decide to give the stock directly to the Foundation. By doing so, the Donors will not have to realize any gain on their investment or pay any tax on the \$20,000 transfer of the stock to the Foundation. Furthermore, Mr. and Mrs. Donor will receive a charitable contribution for the full \$20,000 fair

market value of the stock and will generate tax savings. The amount will depend on their particular income bracket.

Had the Donors instead sold the stock and given the proceeds of that sale, they would have been forced to pay taxes on the income gain of \$15,000. This would have resulted in a) a lower amount of money to the Foundation and b) a lower amount of tax savings on the charitable contribution.

What is especially nice is that this strategy works for both lower and higher dollar amounts.

One important caveat: to receive the

forementioned benefits of donated stock, the stock must be held for at least one year.

And, as always, before making any charitable contribution, check first with your tax professional.

"We are so very grateful for every donation we receive," said Executive Director of the Bluestem Medical Foundation, Mike Wilt. "Regardless of the amount, the gifts we receive have a significant impact on our patients and their families as well as the people who care for them."

To inquire about donating to the Foundation, phone 918/331-1431. **JPM**

JPMC Adopts Storm Parking Policy

Jane Phillips Medical Center recently adopted a new parking policy aimed at keeping employees and visitors safe during adverse weather conditions. The guidelines were put into place after a series of severe weather alerts prompted people from the community to drive their vehicles to the hospital's parking garage.

"During the threat of severe weather, we have far too many people, who otherwise would not be here, drive their vehicles onto our campus," said Rob Poole, JPMC Chief Information Officer who oversees hospital security. "We even had one person bring their boat here. It

really has become a safety hazard."

Poole said many drivers park behind other vehicles and many leave their vehicles in the garage's travel lanes making it impossible for others to enter or exit. Oftentimes, the vehicles are not retrieved until the next day.

"While JPMC serves the public, our

campus is private property," Poole said. "Our priorities are the health, safety, and welfare of our patients, families, visitors, volunteers, and employees."

Signs have been posted at both entrances to the hospital's parking garage informing drivers that the facility is private property and solely for the use of patients, visitors, and employees.

In addition, during the threat of severe weather, the west entrance to the parking garage will be closed and

the north entrance will have limited access to those having a valid reason to be at the hospital.

"Recently, the City of Norman fire chief stated that people seeking shelter from tornadoes should consider staying home," Poole said. "He correctly stated that for those who haven't already gone to shelter by the time sirens sound, it is too late for them to drive to shelter." **JPM**

Back 2 School Health Tips

As the school countdown begins, the pressure's on to shop for spiffy threads, new notebooks and lunchboxes. Don't forget that you also need to take some steps to safeguard your children's health. Here are some key items to tackle before the school bell rings.

- **Make sure your child has had a recent physical**, especially if he or she plans to play sports. If you wait until the last minute, the doctor might not be able to squeeze your child in for an appointment.
- **Check that your child's vaccinations are up to date.** Many schools and colleges won't admit students who don't have all their shots. Moreover, additional immunizations, such as hepatitis B, are now being required.
- **Write out an action plan** for dealing with any chronic health conditions your child might have, such as asthma or food allergies. It'll help the school nurse and your child's teacher better address his or her needs. Include information about triggers, medication, and instructions for an emergency; you can work with your child's physician to make sure the list is complete. Also, make sure that your child's school has up to date emergency phone numbers on file, for both you and your pediatrician.
- **Put your kids on a sleep schedule.** Your children might have grown accustomed to staying up late over the summer, but once school's in session, they'll need to settle into a sleep routine. When kids don't get a proper night's rest, their mood and performance can be affected. In a recent study of 1,600 adolescents found that one in four high school students falls asleep in class at least once a week. Children ages 5 to 12 should sleep for 10 to 11 hours a night and adolescents 9 to 10

hours. To ease the transition, insist on a new bedtimes at least a week before classes start. Have the kids minimize or avoid stimulating activities, such as computer games, within one hour of bedtime. And make sure they go to bed and wake up about the same time every day.

- **Check for bugs.** Summer, with its camps and play dates, brings

plenty of opportunities for your child to contract head lice. If you catch your child indulging in any tell-tale scratching, check her scalp. Lice can be tough to spot but the adults are usually a brownish color, and the nymphs clear to reddish brown. Many children are not allowed to go to school if they have lice, so you'll need to act quickly if there is a problem. But that doesn't necessarily mean using chemical shampoos. Several simple techniques have been shown to eradicate lice.

- **Stock up on healthy options for breakfast and lunch.** Approach the new school year with the same spirit in which you'd approach a new calendar year, and make resolutions to help your child eat more healthfully. Instead of putting sweetened beverages in the lunchbox, choose water or low-fat milk. And remember, Asta says, that a snack should have less than 2 grams of fat, less than 10 grams of sugar and no trans fats per serving. **➤**



MEN: Time for a Prostate Exam?



September is National Prostate Cancer Awareness Month, which encourages men to become better educated about all aspects of the disease. Although its mortality rate has steadily fallen in the last decade, prostate cancer is still the second leading cause of cancer deaths among men in the United States and is the most common cause of death from cancer in men over age 75.

To help detect prostate cancer in its early stages, the American Cancer Society recommends that men talk to their doctors about the benefits, risks, and limitations of prostate cancer screening before deciding whether to be tested.

For most men at average risk, screening is started at age 50. However, some doctors recommend that men at higher risk of prostate cancer—African-American men or men with a family history of prostate cancer—start screening earlier. The American Urological Association recommends a first-time test at age 40, with the schedule of follow-up testing to be determined on an individual basis.

"I once had a patient who was in his mid-forties, in good health, no urinary problems, and not among those who are at higher risk, but whose PSA level was slightly elevated," said Bartlesville-based urologist Dr. Michael Peaster. "He had never had an exam before, so he was screened for the first time. Long story short, we caught the prostate cancer early and the patient had a successful outcome."

Prostate-specific antigen (PSA) is a protein produced by cells of the prostate gland. The PSA test measures the level of PSA in the blood. The doctor takes a blood sample, and the amount of PSA is measured in a laboratory. Because of PSA testing, most prostate cancers are now found before they cause any symptoms, which are usually urinary-related problems.

"It is a good idea for all men age 40 and above who have never had a

PSA test performed to do so," said Dr. Peaster. "After the test, the patient will have, at a minimum, a baseline PSA number. If the original number does not raise any concerns, the patient can go on his way and have subsequent tests as recommended by a physician. If the original number does raise concerns—like it did in the patient I mentioned—then further testing can be done."

A man's PSA level alone does not give doctors enough information to distinguish between benign prostate conditions and cancer. However, the doctor will take the result of the

The exact causes of prostate cancer are not known, but awareness can help men make more informed choices about their health.

PSA test into account when deciding whether to check further for signs of prostate cancer.

Often, PSA levels will begin to rise before there are any symptoms. An abnormal prostate exam may be the only sign of prostate cancer even if the PSA is normal.

The exact causes of prostate cancer are not known, but awareness can help men make more informed choices about their health.

According to the National Cancer Institute, avoiding smoking, losing weight, maintaining a healthy diet, and exercising may all help prevent certain cancers. **JP**

JPMC PRESENTS
GLITZ
 AT THE ROSE GARDEN MOTOR SPEEDWAY
2011

The Bluestem Foundation's annual fundraiser
 for JPMC's continuing staff education

FRIDAY, SEPTEMBER 16, 2011
6:30-10:00 P.M.

JANE PHILLIPS MEDICAL CENTER
ROSE GARDEN MOTOR SPEEDWAY

Tickets are \$100 each and a portion is tax deductible.
 To make reservations or for more information, call the
 Bluestem Foundation office at 918/331-1431.



Mother/Daughter Workshop

October 8, 2011 • 8:00 a.m.–11:00 a.m.
First Floor Classroom

Jane Phillips Medical Center's Women's Health Education is offering the Mother/Daughter Workshop: "Growing Up" on Saturday, October 8, from 8 a.m. to 11 a.m. at Jane Phillips Medical in the first floor classroom.

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.

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: four couples are required per class.

Women's Health Education
 Jane Phillips Medical Center
 3500 S.E. Frank Phillips Blvd.
 Bartlesville, OK 74006
 918/331-1425 or
 918/331-1426
www.jpmmc.org



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External masonry work is scheduled to begin in August on the new Cardiology building at Jane Phillips Medical Center. Work continues on the plumbing, electrical, telecommunications and fire protection systems. Sheetrock is being hung and the A/C units have been set.

The 16,000 square foot facility will house medical offices and cardiology services with the majority of space being rented to BlueStem Cardiology. Construction is expected to be completed in December.

BlueStem Cardiology is comprised of Dr. Stan Defehr, Dr. Pat Tinker, Dr. Gary Dykstra, and Dr. Anderson Mehrle.

In 2008, the American College of Cardiology (ACC) ranked JPMC as the best hospital in the country for providing heart patients with critical medication upon discharge. Since that time JPMC and BlueStem Cardiology have consistently been recognized and honored by the ACC and American Heart Association for excellence in treating heart patients. 