

VIM & VIGOR

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MGH
MARION GENERAL HOSPITAL

A Force of HABIT

32 ways to make your daily routine
healthier and happier

PLUS Anthony Anderson
turned a diabetes diagnosis
into an opportunity
for change

MGH NURSES:
MANY STORIES, ONE
HELPING PURPOSE

**Long Service
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CARDIAC REHAB
KEY TO MAN'S
HEART ATTACK
RECOVERY



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Life takes **HEART** at **MGH**

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Pacemaker Insertion

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- ♥ Aravind Sekhar, MD
- ♥ James P. MacKrell, MD
- ♥ Christopher D. Powers, MD
- ♥ M. Nabi Sharif, MD



Providing the finest
Cardiovascular Care

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COVER PHOTO BY GETTY/JESSE GRANT/STRINGER; INSET PHOTO OF ANTHONY ANDERSON BY GETTY/MAARTEN DE BOER

► OPENING THOUGHTS

WORKING FOR YOU

Reflecting on another successful year at MGH



As the sun sets a little sooner every day, I realize just how fast time has once again flown. It seems as if we were just waiting with great anticipation to welcome in 2017.

Though this year is quickly coming to an end, when I reflect back, I am so pleased to find this has been another successful year for Marion General Hospital. There have been many services MGH provides that have either been improved upon or added this past year. The physical plant continues to be updated for the comfort, safety and convenience of our patients and their families. All of this activity has been strategically planned and carried out with the goal of providing the absolute best in healthcare for the residents of Grant County.

In this edition, you can find out more about the care we provide. Read about the accomplishments of our staff on page 3. On page 4, find out how cardiac rehabilitation helped a patient who suffered a heart attack. Our Ask the Expert feature (page 8) is a Q&A with speech pathologist Ann Miller, who explains dysphagia, or difficulty swallowing. We honor our nurses for Nurses Day by sharing their stories in the feature “Answering the Call,” on page 49. Read about our service award recipients—employees who have worked decades for the hospital—on page 52. And find out more about stroke and the StrokeCareNow Network on page 54.

The holiday season is upon us. From the bottom of my heart, I would like to thank the MGH team for all they do in providing the quality personal and professional care that has become the cornerstone of our hospital.

Even more importantly, I would like to thank the patients and their families that time and time again put their trust in us.

Over this holiday season, as we gather in our homes and churches celebrating that which God has provided us, I wish each and every one of you the absolute best.

Stephanie Hilton-Siebert
President/CEO
Marion General Hospital



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MARION GENERAL HOSPITAL

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Vim & Vigor™, Winter 2017, Volume 33, Number 4, is published three times a year by MANIFEST LLC, 4110 N. Scottsdale Road, Suite 315, Scottsdale, AZ 85251, 602-395-8950. Vim & Vigor™ is published for the purpose of disseminating health-related information for the well-being of the general public and its subscribers. The information contained in Vim & Vigor™ is not intended for the purpose of diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines. Vim & Vigor™ does not accept advertising promoting the consumption of alcohol or tobacco. Copyright © 2017 by MANIFEST LLC. All rights reserved. Subscriptions in U.S.: \$3 for one year (3 issues). Single copies: \$2.95. For subscriptions, write: Circulation Manager, Vim & Vigor™, 4110 N. Scottsdale Road, Suite 315, Scottsdale, AZ 85251.



MANIFEST

STAFF ACCOMPLISHMENTS



Angela Mounsey, BSN, RN, CCM, CPHQ, manager of the Quality Improvement/Care Continuum Department, recently became a certified professional of healthcare quality in the National Association for Healthcare Quality.

CPHQ is the only accredited certification in the field of healthcare quality. The goal of CPHQ is to promote excellence and professionalism by documenting individual performance as measured against a predetermined level of knowledge about quality.

Mounsey was also recently chosen to serve as president-elect for the Indiana Association for Healthcare Quality for 2017-18. The InAHQ promotes quality improvement by working with healthcare quality management professionals and other organizations.

Mounsey, who has worked at Marion General Hospital for 15 years, received her bachelor's degree from Indiana Wesleyan University. She lives in Van Buren with her husband, Marty, and has three children and four granddaughters.

"The staff and leadership are great to work with," she says. "I believe we provide great care."



Kevin Shockey, RN-BC, of the cardiac catheterization and electrophysiology lab, recently became certified as a cardiac-vascular nurse by the American Nurses Credentialing Center.

Shockey, who has worked at Marion General Hospital for 33 years, received his associate's degree from Indiana University Kokomo. He lives in Marion with his wife, Lisa, and has two sons, Justin and Bryce. He enjoys spending time on the beach, golfing and watching racing.

"I am fortunate to be working in the MGH cardiovascular service line," he says. "Besides having a great team, we get to work alongside top local and state cardiologists. We provide top-notch cardiac care at a local level with interaction from St. Vincent Medical Group cardiac interventionalists."



Ann Vermilion, MBA, FACHE, administrative director of Medical Staff Services & Community Outreach at MGH, was recently chosen to serve on the Board of Directors for the Indiana Rural Health Association.

The mission of the IRHA is to enhance the health and well-being of rural populations in Indiana through leadership, education, advocacy, collaboration and resource development.

Vermilion, who has worked at MGH for 13 years, was awarded the 2016 Leadership Award from IRHA for her statewide education and leadership in tackling the opioid abuse epidemic and increased education of the epidemic within the healthcare industry. ■

APPOINTMENTS



Find a Doctor

Call the MGH Access referral line at **765-660-MGH4 (6444)**.

Mary Jo Herring and Tamra Edwards, exercise specialists in cardiac rehab, helped Doug Howard, facing page, recover after a heart attack.



TAKING CHANGE TO HEART

One man's story of recovery after a heart attack



Doug Howard has history of chronic obstructive pulmonary disease (COPD), but not heart problems. He didn't think anything was wrong, had never really had any pain, but then it hit him one morning: He was having a heart attack.

After undergoing a heart catheterization, it was discovered he had one artery

with a 95 percent blockage and two that were 80 percent blocked. Two days later, he underwent a double bypass.

After his surgery, he was scheduled for cardiac rehabilitation at MGH. "I was a skeptic at first, but I am a little skeptical on any kind of exercise. I am not an exercise person," he says. Once he began the program, though, he

enjoyed it. "It has helped me tremendously," he says. The regimen consists of three sessions a week for 12 weeks, about an hour per session.

"He was in pretty bad shape when we got him, and he was nervous," says Mary Jo Herring, exercise specialist in cardiac rehab. "He listened to everything he was supposed to do and has shown a huge



Doug Howard exercises on a treadmill in cardiac rehab.

improvement in his exercise ability and everyday living.”

“We are really happy with his progress,” she says.

Cardiac rehab is a medically supervised program to help heart patients recover and improve overall physical, mental and social function. The goal is to stabilize, slow or even reverse the progression of heart failure. This can help reduce the risk of heart disease, another cardiac event or death.

Cardiac rehab programs usually provide:

- A medical evaluation to figure out a patient’s needs and limitations
- A physical activity program tailored to those needs and limits
- Counseling and education to help a patient understand the condition and how to manage it
- Support and training to help a patient return to work or his or her normal activities
- Counseling on modifying risk factors through diet and nutrition and the use of prescribed medications

“People have the misconception that they are not well enough to exercise,” Herring says. “We are here for those who are not well enough to do it on their own.”

Howard says he would tell others considering the program not to hesitate. “You need to do it.” He says it was a little tough at first, but as they say, “No pain, no gain!”

“You just tough it out and do what you have to do,” he says. ■

CALL

Learn About Your Heart

For more information on cardiac education classes, call **765-660-6050**.



WHAT TO WATCH FOR

Understanding heart attack symptoms and signs can help you protect friends and family members, as well as yourself.

Some typical warning signs of a heart attack include:

- ▶ Sudden chest pain, pressure or heaviness lasting more than 20 minutes; pain that radiates to the back, jaw, neck, throat, arm, shoulder or below the breastbone
- ▶ Extreme shortness of breath
- ▶ Profuse sweating

Atypical symptoms are seen more often in women, the elderly and diabetics:

- ▶ Fullness in the chest, indigestion or heartburn
- ▶ Rapid or irregular heartbeat
- ▶ Extreme weakness or fatigue
- ▶ Nausea or vomiting

Every year, thousands of Americans survive heart attacks and go on to enjoy their lives. Learn more about symptoms, risk factors and lifestyle choices you can make now to reduce your heart attack risk by visiting the Health Library on our website at **mariongeneral.staywellsolutionsonline.com**.

WELCOME, NEW MEMBERS

A message from MGH Auxiliary President Karen Koontz



Karen Koontz

I hope all of you enjoyed the warm summer! Autumn is here, and to me there is nothing like the crisp morning air, the fragrance of burning leaves, carved pumpkins, bonfires, sweat-shirts and pumpkin pie.

In September, the MGH Auxiliary Board welcomed three new members: Lynn Nicholson, Dorinda Turner and Marie Rigdon. Turner was sworn in as the new board secretary and will report on the birthing center as

any needs arise. Charlotte Brown was sworn in as assistant secretary, and Nicholson will report gift shop activities.

I appreciate the support of the hospital staff and the public with their generosity in participating in our fundraisers. Without those funds, we would be unable to buy wheelchairs, beds, nursery equipment and so many other things that we have purchased over the years. In June, the board voted to grant up to eight travel vouchers a year, for years to come, to nurses for their continuing education meetings and conventions. We have a two-day fundraiser Nov. 2-3 with Collective Goods and

a two-day fundraiser Dec. 13-14 with South Bend Chocolate. Again, I appreciate your support.

I am excited to announce that Winter Wonderland is coming back to the gift shop! Winter Wonderland will be Nov. 10, so mark your calendars, because you do not want to miss this.

Finally, I would like to wish everyone a blessed, healthy and happy Thanksgiving and Christmas season.

GIVE



Join Our Team

Call Sheila Stewart at **765-660-6410** to learn more about the many volunteer opportunities available at MGH.

Volunteer of the Year: Dorinda Turner



Dorinda Turner

Dorinda Turner has truly made a difference during her eight years as a volunteer. She began as a patient representative in our emergency department,

where she immediately endeared herself to the staff and patients with her smile, pleasant personality and caring manner.

In a short period, she increased the number of hours she volunteered with MGH to include helping with record keeping and serving on the

MGH Auxiliary Board of Directors for six years. She served in several leadership positions, including as Auxiliary president, during her first board term and is returning to the board after impatiently completing the mandatory year off between terms.

She continues to make a difference in our hospital and our community by attending conferences and meetings sponsored by the Indiana Hospital Auxiliaries Association. We are proud to announce that she will be representing MGH at the state level by serving as secretary and legislative chairperson for the Eastern Area of the IHAA.

Turner treats others with respect and kindness, always responding with empathy, showing compassion in all she does. She projects a warm, cheerful attitude to everyone she meets and is able to handle difficult situations with patience and tact. She projects enthusiasm in everything she does and has offered valuable suggestions and advice to improve service to our patients and their families, and to MGH employees.

She has been a dependable, efficient and loyal volunteer. Dorinda Turner, volunteer of the year, continues to impress with her dedication to supporting the mission, vision and values of MGH.

► DONATIONS

MGH MEMORIAL GARDEN

Honoring former MGH employees, physicians and volunteers

► The Marion General Hospital Memorial Garden, in the courtyard west of the cafeteria, was built in memory of former Plant Engineering Supervisor Fred Gause and made possible by a generous donation and support from the MGH Auxiliary. The garden honors MGH employees, physicians and volunteers who have died by displaying their names and departments on engraved bricks set around the base of a tranquil fountain.

Honored as of press time are:

- **Jerome T. Holderead**, volunteer (MGH Chairman, Board of Directors)
- **Rose Farley, RN**, nursing

GIVE



Purchase a Memorial Brick

Bricks to honor MGH employees, physicians and volunteers who have died can be purchased for a minimum of \$50.

Call Volunteer Services at **765-660-6410** for more information.

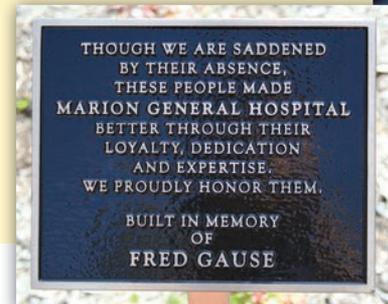


MARION GENERAL HOSPITAL ENDOWMENT FUND

In 1994, the Marion General Hospital Endowment Fund was started to accept donations to support the hospital's mission and vision for our Healthcare Community. Donations to the fund are sincerely appreciated. Call 765-662-0065 or mail to:

The Marion General Hospital Endowment Fund
Community Foundation of Grant County, Indiana Inc.
505 W. Third St.
Marion, IN 46952

Stephanie Hilton-Siebert, president/CEO, addresses Memorial Garden supporters during a ceremony held during National Hospital Week. In 2017, 137 people were honored.



THOUGH WE ARE SADDENED
BY THEIR ABSENCE,
THESE PEOPLE MADE
MARION GENERAL HOSPITAL
BETTER THROUGH THEIR
LOYALTY, DEDICATION
AND EXPERTISE.
WE PROUDLY HONOR THEM.
BUILT IN MEMORY
OF
FRED GAUSE



Ann M. Miller administers neuromuscular electrical stimulation (NMES) to treat a swallowing disorder.



Ann M. Miller, MA,
CCC-SLP, speech
language pathologist

allows us to assess risks of swallowing and recommend safe diets.

Q What are treatment options?

At Marion General Hospital, we offer the latest dysphagia therapy. Not only do we specialize in exercises proven to improve your swallow, we are also certified in the latest advancements in therapy. Our skilled SLPs offer neuromuscular electrical stimulation, muscular mobilization, deep pharyngeal neuromuscular stimulation and Iowa Oral Performance Instrument therapy. Swallowing therapy can be completed while you are an inpatient, as an outpatient or as a part of your treatment plan in our rehabilitation hospital. Our goal is to increase your quality of life by improving your swallow and making it possible to enjoy the foods that you love. ■

UNDERSTANDING SWALLOWING DIFFICULTIES, OR DYSPHAGIA

Q What is dysphagia?
Dysphagia is difficulty swallowing foods or liquids. Often caused by illness or injury, dysphagia can be the result of weakness or incoordination. Dysphagia can occur in the mouth, throat or esophagus.

Q What are the symptoms of dysphagia?
Symptoms include:

- Dry mouth
- Coughing and choking
- Runny nose and watery eyes
- Difficulty breathing while and after eating
- Food coming out of the mouth or nose
- Feeling like food and liquids are stuck in the throat or going down the wrong way
- Recurrent pneumonia or bronchitis
- Acid reflux

Q What are the complications from dysphagia?
Complications can include:

- Weight loss
- Pneumonia
- Malnutrition
- Dehydration
- Difficulty breathing
- Difficulty taking medication

Q How does a speech language pathologist (SLP) evaluate a patient's swallowing?
With a referral from your physician, a trained speech pathologist can evaluate and treat your swallowing problem. We use clinical evaluation as well as highly specialized diagnostics, including modified barium swallow studies. This test requires no preparation. Patients swallow small amounts of barium while we assess the swallow in radiology. This

CALL

**MGH
Rehabilitation
Hospital**

For more information on rehab services available, please call **765-660-6360**.



ANSWERING *THE CALL*

*MGH nurses share the stories of why they
joined the nursing profession*

Every nurse has a story about why they chose their career. Some like the satisfaction they get from knowing they make a difference each and every day. Others like the great pay and benefits nursing offers.

Nurses make a difference in their patients' lives by providing hands-on care and assisting patients in leading a healthier life. The warm feeling of helping others out, giving back to the community and influencing the success of nationwide healthcare makes nursing an intrinsically rewarding career to pursue.

For this year's annual MGH National Nurses Day celebration, nurses were asked to share stories on why they embraced nursing. The following stories offer insight into the factors that brought these nurses to their calling.



MGH nurses share the stories of why they joined the nursing profession:

“Nursing is nothing like they say it is in school. There is so much day-to-day madness they never tell you about prior to putting on the RN badge. The holistic care of a fellow human being is a huge responsibility. The ability to simultaneously manage multiple patients alongside their medication, their safety, their family, their stool, their anxiety and even their food is not something that can be taught. No, this type of multitasking and efficiency is something, I believe, nurses are blessed with. These talents, behaviors and skills are indeed taught in part by preceptors, professors and textbooks. However, care like this is mostly fueled by the selfless desire to make a difference in someone’s life. You aren’t taught how to tell a patient, ‘It’s OK to be scared; I will be right here with you.’ You aren’t taught how to hold the hand of a patient taking their last breath, and afterward holding their crying loved one whose world just fell apart. No, nursing is nothing like they say it is in school—nursing is so much more. When the day comes the roles are reversed, our loved ones deserve more than just a caregiver—they deserve a nurse.”

—**Skylar Griffith, BSN, RN, Cath Lab**



Stephanie Hilton-Siebert, president/CEO, tells employees at the National Nurses Day celebration why nursing is such an intrinsically rewarding career field.



Cindy Futrell, chief nursing officer, speaks to employees about accomplishments of the past year and opportunities for the coming year.



MGH employees enjoy Nurses Day, filled with activities, food and fun.

“I grew up in a family of nurses. My mother and her two sisters were nurses, along with an aunt and a cousin. I was very blessed in the fact that I never thought about doing anything else. My mother was my biggest inspiration. I watched my mother battle pancreatic cancer and witnessed nursing at its finest. The nurse can either make or break the patient and family experience. My mother’s medical care was excellent, but it is the kindness, compassion, attentiveness, gentleness, friendliness, confidence, smiles, touch and ease of the conversation of the nurses that make the biggest impact!”

—**Tammy Cornelious, MBA, RN, administrative director, Emergency Department & Ambulance Service**



“

I grew up in a life of generational poverty that included a lack of financial, emotional, mental, spiritual, educational and healthcare resources. I struggled throughout grade school due to a learning disability.

Unfortunately, my mother became a drug addict during my childhood. Sadly, she lost her battle with addiction during my last year of nursing school. There were so many times I had basic needs that were unmet during my childhood and as an adult. I wanted to help change that for others. I wanted to be a source of positive change in my life and the lives of others, so I decided to become a nurse. Each patient I care for includes different family dynamics, and at times this can be the most challenging part of being a nurse. Even when I am caring for the most difficult patient, I remind myself of the unknown battles they fight day after day. Today I am a nurse because I want to lift up the man who feels defeated, be the shoulder to lean on for the woman who feels despair and comfort the child in fear.”

—*Shawanna Evans, RN, Telemetry*



Why nursing? Nursing can be a very rewarding profession. It's about caring, listening, thinking, organizing and leading. It fosters confidence in oneself because it takes ability and smarts. One can make a decent living, feel good and have a multitude of professional options. It's a rewarding career that makes a difference in many lives. ■

WEBSITE



Life-Changing Careers

Interested in a nursing career? MGH has openings with sign-on bonuses. Visit www.mgh.net/careers and apply today.

“

I am one of *those* nurses—you know, one of those who wanted to be a nurse her whole life. I remember sitting on the edge of my mom's bed many mornings at 5 a.m. watching her put on her white uniform with her nursing pin and begging to go with her to work. I could not wait to understand my family's dinner conversation, which always involved medical terminology way over my head. I am proud to be a nurse. I am thankful every day for the opportunity God has given me, even on hard days. I was blessed with the greatest mentor and role model anyone could ask for. I call her mom.”

—*Jac-Lyn Perez, MSN, RN, Cath Lab*



Members of the Magnet champion team coordinate Nurses Day events at MGH.

Decades of DEDICATION

*Longtime employees show ‘good old days’
are alive, well and flourishing at MGH*

BY **TERRI COUSE**



Can you even imagine? The individuals photographed on these two pages have a combined total of nearly 900 years of commitment to serving Marion General Hospital’s patients and their family members.

Some provide direct care and support during the times of uncertainty that a sudden illness or injury can bring. Others work tirelessly behind the scenes supporting those who are on the front lines.

Each individual is an excellent representative of Marion General Hospital and their respective profession. They are what make MGH unique. They are the expertise you want, need, expect and deserve when faced with a health crisis.

Some have claimed that the “good old days” of working for an organization for 25, 30, 35 years and beyond are over. Not at MGH. Those days are alive, well and flourishing. ■



Stephanie Hilton-Siebert, president/CEO of Marion General Hospital (back row, third from left), stands with employees who have spent 25 years with the hospital. They are (front row, from left): Pat Davis, Becky Davis, Margaret Gibson, Bruce Clawson, Lee Ann Florek and Mary Jane Whitton; (back row, from left) Terri Couse, Jennifer Endsley, Hilton-Siebert, Tammy Hertlein, Mary Loftis and Delbra Gee. Not pictured are Denita Briscoe, Lisa Sheward and Jill Vanlandingham.



Stephanie Hilton-Siebert, president/CEO of Marion General Hospital (back row, center), stands with employees who have worked for the hospital for 30 years. They are (front row, from left): Donna Bridegroom, Roxzann Weaver, Brenda Prosser and Liza Barnes; (back row, from left) Jane Merchant, Hilton-Siebert and Kathy Lawson. Not pictured is John Biggs.



Stephanie Hilton-Siebert, president/CEO of Marion General Hospital (back), with Mickie McNamara (left) and Patricia Soultz, who have each spent 45 years working for the hospital.



Stephanie Hilton-Siebert, president/CEO of Marion General Hospital (back row, center), with employees with 35 years with the hospital. Employees are (front row, from left): Dawn Davis and Teresa Lynas; (back row, from left) Jo Benbow, Hilton-Siebert and Judi Ruley.

Stephanie Hilton-Siebert, president/CEO of Marion General Hospital (back row, center), with 40-year veterans of the hospital workforce. Employees are (front row, from left): Melinda Hurst, Carolyn Lane and Nancy Pierce; (back row, from left) Jan Robinson, Hilton-Siebert and Garry North. Not pictured is Roxie Hobbs.



STROKE SYMPTOMS? CALL 911



Quick treatment vital to patient health

BY **TAMMY CORNELIOUS, MBA, BSN, RN**

When you're having a stroke, every second counts. People may think their symptoms will get better if they wait a little bit. But the more time passes before treatment, the more likely it is that a stroke victim will have long-lasting or permanent damage.

Stroke is the fifth-leading cause of death and the leading cause of long-term disability in the United States. Stroke occurs more often in women than in men, and African-Americans are at greater risk than any other racial group in the United States.

ILLUSTRATION BY THINKSTOCK

There are three types of strokes:

• **Transient ischemic attack (TIA).** This is often referred to as a ministroke. Blood flow to the brain is interrupted, and symptoms are temporary. Though less serious than other types of stroke, a TIA is a warning sign and needs to be taken seriously.

• **Hemorrhagic (bleeding) stroke.** This occurs when a vessel in the brain ruptures, causing blood to accumulate in the brain.

• **Ischemic (decreased blood flow) stroke.** These account for 87 percent of strokes. They occur when a clot obstructs blood flow to the brain. If caught early enough—generally within a few hours after symptoms begin—the effects of the stroke can be reversed or at least minimized by medication or procedures.

Timely stroke treatment is vital to a good outcome for patients. According to researchers, for every minute in which a large vessel ischemic stroke is untreated, the average patient loses almost 2 million neurons. If you or a loved one experiences stroke symptoms, call 911 immediately. To help you remember the main signs of stroke and what to do, use the letters of F.A.S.T. (see box at right).

Even if stroke symptoms go away, medical help is needed immediately. It will be important to tell emergency responders what time the symptoms were first noted.

Marion General Hospital partners with the StrokeCareNow Network (SCNN) in Fort Wayne, Indiana.

MGH uses telemedicine to allow a neurologist to see and speak to the patient. The emergency department physician, nurse, neurologist, patient and family then work together to decide the best course of treatment.

If certain criteria are met, medication can be given to break up the clot of the ischemic stroke or the clot can be removed with a procedure done at Lutheran or Parkview hospitals. For a TIA, close observation in the hospital or follow-up with your family doctor will be recommended. For a bleeding stroke, depending on the severity, the bleeding can be stopped by a special procedure or surgery.

The only way to know if you are having a stroke or the type of stroke you are having is to seek medical treatment immediately. Remember that “time is brain”—the more time passes, the more damage a stroke will cause to the brain. ■

WEBSITE 

**Virtual Care,
Quickly**

To learn more about the StrokeCareNow Network, go to www.strokecarenow.com.

**STROKECARE
NOW** network 

WHEN STROKE STRIKES, ACT F.A.S.T.

F.A.S.T. is an acronym used to help people remember the most common signs of a stroke and to encourage quick treatment. Look for the following symptoms:



Face

Is facial drooping present? Is one side of the face numb? Is the person's smile lopsided?



Arms

Is one arm weaker than the other? When both arms are raised, does one drift down?



Speech

Is the person unable to speak, or is speech slurred or difficult to understand?



Time

Time to call 911.

► COMMUNITY CONNECTIONS

EVENTS & ACTIVITIES

Continuous education programs and support groups

Classes

Diabetes

Classes are offered monthly. Physician referral is required. For more information, call diabetes education at 765-660-6690.

Prenatal Education

Classes provided in conjunction with Family Service Society Inc. Classes are held at various times throughout each month. Please call 765-660-7893 or visit www.mgh.net for more information.

Community Service

Car Seat Safety

Free service for parents and caregivers for inspection, fitting and instructions on proper installation of a child car seat. (Both child and car seat must be at inspection.) Call 765-660-6860 for appointment.

Date/Time: By appointment only

Location: MGH Parking Garage, 441 N. Wabash Ave.

Support Groups

(All support groups are free)

Bariatric Support Group

Support group for individuals who have had bariatric surgery or are interested in bariatric surgery, as well as those who are participating or wish to participate in medically supervised weight loss. Call 765-660-7133 for more information.

Dates: Meets the third Thursday of each month (does not meet in December)

Time: 6:30-8 p.m.

Location: MGH 330 Building, Conference Rooms 1-2, 330 N. Wabash Ave.



New Mom Group

A safe place to find support from other new and expectant mothers. Infant weight checks, feeding and nutrition, safety issues and postpartum depression are a few topics covered. Refreshments available. Call 765-660-6866.

Dates: Meets every Tuesday

Time: 1:30-3 p.m.

Location: MGH Fourth Floor, Lactation Office, 441 N. Wabash Ave.

Traumatic Brain Injury Support Group

Caregivers and survivors of all types of head injuries welcome. Discuss daily challenges of injured patients and their caregivers as they relate to independent living and returning to the workplace. The main focus is on providing social

CLASS 

For More Information

To register or learn more about our programs, please call the numbers listed or visit www.mgh.net (click "Events").

support. Call Ann Miller at 765-660-6360 for more information.

Dates: Meets the second Tuesday of each month

Time: 6:30-8 p.m.

Location: MGH Fifth Floor, Conference Room B, 441 N. Wabash Ave. ■

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