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MGH
MARION GENERAL HOSPITAL

Going BEYOND

35 ways to live well, even with health challenges

PLUS Parkinson's disease hasn't stopped **Michael J. Fox** from pursuing his passions

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HONORED FOR
LONG SERVICE

**Hats Off
to Nurses!**

PUTTING WOMEN
AT THE CENTER
OF THEIR CARE



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FOR NURSING EXCELLENCE

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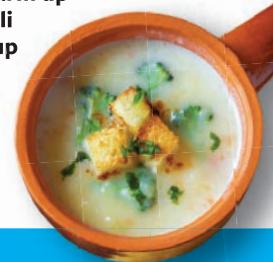
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Ask the Expert
Learn more your heart-health numbers with Melo-Dee Collins, administrative director of Cardiovascular Services.

GROWING OUR CARE

Marion General Hospital continues to expand services and enhance the care offered to our community

 The bats, balls, golf clubs and fishing gear have replaced the sled, shovels and salt in the back of the garage. While the garden tiller takes a break, the snowblower is tuned and awaiting its next battle with Old Man Winter. I am so hopeful this winter quickly flies by just as our steamy summer and pleasant fall have done.

I have such great memories of this past year, during which the Marion General Hospital team maintained the highest level of professionalism while providing such a warm and welcoming environment for our patients and their families. Speaking of that environment, our new color-coded uniforms will be such a great help to our patients in easily identifying our healthcare team members. You can read more about the new uniforms on page 3.

I am ever so proud of our continual accomplishments, all of which have been driven by the physicians, staff and employees accepting the challenges of the times and embracing forward movement. MGH now has neonatology services added to our Family Birthing Center. This addition complements our obstetric, gynecology and pediatric providers, thus enhancing our maternal child service at MGH. You can read more about MGH Obstetrics & Gynecology on page 54.

As we go forward, I will continue to focus on expanding our services and increasing the level of care we provide. With that being said, the quality of care at MGH is totally a reflection of the desire of our team to continue to go above and beyond for the residents of our area.



Stephanie Hilton-Siebert

Stephanie Hilton-Siebert
President/CEO
Marion General Hospital

VIM & VIGOR

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WAKEFIELD NAMED TO 'CFOs TO KNOW' 2018 LIST



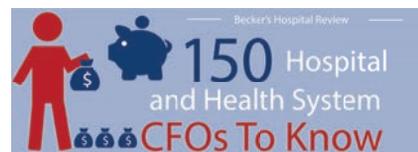
Jeff Wakefield, FHFMA, CPA, MHA, chief financial officer at Marion General Hospital, has been named on the "150 Hospital and Health System CFOs to Know" 2018 list.

Wakefield is a certified public accountant with more than 16 years of experience in healthcare finance. He received his bachelor's degree in accounting from Campbell University and a master's

of healthcare administration from the University of North Carolina.

He has experience in capital planning, cost reporting, contract management and revenue cycle for healthcare organizations. He has worked for both for-profit and nonprofit hospitals, including in his current role as CFO of MGH, which was named among the top 100 rural and community hospitals in the U.S. by iVantage Health Analytics and The Chartis Center for Rural Health this year.

"I am very proud to be part of the team at Marion General. We have great staff who work hard every day to



provide the best of care to our patients and support the mission of the hospital," says Wakefield.

The individuals featured on this list lead financial departments for large health systems as well as small community hospitals. Many play an integral role in their organization's strategic planning, growth and transactions; they have also been recognized by their peers and serve on the board of directors for community organizations.

The Becker's Hospital Review publication accepted nominations and developed the final list based on an editorial review process. ■

MGH SWITCHES TO COLOR-CODED UNIFORMS

New dress code can help patients identify their healthcare team members



In order to help patients and families easily identify our team members at Marion General Hospital, a color-coded uniform program has been implemented.

MGH wants patients to be able to identify the members of their healthcare team and how they may best address their needs during their visit to MGH. With this new policy, each department involved in direct patient care will wear a different color-coded uniform.

This dress code creates a more consistent and professional image for our staff and allows our patients to more easily identify who is in their room and the roles of the employees involved in their care.

The hospital has posted flyers throughout the facility explaining the new dress code policy with a visual image of each uniform. Staff members transitioned to the new uniforms on July 1. ■



COLOR CODE:

- ▶ Nursing: black
- ▶ Patient care and monitor techs/secretary: grey
- ▶ Radiology: charcoal grey
- ▶ Laboratory: navy
- ▶ Cardiovascular: caribbean blue
- ▶ Pharmacy: eggplant
- ▶ Oncology: grape
- ▶ Respiratory/neuro/sleep lab: red top with black pants
- ▶ Therapy services: royal blue
- ▶ Patient Access: hunter green
- ▶ Housekeeping: wine

STAFF CERTIFICATIONS

MGH employees advance knowledge to provide quality patient-centered care



Two Marion General Hospital employees have proven their dedication to providing our community with the highest level of quality healthcare by studying for and passing a professional examination to become certified, thereby furthering their education and advancing their knowledge within their chosen professions. In healthcare, professional certification helps ensure excellence. MGH staff members pursue this with enthusiasm.



Tyanne Bockover, BSN, RN, telemetry unit, is now a certified medical-surgical registered nurse by the American Nurses Credentialing Center. Bockover received her bachelor's degree in nursing from Indiana Wesleyan University in Marion. She lives in Marion with her husband, Dustin, and has worked at MGH for three years.

Hobbies include hunting, fishing, rummaging, reading, gardening, mushroom hunting, shopping at Goodwill, and spending time with her family and friends. She likes working at MGH because of "the patients, nurses and hospitalists that I work with," she says.

Certification provides an added credential beyond licensure. It demonstrates that the registered nurse adheres to specialized nursing standards and has acquired a core body of specialized knowledge in their practice or specialty.



Shaivi Thaker, physical therapist at MGH Physical Therapy, has earned a doctor of physical therapy (DPT) and orthopedic certified specialist (OCS) from the American Board of Physical Therapy Specialties.

Dr. Thaker received her bachelor's degree in physiotherapy from Sancheti Institute of Orthopedics, College of Physiotherapy, and her master's degree in health sciences at the University of Indianapolis.

Hobbies include reading, cooking and dancing. She has worked at MGH just over three years and enjoys it "because of the team I work with," she says.

ABPTS establishes, maintains and promotes standards of excellence for clinical specialization, and recognizes the advanced knowledge, skills and experience of physical therapist practitioners through specialist credentialing. ■

BABY & ME – TOBACCO FREE

Healthy babies, born on time

BY **TERRI COUSE**



Nakita Purvis had smoked on and off since she was 14 years old. When she became pregnant with her second daughter, her desire to have a healthier pregnancy drove Nakita to join the Baby & Me - Tobacco Free Program. She set two specific goals—to quit smoking during her pregnancy and to breastfeed her daughter for a longer period of time than she breastfed her first child. She met both goals. Congratulations to Nakita and family!

How does the program work?

What you need to do:

- Commit to quit smoking and to stay tobacco-free during your pregnancy.
- Enroll in the Baby & Me – Tobacco Free Program.
- Attend four prenatal smoking cessation sessions.
- Agree to take a monthly breath test to prove that you are tobacco-free. Stay smoke-free after your baby is born and you'll receive a monthly voucher for free diapers for up to 12 months!

Benefits of quitting smoking for your baby

Quitting smoking means a healthier start for your baby.

- Your baby will get more oxygen.
- There's a better chance your baby's lungs will work.
- There's a lower risk your baby will be born too early or too small.
- Your baby will have a better chance of coming home from the hospital with you on time.

Benefits of quitting for you

Quitting smoking can help moms be healthier, too.

- You will have more energy and breathe easier.
- You'll reduce your risk of developing smoking-related cancer and chronic diseases like emphysema.
- You'll save money.
- Your clothes, hair and home will smell better.
- Your food will taste better.



Nakita Purvis, with her two children.

Quitting smoking is the single most important thing you can do for your health and the health of your baby.

“Sadly, 31 percent of pregnant women in Grant County smoke. Our goal at MGH is to reduce that percentage through early intervention and prenatal support,” says Gail Elbert, director of Maternal/Child/Great Beginnings. ■

CALL



Ready to Quit?

For more information on the Baby & Me – Tobacco Free Program, call **765-660-7893**.



MGH VOLUNTEER OF THE YEAR AWARD

Pete Hall models kindness and dedication to fellow volunteers and to staff



We love all of our MGH volunteers, and each year we honor a volunteer who goes above and beyond our expectations and who truly represents the spirit of volunteering.

This year's honoree, Pete Hall, left the "position desired" line blank on his original volunteer application and told me in his interview that he would do anything we needed done. Well, Pete is a man of his word ... he has been a volunteer messenger, worked the information desk, trained other volunteers, served on the Auxiliary Board of Directors, worked tirelessly on numerous fundraisers, represented MGH at health fairs, served cake and punch during National Hospital Week and assisted during the annual MGH benefits fair. You name it, he's probably done it! Pete almost never says "no" to any request. If he does say no, it's usually because he has committed to helping someone else!

Twelve years ago, Pete jumped wholeheartedly into volunteering, giving his time, energy and enthusiastic support in everything he did. He continues giving in that same way every single day that he volunteers at MGH. He is a volunteer leader and an example to all of us of servant leadership and giving. Volunteers—and staff, as well—have learned from his positive examples of kindness and dedication; Pete is a great role model for all of us. Whenever he takes a few days off to enjoy some special time with his family, I am bombarded with phone calls wanting to know where he is and asking if he is all right that's how much he makes a difference here at MGH.

When the *Chronicle-Tribune* interviewed him about his volunteer service for their Senior Living feature, Pete said, "The Lord has been good to me and I thought I could help someone else. I get the opportunity to encourage others and visit with people." When asked advice, he suggested "finding a way to appreciate the people you meet, whether they're strangers or friends, and express your appreciation to them." He encourages us all to maintain a happy face, make eye contact and speak to people we meet, keep busy and be satisfied with life.

Sounds like he has it all figured out, don't you think? At 92 years old, Pete has earned the right to give us all advice on how to live life to the fullest!



Above: Stephanie Hilton-Siebert, president/CEO, with Pete Hall, volunteer of the year. Below: The annual Auxiliary Luncheon, where volunteers are recognized for their years of dedication and service. Bottom: Sheila Stewart, manager of Volunteer Services, and volunteer Barbara Caldwell.



Pete Hall, it is with sincere gratitude and appreciation that we take this opportunity to offer a heartfelt "thank you" for your dedication and service to helping others at MGH. ■

GIVE



Join Our Team

To learn more about the many volunteer opportunities available at MGH, call Sheila Stewart at **765-660-6410**.

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:

- Cathy Boggs**, respiratory therapy
- Richard Gerren**, blood bank director
- Joy Hendey**, environmental services
- Carol Pearson**, volunteer
- Carol Small**, 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**



Dorinda Turner, MGH Auxiliary Board Member, addresses Memorial Garden supporters during a ceremony held during National Hospital Week. In 2018, 155 people were honored.



**Melo-Dee Collins,
MSN, MSM, NP-BC**

LEARN ABOUT HEART-HEALTH NUMBERS

Q Why is it important to know my “numbers”?

Heart disease is the leading cause of death in the United States. When you know what numbers indicate a strong, healthy heart, you can set goals that reduce your risk for heart disease.

Your doctor looks at your cholesterol and triglyceride levels, your blood pressure, and more. Knowing these numbers is an important part of keeping your heart healthy. Ask questions and get copies of your results so that you can keep a record.

Q What are some risk factors for heart disease?

The American Heart Association has identified several factors that increase your risk of heart disease. Some risk factors can be modified, treated or controlled, and some cannot. The major risk factors that cannot be changed are increasing age, gender and heredity. Risk factors you can control are tobacco use, high cholesterol, high blood pressure, physical inactivity, obesity, and diabetes.

Q What can I do to control my risk factors?

The first step is to learn which numbers are important. The next thing is to find the simple things you can do every day to work toward your goal numbers.

Q What are some things I can do to keep my heart healthy?

Get involved in regular physical activities and eat nutritious meals. Sometimes medications are needed to help you reach your goal numbers; take them as prescribed. Additionally, if you don't smoke, don't start. If you do smoke, make it a goal to stop this year.

Q What numbers should I know?

Here are a few important heart-health numbers:

200: Total cholesterol above 200mg/dL needs treatment

140: Blood pressure 140/90 or higher needs treatment; pressure above 120/80 should be lowered

130: LDL cholesterol should be 130mg/dL or less in people with moderate risk of heart disease

100: 100mg/dL or less fasting glucose is healthiest

50: Women, aim for 50 mg/dL or higher HDL cholesterol; men, 40 or higher

40: Men, aim for 40 inches or less waist circumference; women, 35 or less

30: Try to get 30 minutes or more of exercise five days a week

25: Aim for 25kg/m² or less BMI

5: Eat five or more servings of fruits or vegetables per day

1: 1 teaspoon or less of salt per day

0: No smoking

Melo-Dee Collins is the administrative director of Cardiovascular Services and the Chest Pain Center coordinator. ■

CALL



Help Your Heart

If you think you might be having a heart attack, call 911. A heart attack is an emergency. Marion General Hospital was awarded Chest Pain Center accreditation by the American College of Cardiology based on the hospital's ability to evaluate, diagnose and treat patients who may be experiencing a heart attack.

and kidney dysfunction and liver damage, says Gregg Fonarow, MD, cardiologist and spokesman for the American Heart Association.

“Approximately 6.5 million Americans have heart failure, and there are about a million new cases each year,” Fonarow says. “It’s common and costly and contributes to premature death, so it’s really important to know the warning signs and get diagnosed and treated early—and work to prevent heart failure in the first place.”



RECOGNIZE *the Risks*

The two biggest risks for heart failure are high blood pressure and coronary artery disease, the most common type of heart disease, where the arteries that supply blood to the heart narrow and harden, Fonarow says. Diabetes, excess weight and obesity, and lack of physical activity can also contribute to your risk, as can older age.

“The likelihood of heart failure increases with age, yet it can occur at any age, and individuals with risk factors are at a greater risk even when they’re younger,” he says.



WATCH for Signs

Heart failure has several common symptoms you should look out for, including:

- Shortness of breath with everyday activities, like going up a flight of stairs or walking a block or two—things you could previously do with ease.
- Unexplained swelling in your legs, feet or ankles.
- A dry cough that becomes more pronounced when lying flat versus sitting or standing.
- Trouble sleeping or breathing when lying flat.
- Feeling generally fatigued without any other explanation.

- Rapid, unexplained weight gain from fluid retention (3 or more pounds in a day).

- Confusion or memory loss.
- A racing or throbbing feeling in your heart.

“It’s important to note that these symptoms can also occur with other conditions, so if you experience them, seek appropriate medical attention rather than trying to diagnose yourself,” Fonarow says.



PRACTICE *Prevention*

Here’s some good news about heart failure: It is preventable.

“Approximately 80 percent of cases that occur could have been prevented,” Fonarow says. “Many of the risk factors for heart failure themselves are preventable, like type 2 diabetes, for example.”

He recommends working with your care provider to learn your personal risk factors and taking proactive steps toward prevention. That means—you guessed it—eating a balanced diet, exercising regularly and keeping your weight, blood pressure, cholesterol and glucose levels in a healthy range. Your provider can help you achieve all of that.



TELL Your Doctor

Perhaps the most important advice Fonarow offers is to seek care quickly if you have worrisome symptoms, as early treatment can improve your prognosis.

“A lot of people see their primary care physician and get diagnosed with upper respiratory problems or bronchitis when it’s really heart failure,” he says. “If your symptoms are not responding to treatment based on that original diagnosis, follow up with your physician to confirm it’s not something more serious.” ■

CALL



Learn About Your Heart

To find out more information about cardiac education classes, call Marion General Hospital’s cardiac rehabilitation department at **765-660-6050**.

HEART FAILURE MYTHS

An important aspect of understanding heart failure is knowing what it isn’t. Gregg Fonarow, MD, cardiologist and spokesman for the American Heart Association, helps us clear up three top misconceptions:

- 1. Heart failure doesn’t mean your heart has stopped beating.** “Some people think heart failure means the heart has completely failed and confuse that with cardiac arrest or heart attack when its function has actually been impaired,” Dr. Fonarow says.
- 2. Heart failure isn’t inevitable.** While people who get heart failure tend to be older, it’s not a foregone conclusion and can be prevented, Dr. Fonarow says.
- 3. Heart failure doesn’t have to be a death sentence.** “If it’s recognized, diagnosed and treated early, your prognosis can be substantially improved,” he says. “It can be a manageable chronic condition individuals live with for years or even decades.”

TRUE OR FALSE:

If you have high cholesterol levels, you should eat less fat.

→ **FALSE.** “A low-fat diet is not something we recommend to get cholesterol levels down,” Eckel says. It’s specifically saturated fats—found in meat, dairy products and tropical oils like coconut and palm oils—that raise cholesterol levels.

Replacing saturated fats with unsaturated fats, which you can get from certain types of fish, walnuts, olives and liquid vegetable oils, may help lower levels of bad cholesterol.

TRUE OR FALSE:

Eggs are loaded with cholesterol, so it’s best to avoid them.

→ **FALSE.** “It’s difficult to give a simple answer,” Eckel acknowledges. Eggs do contain a lot of cholesterol, but it’s not fully known whether they’re harmful. The connection between cholesterol in your diet and cholesterol levels in your bloodstream isn’t clear. The bottom line? Restricting eggs is not recommended for lowering levels of bad cholesterol.

TRUE OR FALSE:

Eating a healthy diet can help keep your cholesterol levels where they should be.

→ **TRUE.** Eating mostly vegetables, fruits, whole grains, lean poultry, fish and legumes can crowd out unhealthy foods like simple sugars and saturated fats. And your diet isn’t the only healthy lifestyle step you can take. Exercising for at least 30 to 40 minutes four or more days a week, losing weight if you’re overweight and quitting smoking can also improve your cholesterol levels.

TRUE OR FALSE:

If your cholesterol levels are high, your doctor should prescribe a statin.

→ **FALSE.** “It depends how high your levels are,” Eckel says. Your doctor can calculate your risk of heart attack or stroke over the next 10 years and determine whether a statin is the right choice for you.

TRUE OR FALSE:

Men and women over age 20 should know what their cholesterol levels are.

→ **TRUE.** Elevated cholesterol isn’t a problem exclusive to older people; more than 6 percent of people ages 20 to 34 have elevated cholesterol levels. Abnormal cholesterol levels don’t trigger any symptoms, so blood testing is the only way to know if your levels are putting you at risk for heart disease. ■

GOOD VS. BAD

You’ll often hear the terms “good cholesterol” and “bad cholesterol,” but what’s the difference?

High-density lipoprotein (HDL) cholesterol is the good kind. It pulls cholesterol from your body and takes it to your liver. Your liver processes and removes it. Men ages 20 and older should aim for an HDL cholesterol level of 40 mg/dL or higher. Women, who tend to have higher HDL cholesterol levels, should aim for 50 mg/dL or higher.

Low-density lipoprotein (LDL) cholesterol is the bad kind. This type of cholesterol, along with other substances, can build up in your arteries. The narrowing of the arteries can limit the amount of blood that reaches the heart, causing chest pain or heart attack. Men and women older than 20 should aim for an LDL cholesterol level of less than 100 mg/dL.

CALL



Get Your Screenings

For more information on low-cost health screenings offered to the community, please call Marion General Hospital Community Outreach at **765-660-7200**.

DIABETES DIET ON A BUDGET

Does a diabetes diagnosis have you stocking up on fresh fruits, vegetables and meats? Don't let the sticker shock of buying fresh deter you from eating well.

Buy what's in season. Produce that's in season is always less expensive because of its abundance.

Look for deals. Shop your store's ads, clip coupons and download deal apps such as Grocery iQ or Grocery Smarts.

Order at the meat counter. It's almost always less expensive than the prepackaged meat.

Buy in bulk. When you find a deal on fresh foods, stock up. Freeze meat, fruit and even some vegetables for later. Hint: Spinach freezes nicely, and frozen fruit is great in smoothies.

CALL



Learn More About Diabetes

For more information on diabetes, call Marion General Hospital Diabetes Education and Nutritional Services at **765-660-6690**.

1 Meet with a dietitian.

There are plenty of books and even more places online to go for information about what a diabetes-friendly diet looks like, but there's nothing like meeting one-on-one with a dietitian.

"A registered dietitian will be able to assess your diet—not only what you're eating but how much and when—and make recommendations based on your lifestyle, including your activity level, budget, likes and dislikes, and even who in the family does the cooking," Arevalo says.

Medicare and many insurance plans cover diabetes education, including nutrition counseling. Ask your doctor for a referral.

2 Pile on the vegetables.

Rather than being a proverbial side, make nonstarchy vegetables the star of your meal.

"Vegetables are very, very important," Arevalo says. "They provide us with vitamins and with dietary fiber that aids in digestion and keeps us full. They also help reduce cholesterol and blood sugar levels."

If you're thinking, but I don't like vegetables, Arevalo says to keep looking.

"There are so many out there, it's impossible not to find some you like," she says. "I invite people to create a list of all the vegetables they haven't tried and just give them a chance."

Once you find some, fill half your plate with vegetables at every meal.

3 Choose your carbohydrates wisely.

Carbohydrates have a place in a diabetes-friendly diet. You just need to be discerning at the grocery store.

Skip white rice and all white flour-based products. Opt instead for pastas, breads and cereals with a whole grain as the first ingredient. Some examples of whole grains are bulgur, whole-wheat flour, whole oats, whole rye, buckwheat, millet and quinoa.

Limit starchy vegetables, too, such as potatoes, peas and corn. Carbohydrates should take up no more than a quarter of your plate, Arevalo says.

4 Make dessert the exception, not the rule.

Sweets have become a mainstay in the Western diet—doughnuts in the morning, office birthday cake in the afternoon

and ice cream after dinner. But too much sugar is dangerous for people with diabetes.

"With diabetes, the concern is glucose—sugar in your blood," Arevalo says. "So, the more sugar you eat, the worse your condition is going to get."

Uncontrolled blood glucose can lead to complications, including nerve damage, kidney disease and vision problems. But that doesn't mean sugar is completely off-limits.

"A piece of cake on your birthday or a few bites of a shared dessert when out with friends—that's manageable," she says. "But sweets should truly be a treat and not a mainstay."

5 Monitor and make adjustments.

Healthy eating with diabetes is all about balance. If you overeat or indulge in sweets at one meal, go lighter on the next one and up your activity.

"If you're not insulin-dependent, even 30 minutes of walking every day can be enough to lower your blood sugars big-time," Arevalo says.

Regularly monitoring your blood sugar can help you find a balance between eating and activity. ■

CANCER SCREENINGS

IN 1991 THE CANCER DEATH RATE PEAKED

due to the tobacco epidemic. By 2014 it dropped by 25 percent, thanks to fewer people smoking, earlier detection and better treatment options.

ONLY 3.9%

of people eligible for lung cancer screening in 2015 were tested. If you're a current or former smoker, ask your doctor if you qualify.



39% fewer

people died from breast cancer in 2015 compared with 1989 — an estimated 322,600 lives.



1 in 3

people in the United States who should be screened for colon and rectal cancer haven't been tested.

15.5 M

This is how many cancer survivors are alive in the United States today. They most commonly have battled melanomas and, for men, prostate, colon and rectal cancers, and for women, breast, uterine, colon and rectal cancers.

Sources: American Cancer Society, Centers for Disease Control and Prevention

FINDING CANCER EARLY IS BEST

People tend to have better outcomes when their cancer is detected and treated early. "Cancer starts as one cell. That cell becomes two and so on, until eventually it's a tumor that can take over an organ," says Robert Smith, PhD, vice president of cancer screening for the American Cancer Society. "It's a progressive disease."

He says that screening for cancer offers two big benefits:

1. Screenings can spot cancer earlier, when less-aggressive treatments can work.
2. Screenings for some cancers—like those of the colon, rectum, cervix and skin—can help identify and remove

suspicious areas like polyps and moles before they become cancerous.

Dr. Smith points out that people don't always keep track of the cancer screenings they need, and their doctors don't always remind them.

He recommends asking your doctor what screenings you need, and then tracking those dates yourself so you can be sure not to miss an important health check. "Cancer screenings give us the opportunity to detect cancer before symptoms arise," he says. "They give us the greatest potential to avoid premature death."

WEBSITE



Find Out More About MGH's Health Screenings

For more information about health screenings at Marion General Hospital, visit www.mgh.net and click on Wellness.

Above & Beyond

*MGH awards recognize nurses
and those who support, teach
and mentor them*

Each year, one of the highlights of National Hospital and Healthcare Week at Marion General Hospital is the nomination, voting and selection process for the Nursing Awards. The awards give nurses the opportunity to recognize their peers as well as staff members or physicians who have supported them in providing excellent care to their patients.

The awards were celebrated on Monday, May 7, kicking off National Nurses Week and National Hospital Week. Here are the winners.



Nursing, Most Inspirational:
Aubrey Delgado, RN,
Emergency Department

Aubrey began as a student nurse and worked very hard to become a fantastic nurse and unit shift manager. Aubrey is a well-respected team member. She was

chosen by her peers to be that one nurse who exhibits all four of the department's core behaviors—communication, accountability, professionalism and respect—at the highest level.

Aubrey goes above and beyond and is always available to help. She is caring, kind and compassionate. She is a great communicator with staff and patients. She holds herself and others accountable to give excellent care. She is professional in everything she does and respectful to all. Aubrey is the type of nurse others strive to be.

Aubrey's work ethic is outstanding, and she is an inspiration to others. It is an honor to work with her.



Nursing, Most Influential:
Brianna Deuser, RN,
Emergency Department

Bri sets a great example of nursing and does an awesome job influencing the work environment for staff. Bri was asked to step into a charge role soon after she had

transferred to the Emergency Department (ED). She is responsible, trustworthy and levelheaded enough to take on the duties of a charge nurse. She has grown in her role and takes leadership to heart.

Bri does the right thing. She is great at communicating any issues, concerns or positive occurrences that arise. She is quick to give praise for a great night of work, but holds staff accountable for times when things are not so great as well.

Bri knows the importance of keeping a calm, positive environment. The ED can be very chaotic at times. It is key to portray a calm, confident attitude when dealing with certain situations. Bri is professional in stressful situations with employees and patients. No matter the problem, she always keeps a great attitude. She stays calm, is polite and kind to everyone, and helps staff look at the big picture if they are upset.



Nursing, Most Innovative:
Jac-Lyn Perez, RN,
Cath Lab

Jac-Lyn is a member of the Magnet Champion team and offered numerous ideas that helped make Nurses Day memorable for all of the staff. She was

phenomenal in creating the engaging MGH Magnet video, coordinating several days of props and actors to make the video a great success.

Jac-Lyn serves on several teams and often participates by taking on tasks above and beyond her busy nursing duties. Some recent examples are proofreading the Magnet document, viewing and creating threads for the new Elsevier patient education project, and helping create spreadsheets and flowcharts for the next Chest Pain accreditation submission. She is full of ideas to help motivate, streamline or make things more appealing.

Jac-Lyn also compiles pictures and funny stories throughout the year, then creates a PowerPoint set to music and plays it at the Cardiovascular Service Line's yearly retreat. She is very savvy with many computer programs and is always willing to use her wit and creativity to come up with entertaining projects.



Nursing, Most Influential:
Susan Smoker, RN,
Administration

A seasoned nurse, Susan has been in an administrative role for a number of years. She works around the clock to ensure the safety of patients, families and

staff members here at MGH. She is very passionate about her work. Susan's passion for doing what is right drives her to look at each situation thoroughly and with unbiased eyes. She challenges us to stay current with best practices and to ensure we are following the rules and regulations. Susan supports nursing and all staff on a daily basis. She is a sharp nurse, with a caring soul and passionate work ethic. Susan demonstrates what it means to be a friend of nursing through the way she peels back the layers of each situation to understand the root cause and identify opportunities to improve processes for nursing, other disciplines and, ultimately, our patients.



Provider Friend of Nursing:
Jeremy Hawk, NP-C,
 Hospitalist Program

Time and time again, Jeremy has served as a shining example of what a hospitalist should be. He is attentive, timely and thorough. He never misses an opportunity to answer a question or review a problem and always

lends a hand.

It is not uncharacteristic for his workload to include upward of 15 admissions and he still remains accessible and kind. His ability to remain calm in stressful situations is key in setting the tone for those working alongside him. He gives perspective to the smaller problems, and a well-timed joke is always appreciated.

Jeremy continually works to improve his practice and expand his knowledge base, which motivates and inspires the nursing staff around him. He is a ready source of information, always allowing himself to be used as a resource to facilitate learning experiences for newer nurses without making them feel inadequate. Jeremy leads by example, never asking anyone to do something that he would not do himself.

He works well with the nurses and patients and treats everyone around him with respect. He is not afraid to pursue any avenue that he firmly believes will support the best outcomes. He epitomizes the patient advocate. He navigates difficult situations and personalities with grace and tact while getting his point across.



Friend of Nursing:
Danica Caldwell, EMT-P,
 Ambulance

Danica goes above and beyond for her patients as well as the nursing staff. She is professional, caring and helpful. She often goes the extra mile. She helps with very sick patients and returns to check on them. Her patients appreciate the extra care they receive. One impres-

sive situation was a critically ill child who came to the hospital. Danica stayed at the bedside doing what she could to help. In certain situations we need “all hands on deck” and this was one of those times. She was great with assisting us and talking with the family, reassuring them that we were doing everything possible. In another instance, a man came in for chest pain and became unresponsive. Danica jumped right in to assist.

Danica checks often to see if additional help is needed. She also recently won an award for “Most Helpful Emergency Medical Services Staff” in the Emergency Department. MGH is lucky to have Danica as a teammate, and the kindness, willingness and support she gives is greatly appreciated.



Friend of Nursing:
Donna Knight,
 MGH Volunteer,
 Medical/Surgical

Try to imagine a friendly, cheerful face visiting patients and helping nurses every

time she is on the unit. The Medical/Surgical Department is very fortunate to have such a person. Donna’s volunteer duties consist of transporting non-fall risk patients to their car upon discharge, preparing beds for cleaning when patients are discharged, making beds, storing unit supplies, restocking personal protective equipment, such as isolation gowns and gloves, getting coffee and water for patients, and visiting patients, spreading cheer. Her positive attitude and upbeat demeanor endear her to all she meets. There is never a task too trivial or undesirable that she won’t do her best to complete it.

Donna is well-known at MGH, retiring from housekeeping. She also donates time to Grant County Cancer Services (GCCS), which holds a special place in her heart, as she too is a cancer survivor. She has been lovingly dubbed “The Fudge Lady” due to her excellent baking skills and the delicious fudge she makes. She has turned her fudge making into a calling and donates all monies received back to GCCS and the “We Care” project, which supplies Christmas gifts for underprivileged children.

Donna’s tireless efforts have helped raise approximately \$20,000 for local cancer services and \$5,000 for the “We Care” project.

The nursing units are more cheery and welcoming when Donna is on the floor. She is the epitome of volunteerism and selfless acts as she assists nurses in providing patients with those special “extras” they love and their families appreciate. ■

Seasoned VETERANS

Employees' tested and proven experience a comfort to MGH patients *BY TERRI COUSE*

Employees with five to 45 years of loyal service to Marion General Hospital were honored during the annual employee recognition dinner at the Roseburg Event Center in May, an event that is held to conclude MGH's weeklong celebration of National Hospital and Healthcare Week.

Each recognized employee is a seasoned veteran with tested and proven experience in providing our patients with nationally recognized and nationally awarded healthcare.

These employees have a total of over 900 years devoted to their respective professions. That's something impressive few healthcare organizations can boast of. But more important than being impressive is the level of comfort it affords our patients when they walk through our doors.

They know they are being diagnosed, treated, cared for and cured by the best employees healthcare has to offer. That's a level of reassurance only MGH and its dedicated staff can provide. ■



Stephanie Hilton-Siebert, president/CEO, center, recognized Debbie Ackley, left, and Pam Waymire for 45 years of service.



**25
YEARS**



Stephanie Hilton-Siebert, Marion General Hospital president/CEO, top row, second from right, poses with employees honored for 25 years of service. Shown are (front row, from left) Carol Davis, Heather Downing, Tammy Miller, Tracey Hearn, (back row) Stacy Gallaway-White, Sherry Wood, Hilton-Siebert, and Charlotte Peel. Not pictured are Twanna Rogers and Brenda Wanderlich.



**30
YEARS**

Employees with 30 years of service were also recognized. Pictured are (front row, from left) Beth Foss, Jan Thompson, Debbie Moreno, (back row) Stephanie Hilton-Siebert, president/CEO, and Mike Reynolds.



**40
YEARS**

Linda Nelson, left, with Stephanie Hilton-Siebert, president/CEO, was honored for 40 years of service.



**35
YEARS**

(Front row, from left) Kathy Barley, Cindy Linn, Cheryl Sharrard, (back row) Lorrie Walker, Kevin Shockey, Stephanie Hilton-Siebert, president/CEO, and Betty Guerin.

Woman-Centered CARE

MGH Obstetrics & Gynecology helps women enjoy the very best health BY **TERRI COUSE**



Every woman has unique preferences and needs for her health. At Marion General Hospital Obstetrics & Gynecology, we put women at the center of their care. Our aim is to help women make the best health decisions possible by listening carefully to their concerns and providing them with the most accurate and up-to-date health information and treatment options.

We provide medical and surgical obstetrical and gynecologic care for women from their teenage through senior years. That includes providing all types of birth control, managing bleeding problems and menopause,



PHOTO BY GETTY IMAGES

treating infections, offering infertility services and cancer care, and more.

Our obstetricians and gynecologists are trained in the most up-to-date clinical guidelines and surgical techniques. We provide answers to a woman's most important health questions. From wellness checks to diagnostic services to advanced treatment options, MGH Obstetrics & Gynecology practice gives you exactly the care you need.

OB-GYN care at MGH

MGH Obstetrics & Gynecology offers women the area's most personalized and comprehensive OB-GYN care. We provide the widest range of treatments in the area, including medical, surgical and nonsurgical approaches.

• **Birth control counseling and management.** We can help you to understand and choose the most appropriate form of birth control for you.

• **Pregnancy and childbirth.** We provide comprehensive obstetrical care for low-risk and high-risk pregnancies. Through our Family Birthing Center, we provide women with state-of-the-art care. The center is renowned for clinical excellence in a warm and compassionate environment. We have an excellent success and safety record for women desiring a vaginal birth after cesarean section (VBAC). New mothers can also get expert breastfeeding support at the center.

• **Menopause counseling and management.** We can help ease the transition into menopause with the area's most knowledgeable and experienced staff of experts.

• **Pelvic surgery.** Our OB-GYNs are talented surgeons specially trained in the latest minimally invasive surgery techniques. For our patients, this means less discomfort, faster recoveries and fewer complications.

NEONATAL CARE

We are proud to expand our neonatology services at MGH. Learn more about our neonatologists in the next edition of *Vim & Vigor*.

• **Women's health exams.** MGH offers the most advanced, proactive wellness screenings for every stage of a woman's life. From annual exams, family planning and menopause management to the treatment of urinary incontinence or menstrual, pelvic organ and pelvic floor disorders, MGH Obstetrics & Gynecology is prepared to help you stay healthy at any age.

MGH Obstetrics & Gynecology is dedicated to meeting the needs of women during these very special times of their lives. Make MGH OB-GYN your trusted healthcare partner for life. ■

OUR TEAM



**Shawn T. Swan,
MD**



**Kristine Knapp,
MD**



**Vinodha
Nagesh, MD**



**Nagesh
Anjinappa, MD**



**Lisa Yarger,
FNP-BC**



**Connie Elliott,
FNP-BC**

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.

Safe Sleep Classes

Expectant parents and parents/caregivers of children under the age of 1 are invited to learn how to provide a safe sleep environment. Call 765-660-7893.

Dates: Meets the third Thursday of each month

Time: 4:30-5:30 p.m.

Location: MGH South Marion Medical Park, 1410 Bella Drive

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.

Cancer Support Group

For patients and families affected by cancer. Call 765-660-7800.

Dates: Meets the third Tuesday of every month

Time: 5-6 p.m.

Location: MGH Cancer Center, 831 N. Theatre Drive

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

Location: South Marion Medical Building, conference room, 1410 W. Bella Drive

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 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. ■



CLASS



Come Learn with Us

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

HealthCare's **most WIRED**®

A NATIONAL AWARD WINNER 2017



Congratulations MGH for winning Most Wired hospital in the nation for the eighth time.

The award validates MGH's commitment to invest in technology to improve hospital operations and patient care.



It means:

- Quicker access to patient results,
- Increased accuracy on patient information shared between service areas,
- More data to validate diagnosis and treatment of patients.



One more way MGH puts our **Healthcare Community first.**

Congratulations! **MGH** MARION GENERAL HOSPITAL

Congratulations!

**MGH
TOP 100**

**RURAL & COMMUNITY
HOSPITAL AWARD**

100

RURAL & COMMUNITY
TOP HOSPITAL 2018

THE CHARITY GROUP

iVantage

The Top performers EXCEL in:

Managing Risk · Achieving Higher Quality · Securing Better Outcomes
Increasing Patient Satisfaction · Operating at a Lower Cost Than Our Peers



“Our medical staff and healthcare team strive to provide exceptional care for our patients each day. I’m pleased that the skill and compassion our medical staff, employees, contracted staff and volunteers consistently offer to our patients is being recognized for the second consecutive year.”

