

TEXAS | health

FALL/WINTER 2010

*Your
Journey*

to Better Breast Health

A Breast Cancer Guide
From Diagnosis
to Treatment

Making a Full Recovery

Comprehensive
Rehabilitation Services
Available Locally

A Close Watch

New Cell Phone
Application Enhances
Safety for Mother
and Baby



Texas Health
Harris Methodist Hospital
STEPHENVILLE

Healing Hands. Caring Hearts.™

Fact or Fiction?

Is cracking your knuckles bad for you? Is it safe to eat that dropped piece of candy if you pick it up in five seconds?

as an experienced health care professional, Augustine Lee, M.D., colon and rectal surgeon on the medical staff at Texas Health Harris Methodist Hospital Southwest Fort Worth, is often asked to separate health fact from fiction for patients. Discover the truth behind these two common health rumors.

Q. Is it safe to follow the five-second rule for dropped food?

Dr. Lee: Consider these four major variables: the type of food, the texture of the surface upon which it falls, the location of the floor and the relative health of the person eating the food. For example, dry, smooth floors appear to have less bacterial contamination than

damp, rough or carpeted surfaces. The bottom line is to use common sense. If you think the food has been contaminated, don't eat it.

Q. Can cracking your knuckles cause arthritis?

Dr. Lee: A few limited studies compared hand X-rays of patients who have cracked their knuckles with those who haven't. There was no significant difference in occurrence of arthritis between the two groups. However, there is some risk of damaging the ligaments and the finger joints when you crack your knuckles, so it's best to avoid this habit.

To find a Texas Health physician, call 1-877-THR-WELL (1-877-847-9355) or visit TexasHealth.org/FindAPhysician.

Entering the *Electronic Age*

If you've heard about electronic health records on the news lately, you may have questions. How do they benefit patients? Are they secure?

texas Health Resources began using an electronic health record (EHR) system in 2006. With this advanced program, your entire medical record can be retrieved immediately during an emergency room visit at the hospital or a routine checkup at your physician's office.

"EHR makes a patient's medical information more accessible and reliable for any physician at a Texas Health hospital caring for that patient," says Ferdinand Velasco, M.D., vice president and chief information medical officer for Texas Health Resources. "When a patient is referred for any kind of treatment or medication, the needed information can be clearly found and read."

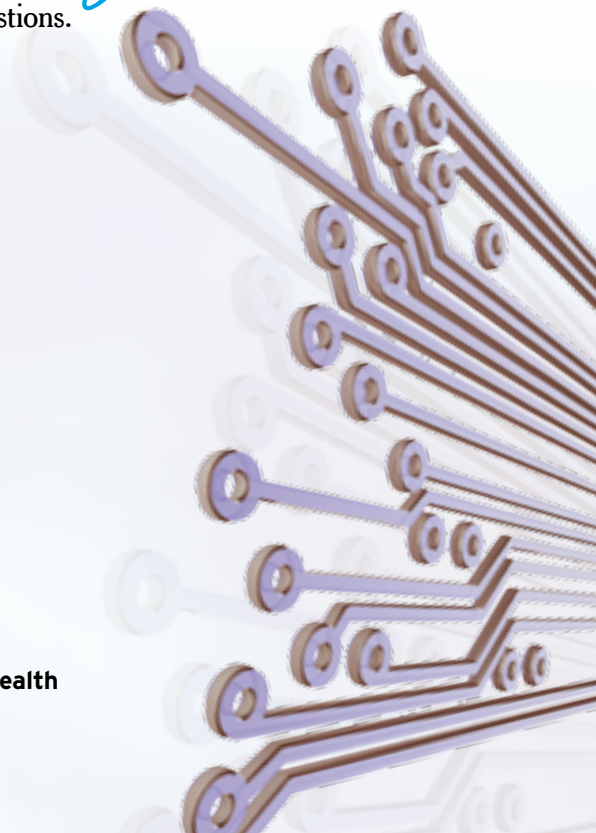
THE DIGITAL DIFFERENCE

In addition to enhancing the care patients receive, EHR can also improve communication between medical professionals.

"EHR benefits the entire medical staff treating a patient," says Dr. Velasco. "By having access to a patient's full records, physicians and the rest of the clinical team can work together. For example, treatment can be ordered even if the physician is not at the hospital, which can lead to faster care and better outcomes."

Because only medical professionals with authentication can access EHR, every patient's medical information is kept private and secure.

For more information about electronic health records, visit TexasHealth.org/Records.





Health Care Reform: A Patient's Primer

The passage of the Patient Protection and Affordable Care Act — otherwise known as health care reform — in March 2010 was a milestone in the history of American health care. Now, you're probably wondering what practical effect it will have on your life.

“Without reform, hospitals could have expected a greater volume of uninsured individuals seeking care at their emergency departments, which would have led to lower Medicare and Medicaid payments and an increased shift in the costs of care to private and commercially insured patients,” says Joel Ballew, director of Government Affairs and Advocacy for Texas Health Resources. “The new law isn’t perfect, but many aspects of it hold great benefits for patients, particularly when it comes to insurance reform. Texas Health will continue to work with key policymakers and stakeholders on modifications, which will certainly be required given the broad scope of this reform effort.”

Consider the following key parts of the law that may impact your life.

- A Health Insurance Exchange will create a marketplace in which individuals and owners of small businesses can compare prices of

public and private insurers. The Exchange will work with state insurance departments to protect consumers, aid enrollment, and help low- and middle-income families purchase affordable insurance.

- A public, self-sustaining health insurance option will be available via the Exchange, enabling more people to obtain insurance coverage.
- Insurance companies will no longer be able to exclude coverage based on pre-existing conditions and will be prohibited from placing lifetime and annual limits on benefits.
- Out-of-pocket spending will be capped.
- Individuals will be required to obtain and maintain health insurance (except in cases of hardship) or pay a penalty of 2.5 percent of modified adjusted gross income above a specified level.
- Employers will have the option of providing health insurance to workers or contributing funds on their behalf.

What's New for Medicare and Medicaid

The Patient Protection and Affordable Care Act will close the Medicare Part D coverage gap and provide a \$250 rebate to seniors who reach the gap by 2010. Seniors can also take advantage of a 50 percent discount on brand name medications beginning in 2011.

Medicaid will expand to include 133 percent of the federal poverty level, or \$29,327 for a family of four. States will be required to extend Medicaid coverage to childless adults beginning in 2014. The federal government will pay 100 percent of coverage costs for newly eligible individuals through 2016.

- Greater support of prevention and wellness programs, including the expansion of community health centers and of the health care workforce, will be made possible through increased funding via the National Health Service Corps.

To stay informed about what's happening at Texas Health Resources and how it affects you, visit TexasHealth.org and select "News."

A Helping Hand

As the only comprehensive rehabilitation center in the area, Texas Health Harris Methodist Hospital Stephenville offers the services required for patients across the community to make full recoveries.



Shane Wall, P.T. and patient Helen Mabery

Here When You Need It

According to the National Institutes of Health, you may find yourself needing rehabilitation services if you have experienced the following:

- arthritis
- serious illness
- orthopedic surgery
- stroke

To learn more about rehabilitation services available at Texas Health Harris Methodist Hospital Stephenville, visit [TexasHealth.org/Stephenville](https://www.texashealth.org/Stephenville).

following a joint replacement procedure or traumatic injury, rehabilitation is key to retaining muscle strength, movement and other functions. To ensure no physical ability is lost, physical therapy regimens must be undertaken to strengthen weak joints and retrain parts of the body. At Texas Health Stephenville, a wide range of rehabilitation services means that a vast majority of patients can continue their healing process.

“Our goal is to provide a comprehensive center for patients in our area to continue their rehabilitation and eventually regain full function,” says Shane Wall, P.T., director of Rehabilitation Services at Texas Health Stephenville. “We work continually to ensure our patients have access to the services they need when they need them.”

Texas Health Stephenville's comprehensive center offers services that run the gamut of rehabilitation needs, including:

- aquatic therapy
- balance training and fall prevention
- hand therapy and splinting
- pediatric and adult speech therapy
- pediatric physical therapy
- return-to-work preparation
- swallowing therapy

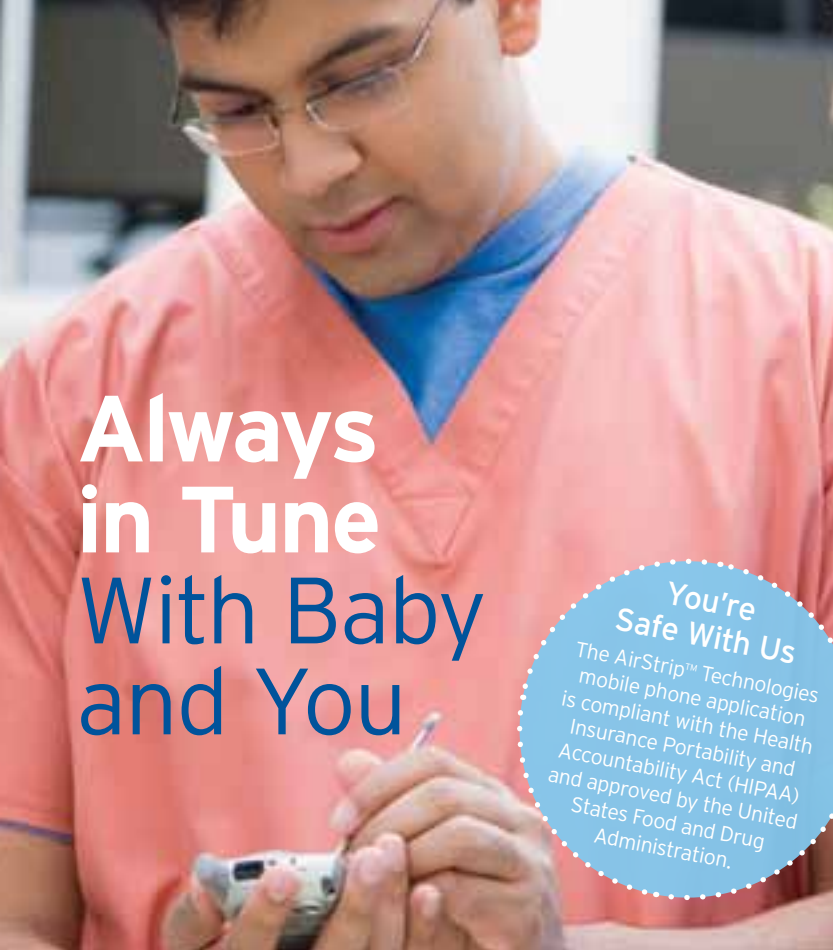
Each patient receives individualized care geared toward achieving personal goals. From short-term therapy to chronic conditions, the staff members at Texas Health Stephenville are prepared and trained to assist patients no matter how long their road to recovery may be. Patients across the area have access to the equipment, staff and community of healing necessary to overcome obstacles and regain function.

QUALITY CARE IN YOUR BACKYARD

For the rehabilitation staff members at Texas Health Stephenville, simply having necessary services is one thing, but making them accessible is quite another. Given this challenge, the convenient location of outpatient rehabilitation services offered by the hospital provides for an ease of continuity that would be lost if patients were required to travel great distances.

“At our facility, we understand that traveling can often be difficult for patients undergoing rehabilitation,” adds Wall. “By offering our services locally, we can make sure our patients receive the quality care necessary to make an appropriate and timely recovery.”

For more information about physical therapy services at Texas Health Stephenville, call 1-877-THR-WELL (1-877-847-9355).



Always in Tune With Baby and You

You're Safe With Us
The AirStrip™ Technologies mobile phone application is compliant with the Health Insurance Portability and Accountability Act (HIPAA) and approved by the United States Food and Drug Administration.

When you're in labor, there's nothing more reassuring than knowing your physician is keeping close tabs on what's happening with you and your baby. Thanks to the AirStrip™ Technologies mobile phone application, physicians at Texas Health Harris Methodist Hospital Stephenville can do just that — anywhere, anytime.

The revolutionary AirStrip mobile phone application is truly beneficial for all parties involved — mom and baby benefit from enhanced safety, while physicians benefit from being able to view a patient's fetal monitor and vital signs from their cell phones.

According to Devra LeFevre, R.N.C.-O.B., director of Women's Services at Texas Health Stephenville, with the advent of this technology, communication between providers and safety for both mother and child have advanced significantly.

"In the past, nurses would have to describe a heart rate tracing and labor pattern to physicians over the phone to update them or alert them to a concern," says LeFevre. "With this application, a physician can literally be anywhere there is cell phone service and receive the mother's vital signs, contraction pattern and the baby's heart rate tracing in real time on his or her cell phone. The application gives providers a means to closely monitor patients even when they are not present on the unit. We are proud that all of the Women's Services physicians on the medical staff use this service."

Visit TexasHealth.org/OhBaby and sign up for Texas Health's free *Oh Baby!* Weekly Parenting E-mail for valuable parenting tips and tricks.

Advanced Breast Imaging

Texas Health Harris Methodist Hospital Stephenville began offering digital mammography in October 2008 as part of its ongoing plan to bring advanced imaging technology to members of the community.

Digital mammography offers an additional option for detecting breast cancer. Breast cancer is the second leading cause of cancer death in women, and detecting abnormalities early is key to survival. "Texas Health Stephenville is dedicated to providing our patients with access to the most advanced technology," says Sarah Mangrum, R.T.(R)(M), mammography technologist at Texas Health Stephenville. "With every advancement we make, our patients receive a new level of care and satisfaction."

WHAT ARE THE BENEFITS?

Benefits of digital mammography include:

- **enhanced image quality.** Digital mammography contains clearer detail than traditional film mammography and enables radiologists to "zoom" in on suspicious areas.
- **faster test results.** A technologist can review images within three seconds of the image being taken. Images may also be stored digitally for future reference.
- **reduced waiting time.** Digital mammography eliminates the time previously needed to process traditional film images. "Digital mammography technology not only results in more accurate images but also allows our radiologists more viewing options," says Suzanne Atwood-Perez, director of Radiology at Texas Health Stephenville. "We are proud to be able to offer this advanced technology to our patients."



To schedule a screening mammogram at Texas Health Stephenville, call 254-965-1236.



A Roadmap to Breast Cancer Care

Getting a mammogram is the first step to breast health. If an abnormality is found, the subsequent treatment options can seem daunting. This guide to breast cancer treatment at Texas Health hospitals can help ease concerns by helping you know what to expect.

1. After a screening mammogram reveals a potential abnormality, a patient is called in for additional tests to show magnified views of the area. Depending on the abnormality, a patient may have an ultrasound, a diagnostic mammogram with compression and magnification views, or a breast magnetic resonance image (MRI) to better determine if the mass is suspicious or benign.

2. If a biopsy is needed, the breast surgeon or breast radiologist may conduct a minimally invasive needle biopsy using ultrasound or stereotactic mammography for guidance. This office

procedure involves a local anesthetic and utilizes a needle to obtain a tissue sample for testing. When a minimally invasive approach is not possible, an open biopsy may be conducted.

3. After a positive biopsy, the patient meets with a breast surgeon to review the imaging studies, pathology report and treatment options.

"The pathology report contains information such as the grade of malignancy or how aggressive the cells look under a microscope," says Kory Jones, M.D., general surgeon and medical director of the Breast Program at Texas Health Arlington Memorial

Hospital. "Staging of a patient's breast cancer is determined by the size of the tumor, whether there is nodal involvement and whether there is metastatic disease. Breast cancer can be non-invasive — also called in situ — or invasive."

4. After a meeting with the breast surgeon, the patient may have an opportunity to meet with a nurse navigator, who coordinates all aspects of cancer care, from additional imaging to consultations with oncologists and other specialists.

"As a nurse navigator, I am a resource for the patient throughout their treatment for breast cancer to provide them with reliable resources and to connect them to support groups and recovery programs," says Shirley Harvey, R.N., nurse navigator at Texas Health Arlington Memorial.



Warning Signs

The American Cancer Society encourages women in their 20s and 30s to begin monthly self breast exams. Conducting a self-exam can help you learn what is normal for your body and may help you notice changes.

When most women think of breast cancer symptoms, they think of finding a small lump in the breast. Most women know to get checked out if they discover an unusual lump—whether small, hard and painless or soft, round and tender. However, there are various other symptoms you should look for when conducting your monthly self-exam.

According to the American Cancer Society, other symptoms of breast cancer may include:

- breast pain
- inward-turning nipple
- nipple pain
- nipple discharge (not breast milk)
- redness or scaliness of the nipple
- thickening of the nipple or skin on the breast

If you observe any of these symptoms, make an appointment with your primary care physician.

To find a physician at a Texas Health hospital near you, visit TexasHealth.org/FindAPhysician or call 1-877-THR-WELL (1-877-847-9355).

5. Depending on the grade and stage of cancer and the patient's preferences, the surgeon and oncologist recommend an individualized treatment plan. Surgical options include partial mastectomy—also called lumpectomy—followed by radiation therapy or mastectomy with or without breast reconstruction.

“The ultimate goal of cancer treatment is to remove the malignancy and to bring the risk of recurrence, in the breast or elsewhere, as low as possible,” says Mary Brian, M.D., breast surgeon at Texas Health Harris Methodist

Hospital Hurt-Euleess-Bedford. “Chemotherapy, hormonal therapy and radiation therapy may be recommended to patients to achieve this goal. A multidisciplinary approach that involves a breast surgeon, radiologist, pathologist, medical oncologist and radiation oncologist for each patient facilitates the right treatment to achieve the best possible outcome.”

To schedule a digital mammogram at a Texas Health hospital near you, visit TexasHealth.org/Breast.

Grateful for Exceptional Care

When Kelly Crider delivered her twin boys 16 weeks early, she and her husband, Chuck, knew the journey to get them home and healthy would be challenging.

the twins, Collin and Keegan, who weighed less than two pounds at birth, were given a low chance of survival. They were so tiny their diapers were the size of a deck of playing cards, and their hands could fit inside their father's wedding ring.

Fighting for their lives, the twins spent four and a half months in the Neonatal Intensive Care Unit (NICU) at Texas Health Presbyterian Hospital Dallas, where they underwent heart and hernia surgeries, feeding tubes, respirators and brain scans.

“We couldn't have asked for better, more attentive care,” Kelly says. “The hospital became our second home, and we began to think of the staff as family.”

RECOGNIZING REMARKABLE CAREGIVERS

To celebrate the twins' first birthday, the Crider family made a generous gift through the Grateful Hearts *Honor Your Caregiver* program.

“We wanted to thank the NICU staff members who helped our sons become the healthy toddlers they are today,” says Kelly. “They were there for us every step of the way to answer any questions we had—no matter how minute they may have seemed.”

The Grateful Hearts program encourages interested patients to make a contribution to support the needs of Texas Health hospitals in recognition of outstanding physicians, nurses and other health professionals.



For more information or to make a donation, visit TexasHealth.org/GratefulHearts.



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Pregnant? Sign up for the FREE Oh Baby!
Weekly Parenting E-mail at TexasHealth.org/OhBaby.



**IT'S LIKE FOOTBALL
WITH NO PADS.
AND A 600 lb.
RUNNING BACK.**

Injuries are, unfortunately, part of the game. We're here to help you get back as soon as possible. Whether you suffer a sports-related injury, you're recovering from surgery or you're battling a chronic condition, the therapists at the Outpatient Rehabilitation Department at Texas Health Harris Methodist Hospital Stephenville will develop a treatment plan and home recovery program tailored to your individual condition. So if you've been knocked down, you can get back up again.