

Fall 2011

Baptist
Hospitals of Southeast Texas
Beaumont Hospital
Performing Sacred Work Every Day

Healthy *dose*

www.bhset.net



**New ways
to find
heart disease**

**A father's
triumph
over joint pain**

**Is your child
too sick
for school?**

Performing Sacred Work Every Day

A LETTER FROM OUR CEO

Quality is our top priority

Quality healthcare has many meanings. To some, sitting in the waiting room a short time for a procedure or being treated politely by the hospital's staff means quality healthcare. To others, quality healthcare is measured by how much time their physician devotes to examining them. While all of these measures are important, quality clinical healthcare is even more important. For example, if you take your car to a mechanic for repair, the people in the auto shop can be friendly and listen to your complaints, but the most important factor is whether or not they can fix your car. Similarly, when you go to a hospital for care, you expect the healthcare team to help you get better.

Patient-friendly care

As a healthcare consumer, you have more choices, rights and responsibilities than ever before. You have the freedom to choose your hospital and physician, and the right and responsibility to learn everything you can about your health. It is also important to take the time to educate yourself and your family about your hospital of choice.

For more than 60 years, Baptist Hospitals of Southeast Texas have provided our community with a promise to provide quality healthcare and Sacred Work in a Christian environment. From the first greeting as you enter our facility to the last farewell as you exit the campus, quality healthcare is our No. 1 priority.

Our recently redesigned website, www.bhset.net, offers a wealth of information that can help you make these important decisions. With the click of a button, you will find annual reports highlighting programs, details about our services and links to nationally recognized clinical data such as HealthGrades. Our newest online service, **My Baptist eHealth**, allows



you to communicate with your physician, create a personal health record, review lab results, request medicine refills or even request an appointment.

With a full line of services available, the latest technologies and a highly trained medical staff, there is nothing more significant for our patients and for our hospital than quality healthcare. We are lowering readmission rates, eliminating bloodstream infections, reducing medical errors, lowering mortality rates and improving patient satisfaction.

At Baptist Hospitals of Southeast Texas, achieving quality healthcare is everyone's job. Together, we are working to make Southeast Texas healthier — one patient at a time.

Sincerely,

A handwritten signature in black ink that reads "David N. Parmer". The signature is written in a cursive, slightly stylized font.

*David N. Parmer
Chief Executive Officer
Baptist Hospitals of Southeast Texas*

New ways to detect your risk of heart disease

Scientists are now aware of certain conditions that may increase your risk for heart disease. Knowing these conditions and getting appropriate screenings can help you keep your heart healthy.

Coronary artery inflammation

Researchers are looking at the link between heart disease and inflammation in your coronary arteries. One marker for heart disease is the presence of C-reactive protein (CRP) in your bloodstream. Your liver produces CRP as part of the normal response to injury or infection. A high CRP level is associated with inflammation in the body. Plaque

buildup may trigger inflammation in the blood vessels, leading to a heart attack or stroke. A blood test can detect your CRP level.

Calcium deposits in arteries

Researchers believe that calcium deposits in arteries may be connected to the fatty plaques that lead to coronary artery disease (CAD). Your physician may use computed tomography (CT) scanning, a noninvasive test, to screen for calcium deposits, which increase your risk for a heart attack or stroke.

Diabetes

Studies show that three out of four people with diabetes die from cardiovascular disease, so control your blood sugar and make sure high cholesterol and high blood pressure are treated. People with diabetes are at an increased risk for CAD.

Low levels of good cholesterol

High-density lipoprotein (HDL), or good, cholesterol helps prevent plaque buildup in your arteries. Scientists recommend an HDL of 60 milligrams per deciliter (mg/dL) to protect against heart disease. For men, an HDL less than 40 mg/dL is a risk factor for heart disease; for women, it is less than 50 mg/dL.

Insufficiently low levels of bad cholesterol

The current target is to reduce low-density lipoprotein (LDL), or bad, cholesterol to no more than 100 mg/dL. Studies suggest, however, that a limit of 80 mg/dL would more effectively protect against heart disease. To lower LDL, the American Dietetic Association recommends regular exercise and a diet low in saturated fat and high in fiber from vegetables, fruits and whole grains.

Excess abdominal fat

Physicians think that too much weight around your middle can indicate you have a problem using insulin. This condition, called metabolic syndrome, increases your risk for CAD. So, if you carry too much abdominal weight, talk with your physician. ■



Prevent Heart Attacks with Early Detection!
Are Your Coronary Arteries Clogged?

Coronary artery disease (CAD) occurs when the arteries that supply blood to the heart muscle (the coronary arteries) become hardened and narrowed. The arteries harden and narrow due to buildup of a material called plaque (plak) on their inner walls. As the plaque increases in size, the insides of the coronary arteries become clogged and less blood can flow through them.

Blocked arteries can cause sudden HEART ATTACKS.

Coronary CTA technology has consistently shown the ability to rule out significant narrowing of the major coronary arteries and can non-invasively detect dangerous "soft plaque," or fatty matter.

The 64 slice scanner at **Baptist Beaumont Hospital** is one of a few CT scanners in the country with prospective gated imaging that is specifically designed to reduce radiation exposure by 50-70% (when compared to cardiac stress tests or conventional 64 slice CT scanners).

Call **409-212-7167** to schedule an exam and find out now if your coronary arteries are blocked.

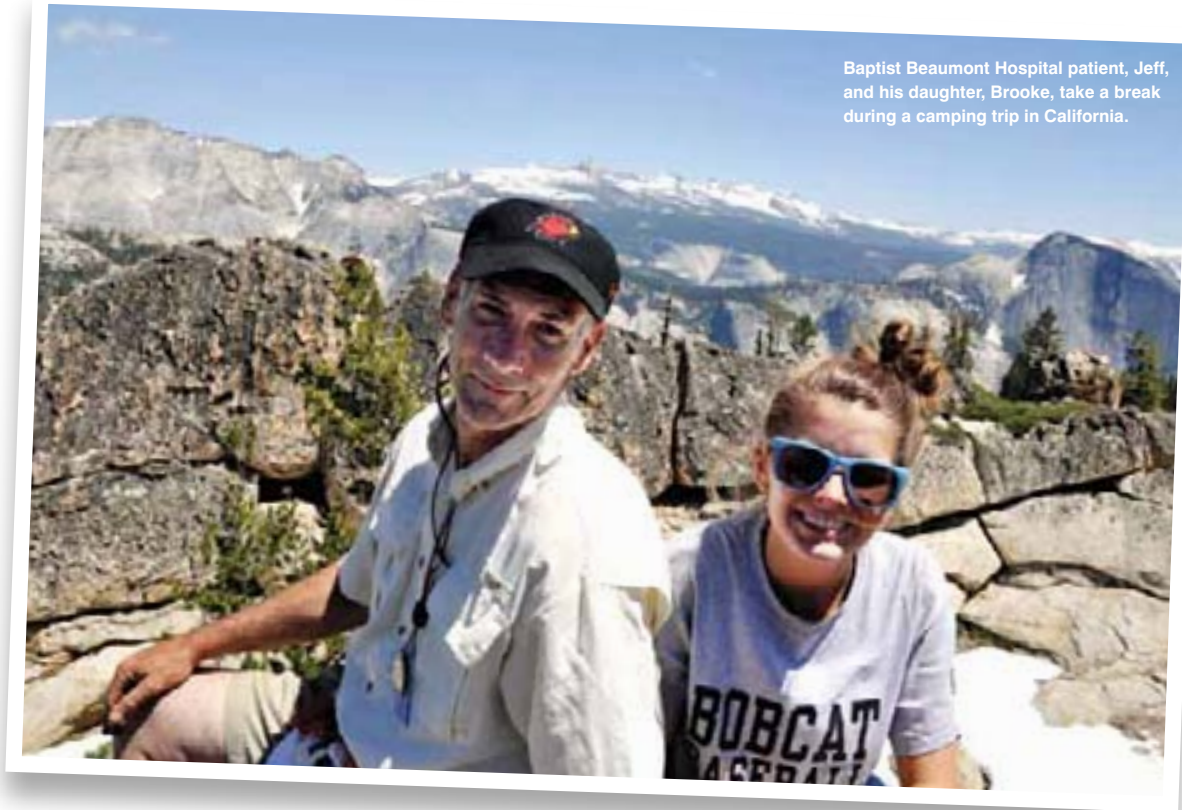
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Early detection prevents heart attacks

Coronary CT can detect coronary artery disease, and Baptist Beaumont Hospital's 64-slice CT scanner reduces a patient's radiation exposure by at least 50 percent (when compared to cardiac stress tests or conventional 64-slice CT scanners).

Ask your physician to call **(409) 212-7167** and schedule your exam today!





Baptist Beaumont Hospital patient, Jeff, and his daughter, Brooke, take a break during a camping trip in California.

The *power* of a promise

Like a rock! That is how I was built. Football was my college sport. I played fullback for Tarkio College in Missouri. My wife, Pat, calls me “Jeff the Jet” even though my playing days are over.

Thirty years later, I was still like a rock, as in, I could not move. One morning last January I sat stiffly in my pickup, watching my teenage daughter, Brooke, scramble up a rock wall with her friends at our church youth group retreat.

I looked ruefully at the ice pack on my swollen right knee. (I had overdone it at the gym.) Wagdy Rizk, MD, my orthopedist at Beaumont Bone and Joint Institute, suspected a meniscus tear and said I might be able to avoid surgery if I rested and iced it. And my right knee was my good knee.

Living in constant pain

I injured my left knee when I was 19, and despite a couple of surgeries, it has never been the same. I am OK with giving up my dream of playing in the NFL. All I want is to be a strong and active dad. I manage (with over-the-counter pain

relievers) to stay in shape and keep up with my kids. I play ball, work out and hike with them, and even get in some tennis time with Pat. I own a family hardware business and love my work, but all the years of pounding the concrete floor helping customers had taken its toll. The pain was getting worse, and some days I walked with a limp.

I was reaching for the pain relievers when Brooke tapped on the truck window. “We miss you, Dad,” she said. “Can you come out and play?” “Sorry, sweetie,” I said. “Gotta rest these old knees.” “OK Dad, as long as you are better by next summer. We are going back up that mountain in California, remember? You promised.”

A well-remembered pledge

Of course I remembered my promise. Five years ago, Brooke and I went backpacking for a week in the Sierra Nevada with a bunch of other kids and dads. We camped out, hiked deep into the wilderness, climbed to 10,000 feet, even rappelled down a mountain face. It was an unforgettable trip, an

amazing father-daughter bonding experience. Brooke said it was the most fun she ever had and made me promise we would go back for her 16th birthday. Promises are sacred in our family. I had never broken one to Brooke and sure did not want to start. “Lord, you have got to help me keep my promise to my daughter,” I prayed.

Time for action

I babied that knee for weeks after the church retreat. When the pain would not go away, I went back to Dr. Rizk. An MRI confirmed a torn meniscus. “I can certainly fix it with arthroscopic surgery,” he explained. While I was worried about ending up worse than I already felt, I decided to have the surgery. After six weeks of daily rehab sessions, my right knee definitely felt stronger.

During a follow-up visit, Dr. Rizk said that he could help ease the pain in my left knee, too. “Have you considered a partial knee replacement?” No way! That is where I draw the line, I thought. I read about knee replacement surgery. It was a major procedure, requiring months of rehabilitation and no guaranteed success. Then I thought about my promise to Brooke. Had I not asked the Lord to help me keep my promise to my daughter? What if partial knee replacement was his answer?

An act of faith

The following week, I had knee replacement surgery. Just four hours after the surgery, two burly physical therapists paid

me a visit. They helped me to my feet. “Hold on to this walker to steady yourself; now get moving.” I gripped the walker tight, leaning on my arms. “You can put weight on that left knee now,” they said. I eased my weight onto the knee and said a quick prayer. The knee held! I was only supposed to take a few steps down the hall, but made a lap around the nurses’ station instead. “Can you walk backward?” they asked. I took one cautious step, then another and another. The therapists were amazed. “Nobody walks backward the first day!” Well — they did not know “Jeff the Jet” — or the power of a promise.

I went home the next day. Three days after surgery, I drove to the sporting goods store to look at hiking boots. “What are you planning to do?” asked the clerk. “I have a mountain to climb with my daughter,” I said. ■

Conquer your pain!

To learn more about joint replacement surgery, visit our website at www.bhset.net.



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◀ ▲ Jeff and Brooke enjoy the views while hiking the Sierra Nevada.



Beth Reyes, RN,
prepares a patient for
an intravenous therapy
session at Baptist
Beaumont Hospital's
Infusion Clinic.



About our staff

Experienced nurse clinicians who specialize in intravenous treatments and vascular access nursing provide infusion services. These highly skilled nurses provide prescribed therapies and monitor patients during treatment. During infusion therapy, our nurses also educate patients about prescribed medications, disease processes and self-care. Our team is committed to providing quality services with a personal touch.

Infusion therapy *close to home*

When patients require outpatient infusion therapy (also called intravenous or IV therapy) for short- or long-term treatment, the Infusion Clinic at Baptist Beaumont Hospital provides comprehensive IV therapy services to meet the needs of all patients requiring these services in a caring atmosphere.

IV therapy involves introducing prescribed medications into a vein when they cannot or should not be taken by mouth. IV therapy is provided to treat illness or, in some cases, to counteract the side effects of other prescribed

treatments. The clinic provides IV therapy for patients who need:

- ▶ blood transfusions
- ▶ intravenous immunoglobulin (IVIg) therapy
- ▶ iron transfusions
- ▶ medication for chronic illness such as Crohn's disease, asthma, ulcerative colitis and rheumatoid arthritis, including Remicade, Actemra, Orencia, Rituxan and Xolair
- ▶ medication for migraine headaches
- ▶ medication to treat osteoporosis, including Boniva, Prolia and Reclast
- ▶ simple hydration
- ▶ steroids to treat conditions such as multiple sclerosis
- ▶ therapeutic phlebotomy, which involves withdrawing a prescribed amount of blood for certain blood disorders ■

How to get a referral

The Baptist Beaumont Hospital Infusion Clinic offers patients convenient access to infusion services that are close to home. Members of the medical staff at Baptist Beaumont Hospital and Baptist Orange Hospital refer patients to the Infusion Clinic. Physicians who are not on the medical staff at Baptist Hospitals of Southeast Texas can still refer patients to the clinic provided they have a valid Texas medical license. For procedures not listed here, speak with the clinic staff to learn more.

Get the care you need

To learn more about the Infusion Clinic at Baptist Beaumont Hospital, contact Beth Reyes, RN, at **(409) 212-7110**.



Today's lesson

How to tell when your child is too sick to go to school

Your child wakes up in the morning feeling miserable, complaining of a stuffy nose and a sore throat. He has no fever. Should you keep him home or send him to school? It is not a trick question — just a dilemma for many parents who struggle to make the right decision.

Without fever as your guide, you will need to rely on your instincts. Is your child not eating well? Having trouble sleeping? If so, these should be your warning signs that something other than a simple cold may be to blame. Be concerned if the cough is heavy and accompanied by rapid or labored breathing. Always consult your child's pediatrician for advice. Here are some of the usual suspects.

✗ Common cold

Colds are caused by viruses and will go away on their own. A cool-mist humidifier or a steamy bathroom may help loosen congestion and help your child breathe easier. Try a saline (salt-water) nasal solution or, for little ones, try a bulb syringe.

✗ Sinus infection

Suspect a sinus infection if your child has had a cold for 10 days or more. Other signs include a runny nose that has not gotten better; coughing that gets worse at night; tenderness of the face from swollen sinuses; and a headache.

✗ Ear infection

Ear infections often come on the heels of an upper-respiratory infection. Signs include fever, ear pain, drainage and tugging on the ear.

✗ Strep throat

Strep throat is a contagious bacterial infection. Left untreated, it can lead to rheumatic fever or scarlet fever. Watch for white spots on a red throat, difficulty swallowing, swollen glands, fever and general malaise.

✗ Flu

The flu is a serious viral infection involving a higher fever, a cough, a sore throat, a stuffy or runny nose, loss of appetite, muscle aches and fatigue. ■

Care for children of all ages

A special place for teens

The Teen Room, due to be completed by January 2012, will be the newest addition to Baptist Beaumont Hospital's Pediatric Unit.* Young adults will have a warm and inviting lounge where they can relax while they heal. The room will be filled with comfortable furniture, computers, games and books to help teens maintain a sense of normalcy, privacy and independence during their stay.

And for those needing extra care

New pediatric intensive care unit (PICU) monitors and a central monitoring station increase the level of care for our sickest pediatric patients. Nurses can keep track of vital signs from outside a patient's room, and the monitors can be moved from room to room as needed.

**Sincere appreciation to the Junior League of Beaumont for their assistance with this project.*

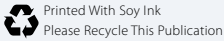


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clicks
can save
you
a trip**

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