

Summer 2012

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

Healthy *dose*

www.bhset.net



**Benefits
of minimally
invasive surgery**

**Expert care
for lung
disease**

**For men only:
Treating
prostate cancer**

Performing Sacred Work Every Day

Excellence in nursing, excellence in care

As a healthcare organization, Baptist Hospitals of Southeast Texas strives to provide the best care possible for our patients. We focus diligently on clinical outcomes, invest in the latest technological innovations and provide services in a clean and safe environment. However, our quest to be the best does not stop there.

National recognition for nursing



In 2007, Baptist Beaumont Hospital earned Magnet Recognition for excellence in nursing from the American Nurses Credentialing Center's (ANCC's) Magnet Recognition Program, one of the

highest levels of recognition a hospital can achieve. Only 7 percent of the nation's eligible hospitals have received magnet recognition. This designation ensures a workplace that values nursing and promotes excellence. Magnet hospitals must satisfy strict criteria designed to measure the strength and quality of their nursing care. This national recognition empowers nurses to deliver excellent patient outcomes, promotes a high level of job satisfaction and guarantees a low staff nurse turnover rate.

Better training, better outcomes

For Baptist Beaumont Hospital, the benefits of ANCC certification are exponential to the organization, to our nursing staff and, most important, to our patients. Certified nurses are more competent, accountable and confident in their practice. Studies show that certified nurses



practice in a manner that is most likely to improve patient outcomes. And 3 out of 4 patients are much more likely to select a hospital that employs a high number of certified nurses.

Baptist Beaumont Hospital's award-winning care is complemented by its certification as an Advanced Primary Stroke Care Center, and our Stroke Program is recognized for exceptional efforts that foster better outcomes for stroke patients.

For more than 60 years, Baptist Hospitals of Southeast Texas has been dedicated to providing quality health services and Sacred Work in a Christian environment. Our Partners in Caring — physicians, nurses and staff — practice a philosophy that inspires an environment of teamwork, respect, encouragement, opportunity and trust. Our efforts continue every day and our mission remains steadfast: to build a healthier Southeast Texas — one patient at a time.

Sincerely,

*Gerald Bryant, DNP, RN, NEA-BC
Chief Nursing Officer
Baptist Hospitals of Southeast Texas*

Small incisions, big results

With potential benefits such as a quicker recovery and less pain, minimally invasive surgery at Baptist Beaumont Hospital is an increasingly popular surgical technique. For some procedures, such as gallbladder removal, it is now used more widely than conventional open surgery.

When performing minimally invasive surgery, also called laparoscopic or endoscopic surgery, the surgeon makes a few small incisions (less than a half inch), compared to incisions of 5 to 8 inches or longer, with open surgery. A camera and surgical instruments are attached to robotic arms that are inserted through several tiny incisions. The camera sends greatly magnified images, which are displayed on a screen that enables the surgeon to see the surgical site with much greater definition.

Benefits of minimally invasive surgery

Not all surgeries can be performed using minimally invasive techniques. Some types of cancer, heart or other surgeries may require a more open surgical field. In some instances, the physician may determine that a patient is not a good candidate for laparoscopic surgery based on his or her overall health or condition.

When laparoscopic surgery is used, it benefits patients in many ways, including:



The fine art of surgery

Baptist Beaumont Hospital now offers more minimally invasive surgical options with the NuBoom Surgical System. This FDA-approved robotic and computer-assisted surgical system enables physicians to perform minimally invasive surgeries with unsurpassed precision, range of motion and control. The surgeon operates a tiny, voice-controlled camera that transmits greatly magnified 3-D images.



Physicians are able to operate with greater precision with the NuBoom Surgical System.

- ▶ **Shorter recovery time:** Since small incisions usually heal faster than large ones, some surgeries can be done on an outpatient basis. Surgical patients who are admitted to the hospital may be released sooner and return to their regular activities faster.
- ▶ **Less pain:** Small incisions generally mean less post-operative pain.
- ▶ **Lower risk of infection:** Smaller wounds are generally at less risk of infection.
- ▶ **Less blood loss:** Smaller incisions typically result in less blood loss than with open surgery.
- ▶ **Less scarring:** This can be a significant consideration for some patients. ■

Is this surgery for you?

To learn more about minimally invasive surgery at Baptist Beaumont Hospital and the NuBoom Surgical System, visit www.bhset.net or call (409) 212-7129.



Fighting lung cancer

Is lung cancer screening right for me?

Lung cancer screening means testing for cancer before symptoms occur. A test called low-dose spiral computed tomography (CT) is one type of screening that can reduce lung cancer deaths through early detection. Results from the National Lung Screening Trial (NLST) showed that older heavy smokers who were screened with low-dose CT scans had a 20 percent lower rate of death. The test, however, is not recommended for everyone and has risks as well as benefits. The American Lung Association recommends low-dose CT screening for people who meet the following NLST criteria:

- ▶ current or former smoker, age 55 to 74
 - ▶ smoking history of at least 30 pack years (one pack a day for 30 years or two packs per day for 15 years, etc.)
 - ▶ no history of lung cancer
- Chest X-rays are not recommended to screen for lung cancer.



Lung cancer is the second-most-common diagnosed cancer in both men and women, according to the American Lung Association. Lung cancer accounts for about 28 percent of all cancer deaths in the United States, killing more than 150,000 people a year.

Today, patients with lung cancer have a better chance for survival thanks to improved detection at earlier stages, when the disease is easier to treat. In fact, if lung cancer is discovered in the early stages, one can expect a more than 50 percent cure rate.

While lung cancer is most often diagnosed in people who have nicotine addictions, not all lung cancer is caused from smoking. Radon exposure in homes is the second leading cause of lung cancer, and genetics can also play a role. The cause is never identified for some patients.

How is lung cancer treated?

One or more therapies can be used to treat lung cancer. Your healthcare provider will decide what treatment(s) should be used depending upon the type of cancer, its size, where it is located in the lungs and whether it has spread to other parts of the body. If you have been diagnosed with lung cancer, treatments include:

Surgery: Physicians remove the tumor and any diseased portions of the lung. If the tumor is small and has not spread outside the lungs, surgery is most likely the best chance for a

Our experts can help

The physicians with Associated Cardiovascular & Thoracic Surgeons, LLC are accepting new patients. For more information or to make an appointment, call **(409) 899-4747**. Our offices are conveniently located at 755 North 11th St., Suite P2240 in Beaumont.

Stephen L. LaMendola, MD

Medical staff member since 1990
Certified by American Board of Thoracic Surgery

Education

Medical degree: Chicago Medical School, Rosalind Franklin University, Chicago, Ill.

Internship/Residency: General Surgery, State University of New York

Residency/Fellowship: Cardiothoracic Surgery, University of Alabama at Birmingham

Terry W. Myrick, MD

Medical staff member since 1990

Education

Medical degree: Baylor College of Medicine, Houston, Texas

Residency: General Surgery, Baylor College of Medicine, Houston, Texas

Residency: General Surgery, Medical College of Ohio, Toledo, Ohio

Residency: Cardiothoracic Surgery,

Baylor College of Medicine, Houston, Texas

Michael T. Oszczakiewicz, MD (Dr. Oz)

Medical staff member since 1996
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Education

Medical degree: University of Texas at Houston

Internship/Residency: General Surgery, New York University Medical Center, New York, N.Y.

Fellowship: Cardiothoracic Surgery, New York University Medical Center, New York, N.Y.

Common lung cancer symptoms

While most lung cancers do not cause symptoms until they have spread, see your physician right away if you are bothered by any of these conditions:

- ▶ blood in your spit
- ▶ chest pain
- ▶ hoarseness
- ▶ persistent cough
- ▶ recurring chest infections
- ▶ shortness of breath or wheezing
- ▶ weight loss or loss of appetite

cure. Some tumors cannot be removed because of their size and location. And some patients may have other health problems that make surgery impossible. In those cases, other options may be offered.

Radiation therapy: High-dose X-rays kill cancer cells. Radiation is aimed at the tumor and kills the cancer cells only in that area of the lungs. Radiation can be used before surgery to shrink the tumor. It may also be used after surgery to kill any cancer cells left in the lungs.

Chemotherapy: Special drugs, either in pill form or as an intravenous (IV) injection, destroy cancer cells throughout the body. Chemotherapy may be used after surgery to kill any remaining cancer cells. It can also be used in more advanced stages of the disease to relieve symptoms. ■



Get the screenings you need

Baptist Beaumont Hospital's SOMATOM Definition CT scanner is available for spiral CT lung scans. If you are at risk for lung cancer, speak with your physician to see if you are a candidate for a screening CT scan. He or she can call our Scheduling Department at **(409) 212-7167**.



Clearing the air



Most of the time, we do not even realize we are breathing. However, for those who suffer from emphysema and chronic bronchitis, breathing is a constant concern. Because both conditions commonly occur together, they are referred to as chronic obstructive pulmonary disease (COPD). The more you know about COPD, the earlier you can spot symptoms and get treatment.

Chronic bronchitis

Otherwise known as “smoker’s cough,” chronic bronchitis is marked by a constant cough, increased mucus, frequent throat clearing and shortness of breath. Chronic bronchitis occurs when bronchial tubes become infected and inflamed, decreasing the amount of airflow in and out of the lungs. Cigarette smoking is the most common cause of chronic bronchitis. In fact, smoking causes 80 to 90 percent of all COPD cases.

Treatments include antibiotics and medicines that relax and open up air passages (called bronchodilators). Patients who smoke are instructed to quit.

Emphysema

Sometimes a chemical imbalance in the lungs causes the walls of the air sacs to lose their elasticity and break. Since the air sacs are responsible for trading the oxygen in the air for the blood’s carbon dioxide, damage to the sacs makes the lungs work harder to get more air, causing shortness of breath. The loss of elasticity also makes exhaling difficult. Smoking is a major cause of emphysema. Some people have chronic bronchitis before developing emphysema.

Nothing short of a miracle!

Pulmonary fibrosis, scarring of the lungs, took James May’s breath away. The disease forced James into early retirement, robbed him of his ability to speak without resting and required him to use supplemental oxygen 24 hours a day. Today, James is breathing easier thanks to Baptist Beaumont Hospital’s Outpatient Pulmonary Rehabilitation Program. He regained his voice, has increased stamina and cut his dependency on supplemental oxygen. “My doctors are amazed,” says James. “My wife says it’s nothing short of a miracle! With breathing exercises, breath retraining and a regular maintenance schedule ... life can be better.”

Quitting smoking can stop the progression of the disease, but it cannot cure emphysema. Physicians prescribe bronchodilator drugs and antibiotics to treat the condition. An exercise program can also help strengthen respiratory muscles and train the heart to work more efficiently. ■

Made-to-order care

If you suffer from COPD or lung disease, our experts will tailor a program to suit your needs. To learn more, call Baptist Beaumont Hospital at **(409) 212-5870**.



Prostate cancer

Our treatments offer hope

More than 218,000 men in the United States will be diagnosed this year with prostate cancer, the second-most-common cancer after skin cancer in American men. Thanks to continually improving treatment plans, however, more men with prostate cancer are surviving.

In most cases, prostate cancer grows slowly, so men diagnosed with the disease have time to consider their options.

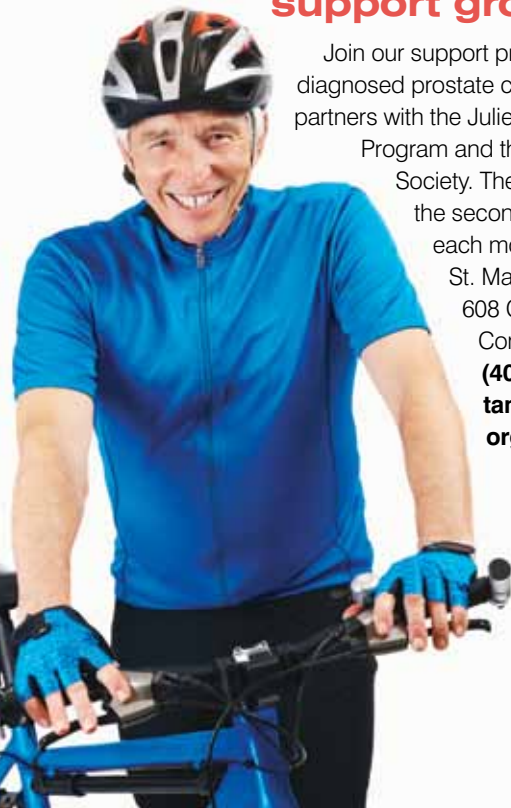
Treating early-stage prostate cancer

Treating prostate cancer in its early stages often involves radiation therapy, hormone therapy, surgery to remove the prostate gland or “watchful waiting.”

A patient’s age and health, the degree to which the cancer has spread and the speed at which it is growing helps physicians determine treatment. Men considering their treatment options should consider each therapy’s benefits and side effects.

Man to Man: Prostate cancer support group

Join our support program for newly diagnosed prostate cancer patients that partners with the Julie Rogers Gift of Life Program and the American Cancer Society. The group meets on the second Tuesday of each month at 6 p.m., at St. Mark’s Episcopal Church, 608 Calder Ave., Beaumont. Contact Tammy Droste at **(409) 351-9788** or email **tammy.droste@cancer.org** for more information.



Leading-edge care

When radiation therapy is recommended, physicians at Baptist Beaumont Hospital have several options to offer patients.

1 Intensity-modulated radiation therapy: Computer-controlled X-ray technology delivers precise radiation to tumors with minimal complications for surrounding healthy tissue.

2 Image-guided radiation therapy: A cone beam computed tomography (CT) scan creates images just before the delivery of radiation, which enables radiation oncologists to verify the exact location of the tumor, allowing for a precise radiation dose to the tumor site.

3 Seed brachytherapy: Tiny radioactive pellets called “seeds” are implanted directly into the prostate, minimizing the dose of radiation to the bladder and rectum.

4 Stereotactic body radiation therapy: Custom mapping accounts for a patient’s anatomy, breathing and organ motion, pinpointing the exact location of even the smallest tumor, sparing organs and decreasing any surrounding tissue damage. A single high dose of radiation is delivered so patients are often able to complete treatment quicker. ■

Baptist
Hospitals of Southeast Texas
Cancer Center
Performing Sacred Work Every Day

We can help

Deciding on cancer treatment can be difficult, but being involved in decision-making helps patients feel less anxious about their journey. To learn more about the Cancer Services at Baptist Beaumont Hospital, visit **www.bhset.net** or call **(409) 212-5922**.

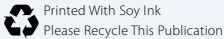


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Saving Ian - Sacred Work



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www.bhset.net

Since infancy, Ian Rashall has been in and out of hospitals with severe stomach problems. "In Houston" explained Shara, Ian's mother, "they thought he had colic, then food allergies, and then they just really didn't believe his problems were as bad as we were telling them."

When Ian came to Baptist Beaumont Hospital, the Rashalls experienced our **Partners in Caring** philosophy that promotes an environment of teamwork, opportunity, encouragement, and trust. "Baptist has something other hospitals don't," said Shara. "Everyone here knows how to treat kids. They really wanted Ian to feel better; they wanted to find out what the problem was."

At Baptist, doctors discovered a well-hidden, plum-sized pancreatic cyst that made the four-year-old a candidate for surgery. Child Life Specialist, Sarah Adams, prepared Ian with plenty of pictures and hands on experience with some of the equipment he would be seeing, so surgery would not be so scary. She even scrubbed up and went to the operating room with Ian. "Sarah was always finding ways to get our son's mind off the bad," noted Shara. "Ian really loves her. Kids can tell when you love them, and Sarah loves Ian like he's a member of her own family."

Since surgery, Ian's off medicines, out of pain, eating what he wants, and was well enough to enjoy trick or treating for the first time. In his words: "They took my plum out and fixed my tummy."

In mom's words: "I put Baptist above all other hospitals, because they care. They changed my little boy's life; they changed our lives."