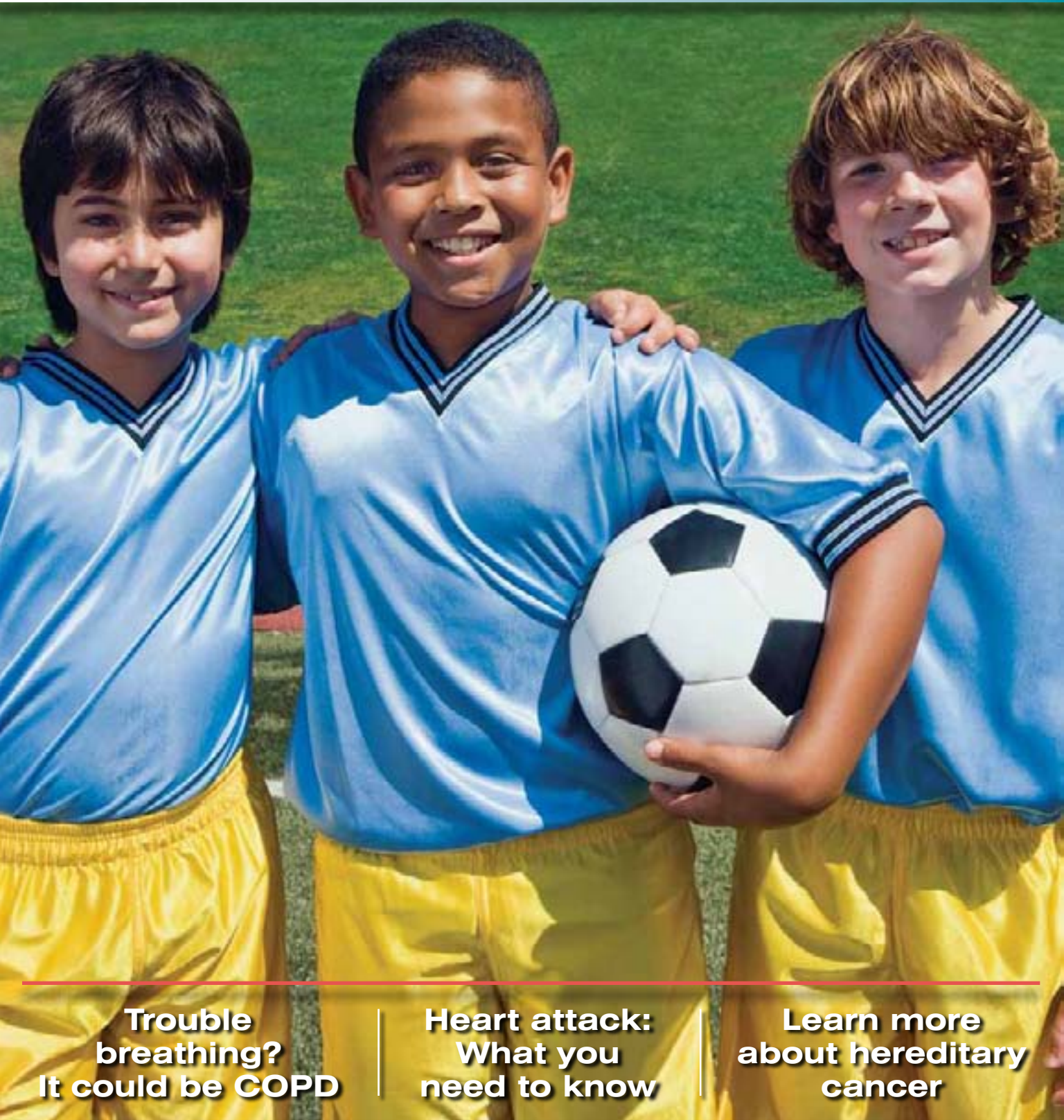


Spring 2011

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

Healthy *dose*

www.mhbh.org



**Trouble
breathing?
It could be COPD**

**Heart attack:
What you
need to know**

**Learn more
about hereditary
cancer**

Performing Sacred Work Every Day

A LETTER FROM OUR CEO

Take time today
for a healthier
tomorrow

As warm weather reaches Southeast Texas, thoughts turn to running shoes, Little League Baseball and enjoying the great outdoors. With mild winters and early spring temperatures, the smell of fresh-cut grass and outdoor grills make each of us long to spend hours outside with family and friends.

Southeast Texas is rich in opportunities when it comes to getting healthy and staying healthy. With an abundance of gyms, running clubs, hiking and biking trails and other activities, we have many ways to lose weight, eat better and develop a healthier lifestyle. But being healthy is more than just being fit. Everyone wants to be healthier, but often we do not maintain our bodies. Instead, we wait until something goes seriously wrong before we act.

Take action

Regularly scheduled physicals can catch high blood pressure and high cholesterol before they cause a heart attack. Just 30 minutes a day of walking can improve your health and help you lose weight. We all can commit to practicing preventive health, including scheduling wellness visits with primary care physicians and planning for timely screenings such as mammograms and colonoscopies — now covered by most major insurance carriers. Good health is not only achieved by eating right, exercising and getting enough sleep; we have to combine all of these important factors to live a healthy life emotionally, physically and spiritually.

For more than 60 years, Baptist Hospitals of Southeast Texas have been committed to building



a healthier community. As a nationally recognized healthcare facility, Baptist Beaumont Hospital offers new programs, expanded services and innovative technologies to promote better health. We provide an array of preventive screenings, including mammography, cancer screenings, MRI, CT scans and minimally invasive procedures to direct us on the road to better health.

At Baptist Hospitals of Southeast Texas, our mission is and will always be to provide quality healthcare and Sacred Work in a Christian environment. All of us feel extremely proud to serve such a great community and pledge that we will make every effort to continue our commitment to being faithful stewards with what we have been entrusted: the health of Southeast Texas.

Sincerely,

A handwritten signature in dark 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*



Retired Beaumont firefighter Kenny Cropper and Pulmonary Rehab Therapist Trecea Breakfield share a story.

Is COPD taking your breath away?

Chronic obstructive pulmonary disease (COPD) is the fourth leading cause of death in the United States, killing more women than men, yet many people have never heard of it.

COPD describes a group of lung diseases, usually chronic bronchitis and emphysema, that make it difficult to breathe. Cigarette smoking is the cause in most cases, however, other causes include on-the-job exposure to dust and chemicals and a rare genetic disorder called alpha-1-antitrypsin deficiency. Complications of COPD include high blood pressure, heart disease, lung cancer and depression.

Watch for signs

COPD develops slowly, so symptoms may not appear until middle age, when the lungs have suffered significant damage. These symptoms can worsen over time:

- ▶ a cough that will not go away or a cough that produces excess mucus
- ▶ shortness of breath or wheezing
- ▶ chest tightness
- ▶ recurring respiratory infections

If you have any of these symptoms, see your healthcare provider immediately. He or she can perform breathing tests to rule out other conditions such as asthma and confirm COPD.

Prevention is key

Prevention is essential as no cure exists for COPD; however, medications and other therapies can help you live more fully with this condition. To reduce your risk:

- ▶ **Kick butt.** Quit smoking, or do not start.
- ▶ **Stay away from smoke.** Avoid secondhand smoke to reduce your risk.
- ▶ **Protect yourself at work.** If your job exposes you to chemical fumes or dust, talk with your manager about reducing your exposure.

Another chance

Battling fires for 27 years took its toll on retired Beaumont firefighter and Little League Coach Charles “Kenny” Cropper. Baptist Beaumont Hospital’s Outpatient Pulmonary Rehabilitation program gave Kenny a new lease on life. The pulmonary rehab team helped him manage his COPD. “When I started rehab, I could only walk seven laps in six minutes and needed frequent stops to catch my breath. Just four months later, I was up to 22 laps with no breaks,” says Kenny. *

Breathe well!

The Outpatient Pulmonary Rehabilitation program offers education and physical reconditioning for those who suffer from:

- ▶ asthma
- ▶ bronchitis
- ▶ COPD
- ▶ emphysema
- ▶ lung cancer
- ▶ pulmonary fibrosis

Our team of specialists will design a program to address your special needs. To learn more or to schedule a free tour and screening, call **(409) 212-5870**.

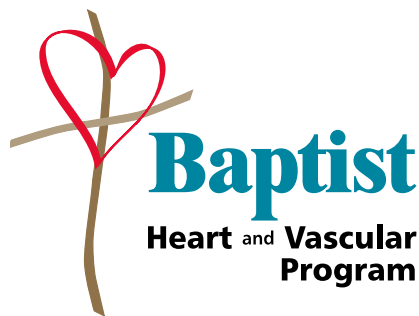




Between the beats

The heart has symbolized the complexity of the human condition for centuries. At once resilient and fragile, the heart is at the center of life. Nestled between the lungs lies an amazing pump about the size of a medium apple. The average heart beats more than 100,000 times a day, propelling more than 2,000 gallons of blood through more than 60,000 miles of blood vessels.

Though strong and powerful, the heart is not invincible. Just as it supplies needed oxygen to the body, the heart also needs oxygen in order to continue pumping. “If blood supply to the heart is interrupted, the muscle tissue becomes weak and ineffective,” says Ali Osman, MD, a Board-Certified Emergency Room physician at Baptist Beaumont Hospital. “When blood



supply is interrupted for more than a few minutes, muscle tissue begins to die — this means a person is suffering a heart attack or an acute myocardial infarction (MI).”

According to Dr. Osman, there are four ways an acute MI can occur.

1. Lack of oxygen. “Damage to the coronary arteries affects blood supply and needed oxygen to the heart.”

2. Plaque buildup. “The buildup of plaque on an artery wall can become severe enough to completely close off the vessel, like a clogged sink drain.”

3. Blood clot. “A blood clot can form and become lodged in an artery. In some cases, the muscles in the arterial wall can spasm, closing the vessel like a crimped water hose.”

4. Aneurysm. “An aneurysm occurs when an artery is torn by traumatic injury or a vessel wall is weakened.”

Signs of distress

Robert Sutton Jr. of Beaumont knows the symptoms of heart attack all too well. He recently suffered a heart attack and underwent heart bypass surgery. "I felt a tightening across my chest and had trouble breathing, which increased in intensity. The same thing happened three or four days earlier, but the pressure eased after 20 minutes. This time, the pressure did not go away, so I called 911," says Robert.

A heart-healthy lifestyle

Adopting a healthy lifestyle can help you avoid or recover from a heart attack. "Changing your lifestyle and eating habits is absolutely essential," says Robert. "I have been going to cardiac rehab for more than two months and my strength, energy and endurance are returning. My advice is to follow your prescribed exercise routine. Don't quit! I can already see a big improvement in my quality of life.

"My doctor said my bypass surgery would be good for five years if I didn't change my habits. But, he said if I change my lifestyle and follow his advice, I can expect to live a long and pleasant life. I have a grandson who I look forward to holding at every opportunity. I need to make sure I will be there for him in the future, and I fully intend to do just that!" *

Source: *Beaumont Enterprise*; © Hearst Communications Inc.

Know the signs

According to Ali Osman, MD, common heart attack symptoms include:

- ♥ chest pain
- ♥ nausea
- ♥ pain radiating to the jaw or left arm
- ♥ sweating
- ♥ fatigue

Women tend to experience overwhelming fatigue, nausea and radiating pain in the neck and shoulders. Men often experience tightness or crushing chest pain and sweating.

"Time is muscle!" cautions Dr. Osman. "If you think you may be having a heart attack, or if you are with someone who may be suffering a heart attack, call 911 immediately.

"In order to have the best chance to preserve heart muscle and save a person's life, we need to begin treatment within one hour of the onset of symptoms.

"I strongly encourage everyone to learn basic CPR and how to use automated external defibrillators, which are now available in many public places," Dr. Osman says. "People who suffer a heart attack can also go into cardiac arrest. Administering CPR and defibrillation early on can save lives."

Did you know?

Check out these sobering statistics from the American Heart Association:

- ♥ Approximately every 34 seconds, an American will have a heart attack.
- ♥ Estimated number of new and recurrent heart attacks that occur each year in the United States: 935,000
- ♥ Estimated number of people in the United States who suffer from stable angina (chest pain): 500,000

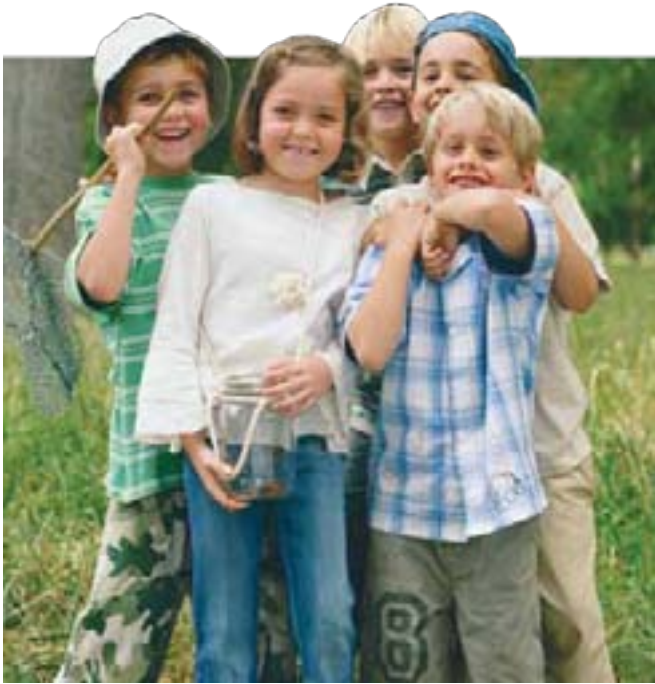


Heart help

Baptist Beaumont Hospital's Cardiac Rehabilitation program is available to patients while in the hospital and after discharge on an outpatient basis. Coordinated by a specially trained registered nurse, the program is provided under the direction of a licensed physician.

For more information, call **(409) 212-5870**.





Does cancer run in your *family*?

A few good reasons to be screened

Obvious family traits, like eye and hair color, are passed from one generation to the next. Less obvious are traits that control the tendency to develop diseases such as cancer. Early detection is critical to preventing and treating cancer.

Does cancer run in your family? You could be at risk if you have:

- ▶ a personal or family history of cancer, diagnosed before the age of 50 (early onset)
- ▶ a personal or family history of more than one type of cancer

The answer to your prayers

Fight hereditary cancer before it develops. To learn more, call **(409) 212-7950** and schedule your screening today.



- ▶ clusters or patterns of cancers (for example, having breast and ovarian cancer; colorectal and endometrial cancer; or melanoma and pancreatic cancer)

If you think you might be at risk for certain hereditary cancers, genetic testing can help. It can also help your children, siblings, parents and other close relatives determine if they carry the same genetic mutation. Equally important, testing can rule out whether you or a loved one carries a genetic mutation, so additional screenings may not be required.

What is involved?

During your appointment at Baptist Beaumont Hospital's Charline & Sidney "Chief" Dauphin Cancer Screening & Prevention Center, we will carefully review your personal and family history and perform a thorough physical examination. Our specially trained physicians will use this information to determine whether genetic testing is appropriate. If you choose to be tested, we will collect a small amount of blood for analysis.

Will health insurance cover the cost?

Insurance coverage is usually excellent for genetic testing and counseling. Most patients are covered for testing and typically pay a coinsurance of less than 10 percent of the cost. Patients often have no out-of-pocket costs for genetic testing.

Who will know my test results?

Only your referring and ordering physicians will know your test results. Results will not be released without your written consent. *



Beat cancer

Only the Dauphin Cancer Screening & Prevention Center, an extension of the Julie & Ben Rogers Cancer Institute at Baptist Beaumont Hospital, arms you with two weapons in the war against cancer.

- ▶ **Advanced screenings.** Our cancer screenings include tests for prostate cancer and breast cancer along with cancer prevention programs.
- ▶ **Genetic testing and counseling.** We offer risk assessment and genetic testing for those who may be at high risk for developing melanoma and breast, ovarian or colorectal cancer.



Helping families in crisis

Having a loved one in the hospital, whether undergoing rehabilitation or having a baby in the neonatal ICU, can be a trying time for families, and being away from home can make it even more difficult.

The Albert E. and Gena Reaud Guest House, next door to Baptist Beaumont Hospital, offers patients and their families a place to call home without having to worry about paying for lodging while receiving medical care. The \$3.2 million facility, which opened in July 2010, boasts 19 private bedrooms, a dining area with kitchenette and a courtyard with a prayer garden. Guests are referred by physicians, staff and social workers from area medical facilities.

Our growing family

Many new parents have stayed with us while their babies received a few extra days or weeks of care at the hospital. In 2010, we had the opportunity to meet one of the newest additions to our family, the Sowells. Congratulations!



We also accommodate patients who undergo outpatient procedures. Whether staying one night or weeks during long-term treatment, we provide a “home away from home” for as long as you need us.

A mission of caring

Our mission is to provide lodging and nonmedical services to promote the healing process in a Christian, emotionally supportive and homelike environment. Referred families are served with dignity, integrity and without regard to financial resources. *



Help us help others

Visitors are often unprepared for a hospital stay. They may have had to rush to the hospital at a moment's notice, leaving behind personal essentials. Our donation wish list includes:

Our donation wish list includes:

- ▶ **For the kitchen:** nonperishable food items and frozen meals; paper plates, bowls and cups; plastic utensils, serving utensils and pitchers; napkins and paper towels
- ▶ **For the laundry room:** laundry detergent, fabric softener, dryer sheets and laundry baskets
- ▶ **For our guests:** combs, disposable razors, shaving cream, toothpaste, toothbrushes, diapers, feminine products, books, magazines, playing cards, portable cribs and high chairs

Donation drop-off location:

Albert E. and Gena Reaud Guest House
3120 College Street, Beaumont, Texas

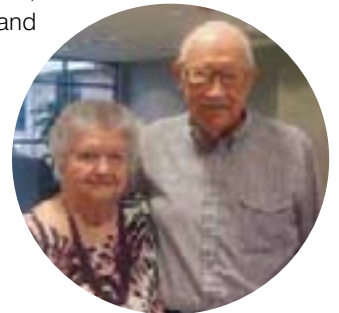
Donation pick-up information:

Contact Katie Stedman at **(409) 212-6500**.



In their own words

The LaBordes from Woodville, Texas, stayed with us before and after an outpatient procedure, and visited again for a follow-up appointment. “The Reaud Guest House enabled us to forgo a 100-mile round-trip and not worry about paying for an overnight stay. It also eased the burden of having to drive under strenuous circumstances.”

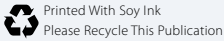


Questions and comments may be directed to:

Mary Poole
Director of Public Affairs & Marketing
(409) 212-6145
mary.poole@bhset.net

Katie Whitney
Community Relations Coordinator
(409) 212-6145
katie.whitney@bhset.net

© 2011 Baptist Hospitals of Southeast Texas



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

**Recipient of HealthGrades
General Surgery Excellence Award™**



**Ranked Among the Top 5%
In The Nation for General Surgery**



***Best Rated in the Region*
for General Surgery in 2011***



***Only Five-Star Rated hospital in the Region*
for General Surgery in 2011***

*Region is Beaumont-Port Arthur, TX CBSA as defined by the federal government's Office of Management and Budget.

