

Spring 2012

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

Healthy *dose*

www.bhset.net



Tips to help you understand your teen

Memory loss: Is it normal or something more?

We can help you manage chronic pain

Performing Sacred Work Every Day

A LETTER FROM OUR CEO

The picture of safety

At Baptist Beaumont Hospital, we strive to be a quality-focused facility with exceptional patient approval ratings, excellent physicians and technologists, leading-edge equipment and top-of-the-line staffing. As a Certified Stroke Center, Magnet-Recognized facility and Accredited Chest Pain Center, we keep our patients at the heart of all we do.

As medical technology continues to improve, advances in imaging ensure our physicians the best outcomes for their patients. Recently, Baptist Beaumont Hospital invested in the Siemens SOMATOM™ Definition AS 128-slice computed tomography (CT) scanner. This state-of-the-art technology provides high-quality imaging diagnostics and delivers radiation doses tailored to each patient. Like all medical procedures, CT, fluoroscopy and nuclear medicine imaging present both benefits and risks. These procedures have led to improvements in diagnosing and treating medical conditions, but at the same time, they also expose patients to radiation. A balanced approach is needed to support imaging exams while minimizing patient exposure.

Baptist Beaumont Hospital's imaging team participates in the "Image Gently, Image Wisely" campaign to reduce patients' radiation exposure. The protocol, called "The Five Rights of Imaging Safety," helps determine the proper course of action for each patient.

1 Right Study. One in five studies is conducted because previous images have been lost or discarded.

2 Right Order. Proper sequencing of image studies adds value and saves steps.

3 Right Way. The imaging protocol for an



adult involves more radiation than what is used for a child. Children are more susceptible to radiation toxicity.

4 Right Report. Does the study answer the original questions of the physician?

5 Right Action. Getting the study to the physician who ordered it quickly is top priority.

At Baptist Beaumont Hospital, we are reaching out to our healthcare partners to establish a program whereby we can access each other's electronic medical imaging storage systems. By working together as your healthcare team, we can achieve safer use of medical imaging devices, support informed clinical decision-making and increase patient awareness.

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

A tender gift: *Mother's milk*

One of nature's greatest gifts, breast milk is a complete food that provides all the nutrients your newborn needs. Better yet, it is free, easily available and the temperature is always right. Breast milk is easily digested and protects baby against infections.

Benefits to baby and mom

Mother's milk has another important benefit: from the very first feeding, it supplies baby with antibodies that help fight common childhood illnesses. But, baby is not the only one who benefits from breastfeeding. It helps mom, too. Besides fostering a unique bond between mother and child, nursing stimulates the production of oxytocin, a hormone that causes your uterus to contract and return to its pre-pregnancy size. Breastfeeding mothers also can expect to lose about one to four pounds a month as long as they continue nursing.

Patience required

Although it seems as if breastfeeding should come naturally, in fact it is a learned process. For example, baby may need help latching on. Latching on improperly can cause tender nipples, a problem that should not persist after the first week or so of nursing. Sometimes, finding a comfortable nursing position also takes practice. And nursing around-the-clock can be a challenge. If you need support, a lactation consultant or your healthcare provider can help.

When it comes to a feeding schedule, many experts believe it is best to take your cue from baby. Listen for cries and watch for a sucking reflex — signs that your little one is hungry. Expect to nurse every two to three hours, particularly during the first weeks. Baby should nurse from each breast for about 10 to 20 minutes. (Alternate starting sides at each feeding.)

Is baby getting enough?

If you are concerned that your little one is not eating enough, watch for signs that he or she is being nourished. Your breasts should be softer after feeding. And during the feeding you will be able to see baby swallowing. Frequent wet diapers and periodic weigh-ins also show that baby is eating. ■



Rebecca Venable, RN, a postpartum nurse at Baptist Beaumont Hospital, helps a new mother settle in with her infant.

New Beginnings Birth Center at Baptist Beaumont Hospital

Childbirth Education classes include:

- ▶ baby basics
- ▶ breastfeeding
- ▶ physical and emotional aspects of labor and delivery
- ▶ postpartum care

Our Newborn Nursery and Neonatal Intensive Care Unit services include a Level III nursery, a neonatologist available 24 hours a day, seven days a week and the Hugs and Kisses security monitoring system.

Personalized care

Call Lisa Carroll, RN, certified lactation counselor, at **(409) 212-7332**, if you or a loved one needs help with nursing.



5 things to know before taking *your child* to the ER



Nothing can send you into panic mode faster than seeing your child sick or hurt. But before you sweep him or her up in your arms and race off to the emergency room (ER) you need to do a few things:

1 Identify emergency symptoms. Is he or she having difficulty breathing? Does he or she have a cut that will not stop bleeding? These warrant a trip to the ER as soon as possible.

2 Determine whether nonemergency symptoms need the ER. If your child's condition is not life threatening, call your pediatrician. Let him or her determine if a trip to an urgent care center or a visit to the office would better serve you. If your child needs more immediate care, your pediatrician can call ahead and let the ER know you are coming.

3 Know your child's medical history. Let the hospital staff know about his or her medications, allergies or illnesses and any surgeries he or she has undergone.

4 Take the evidence with you. If your child has ingested medication or a household product, take it with you. If an object, like a marble, was swallowed, try to bring an example of it to the hospital.

5 Comfort your child. Hospitals can be scary places, so let your son or daughter know that this is the place to get better. Keep your cool: If you are calm, your child is more likely to be also. ■

Child Life Specialist Sarah Adams with a patient. ▶



Child Life Specialist — only at Baptist Children's Unit

The Children's Unit at Baptist Beaumont Hospital is the only hospital in the region with a Child Life Specialist. A highly trained professional, the Child Life Specialist helps children and their families deal with the stress of illness and hospitalization through play and other activities. To learn more, visit www.bhset.net.



Conditions or symptoms that require emergency room treatment:

- ▶ becoming disoriented or confused
- ▶ head trauma
- ▶ ingestion of a poisonous substance or medication (over-the-counter or prescription)
- ▶ rapid or labored breathing
- ▶ rapid heartbeat
- ▶ severe bleeding
- ▶ stiff neck and fever with or without a rash

Lower doses for our smallest patients

Baptist Beaumont Hospital provides a new level in computed tomography (CT) scanning. The Siemens SOMATOM Definition AS offers low-dose radiation at faster speeds, minimizing children's exposure, yet producing high-quality images, so physicians can diagnose their patients more quickly.





The new Teen Room at Baptist Beaumont Hospital is a special place where patients can have fun and relax while they heal.

Taming your teen

Awkward, rebellious, invincible, self-conscious ... you were a teenager once, too, remember? And you went through all of the things your child is experiencing right now. How do you survive? Patience, understanding and a sense of humor.

Talking tips

Remember when your teen used to run home from elementary school and tell you all about his or her day? Now, your son or daughter probably heads straight for the bedroom. This is a normal transition, and as long as kids have another responsible adult they can talk to, such as a school counselor, it is generally a harmless one.

If you are questioning your teen about his or her actions, make sure you listen to the answers. Teens need to know that their parents want to hear their side. When your teen does something worth recognizing, go ahead and praise him or her. Your praise still counts!

Ground rules

- ▶ **Set limits and be consistent.** Allow teens to earn more privileges by gaining your trust.
- ▶ **Keep teens involved.** Encourage your kids to participate in school-related activities.
- ▶ **Maintain expectations for grades.** If they start slipping, remove a privilege. Extra help may be needed for some subjects.
- ▶ **Make viewpoints clear.** If you will not tolerate

smoking or drinking, or if you will not allow visitors of the opposite sex in your teen's room, make sure your child understands.

Red flags

If your teen is acting stranger than normal — disinterested in appearance, hanging out with a new group of friends, getting into trouble at school — there might be a serious reason. If you suspect drug or alcohol abuse, seek professional help.

The final challenge

Be a good role model for your teen. Get to know your teen's friends and show an interest in his or her activities. Swapping stories with other parents will help you keep your sanity. ■



Teen Room

A special place for teens is available at Baptist Beaumont Hospital. The room, opened in January 2012, is the newest addition to the hospital's Pediatric Unit. Young adults now have a warm and inviting lounge where they can relax while they heal. The room is filled with comfortable furniture, computers, games and books to help teens maintain a sense of normalcy, privacy and independence during their stay in the hospital.*

**Sincere appreciation to the Junior League of Beaumont, Howell's Furniture, Lowe's of Beaumont, Brock Audio/Video Systems, Suburban TV, Tyneil and FA. Northcutt McFaddin II.*

Say NO to *pain*



Pain is part of the human experience and, fortunately, is often fleeting. But what happens when pain does not go away? Chronic pain can disrupt sleep, work and eating habits. Persistent discomfort can lead to depression, affect your relationships and severely compromise the quality of your life. If your pain has lasted for more than three months with no relief, you may need help from a pain-management specialist.

Chronic pain can be caused by post-surgical recovery, physical injury or a disease such as cancer. Some conditions in and of themselves are painful, such as migraines, diabetes-related neuropathy and herpes zoster (also known as shingles).

However, not all pain is easily linked to a diagnosis. Laboratory and imaging tests for your condition may be negative, but that does not mean your pain is imaginary. "Speak with your physician and ask for help," says Adrian Olvera, MD, a board-certified anesthesiologist and pain-management specialist with Baptist Hospitals of Southeast Texas.



Adrian Olvera, MD
Anesthesiology and Pain Management

A multidisciplinary approach

A pain-management specialist will evaluate you to establish a cause and discuss symptoms and related problems associated with your pain. Treatment comes from different medical fields — anesthesiology, physical therapy, even psychiatry. Here are some common recommendations:

Immediate relief. The No. 1 concern is to immediately eliminate the pain stimulus by medication, injections, epidurals or other anesthetic interventions. This

Anesthesia Associates
Baptist
Beaumont Hospital
PainInstitute, PLLC

immediate relief can be an important part of your long-term management and provide a needed boost to your morale.

Ongoing therapy. Working with primary care physicians and other specialists, a pain-management expert will recommend an ongoing regimen that can significantly reduce chronic pain. Frequent rounds of steroid injections may be the answer for some; other patients can benefit from a self-administered pump. Pain-management experts also may use nerve blocks, implantable nerve stimulators, skin patches and biofeedback.

Better dialogue with your providers. Traditionally, there has been a stigma associated with pain medications, the worry being that they may lead to addiction. However, pain-management specialists work with fellow healthcare professionals and the patient to dispel these notions, so no one stays in pain. ■

Get relief!

Adrian Olvera, MD, with Anesthesia Associates Pain Institute, PLLC, can help you conquer your pain. To learn more, visit www.AAPainInstitute.com or call (409) 212-6900.



Is memory loss cause for concern?

Your spouse has been forgetting things lately — where he or she placed the car keys, a dentist appointment, even a friend's name. The forgetfulness worries you. Are those memory lapses, a sign of normal aging or symptoms of Alzheimer's disease?

Alzheimer's affects parts of the brain that control memory and language. Millions of Americans suffer from the disease and symptoms typically begin to appear after age 60. Occasional forgetfulness does not mean someone has Alzheimer's. Blanking on someone's name or misplacing keys from time to time is normal. If it happens regularly, however, it could be cause for concern.

When to see the physician

If your spouse shows any of these symptoms, schedule an appointment with his or her healthcare provider:

- ▶ forgetting things, especially information learned recently
- ▶ forgetting common words and using odd words in their place
- ▶ having trouble with everyday tasks such as preparing meals or playing a favorite card game
- ▶ becoming lost in familiar places
- ▶ having sudden and unexplained mood swings or dramatic personality changes

- ▶ ignoring personal safety
- ▶ struggling to solve simple math problems, pay bills or balance a checkbook
- ▶ neglecting to bathe or change clothes
- ▶ misplacing items in odd places, such as putting car keys in the refrigerator

Other reasons for memory loss

Still, these symptoms do not always mean Alzheimer's disease. Your spouse's provider should check for other conditions that may cause memory problems, such as drug interactions, fever, dehydration, vitamin deficiency, poor nutrition, thyroid problems or minor head injuries. Stress, anxiety and depression can also make a person forgetful. In these cases, memory loss is temporary and can be improved with proper treatment.

Physicians arrive at an Alzheimer's diagnosis after physical, neurological and mental health assessments, as well as lab tests to rule out other conditions. If the diagnosis is Alzheimer's, the symptoms will become progressively worse, but early treatment can sometimes delay decline.

Encourage your spouse to develop hobbies and stay physically active. Use memory aids to ease daily routines, such as posting a big calendar to record appointments, making to-do lists, leaving reminders about safety measures and writing instructions for using household items. ■

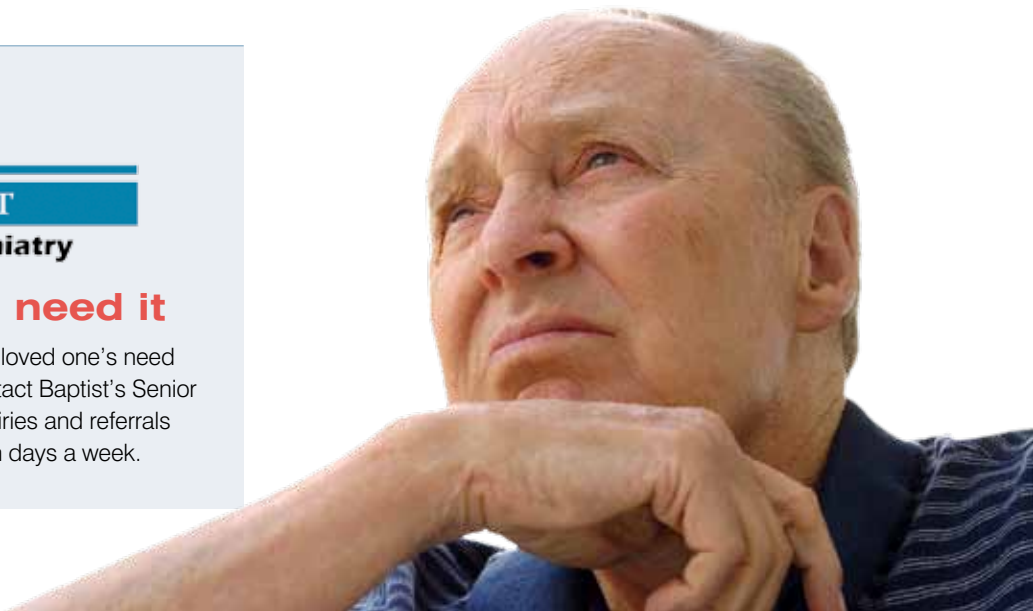
Stay active!

Are you interested in becoming a member of our 55+ Club? We meet bimonthly for an educational luncheon. To learn more, call **(409) 212-6145**.



Help when you need it

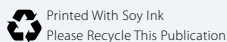
We can help you determine your loved one's need for our services. To learn more, contact Baptist's Senior Care Unit at **(409) 212-7800**. Inquiries and referrals are accepted 24 hours a day, seven days a week.



Questions and comments may be directed to:
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Innovations in Imaging



Computed tomography scans are increasingly valuable tests for a wide range of medical conditions from trauma to cancer. To help diagnose and treat every patient more quickly and accurately, regardless of condition and circumstance, Baptist Beaumont Hospital is one of the first in the nation to install the SOMATOM Definition AS from Siemens Healthcare.

The Smart CT Scan Offers:

- Low radiation dose
- Fast scan time for optimal image quality
- Patient friendly ergonomics virtually eliminates claustrophobia
- State-of-the-art imaging quality from pediatric to obese patients

128 Slice-CT Excellence / SOMATOM Definition AS



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Baptist Beaumont Hospital is part of a not-for-profit health system that does not discriminate on the basis of race, color, national origin, age, or disability.