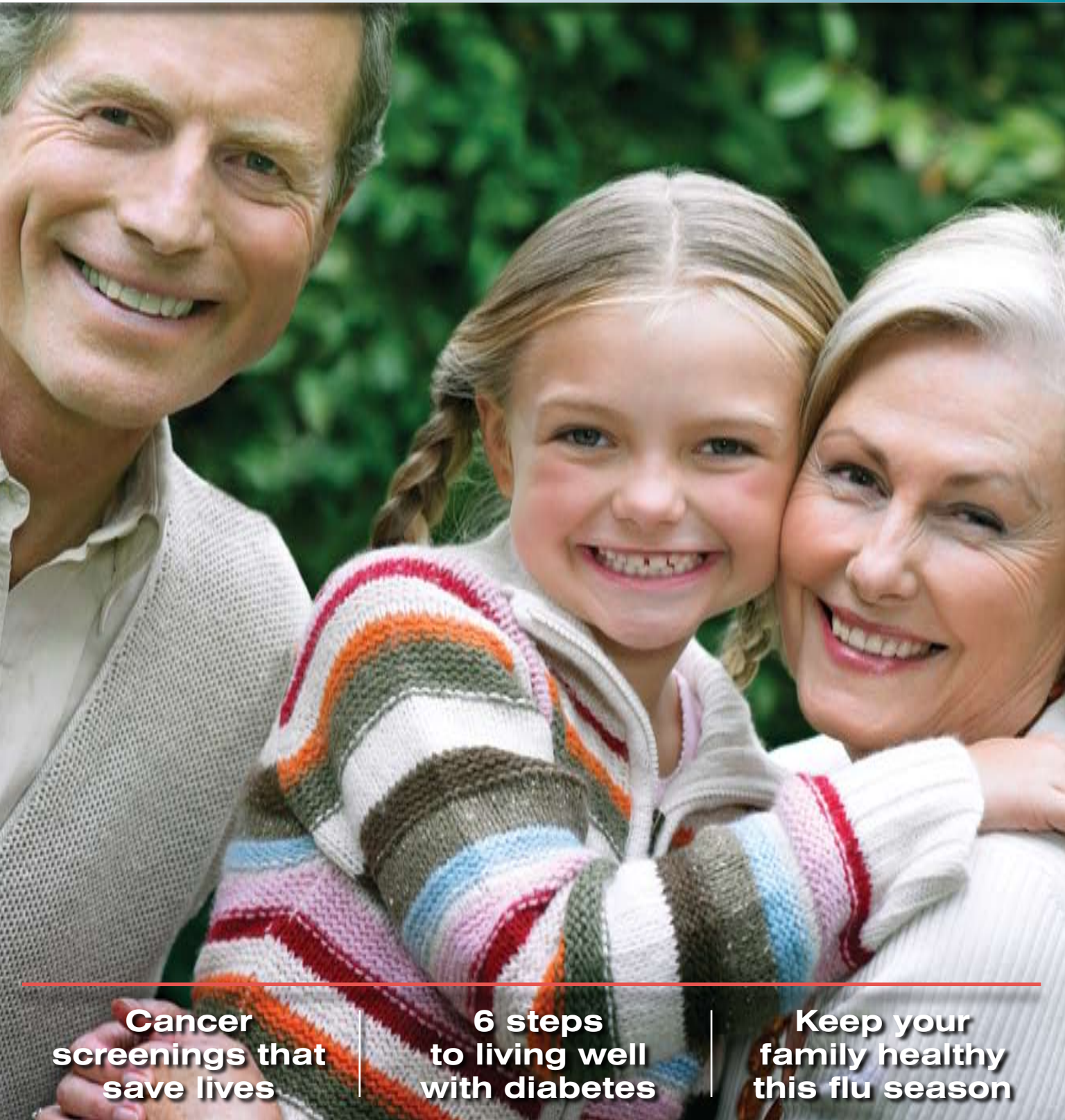


Winter 2011

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

Healthy *dose*

www.mhbh.org



**Cancer
screenings that
save lives**

**6 steps
to living well
with diabetes**

**Keep your
family healthy
this flu season**

Performing Sacred Work Every Day

A LETTER FROM OUR CEO

Protect yourself from the flu

Cooler temperatures throughout most of the country herald seasonal changes like holiday decorations — and the start of the cold and flu season. You may not realize it, but influenza is a very serious illness. Across the country this year, more than 25 million people will get the flu.

If you want to reduce your chance of getting the flu, consider getting a flu shot. This year's vaccine protects against H1N1, the flu virus that caused so much concern last year. The Centers for Disease Control and Prevention recommends that everyone ages 6 months and older should be vaccinated. If you are between the ages of 19 and 49, you can receive either the injection or a nasal spray called FluMist®. Your physician can help you decide what is right for you.

Influenza is most common in the United States from December to April, so it is best to get the vaccine before the season starts in the fall. However, you can be vaccinated through late spring and up until June, if supplies are still available. The sooner you get vaccinated, the sooner you will be protected.

Try these tips to prevent the spread of flu and other illnesses:

- ▶ Cover your mouth and nose with a tissue when you cough or sneeze and dispose of the tissue.
 - ▶ If you do not have a tissue, cough or sneeze into the inside of your elbow or sleeve, not your hands.
 - ▶ Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
 - ▶ Do not get too close to people who are sick.
 - ▶ If you get sick, stay home from work or school until your temperature is normal for at least 24 hours, without taking fever-reducing medicine.
- To learn more about flu, see page 6 of this issue.



“The sooner you get vaccinated [against the flu], the sooner you will be protected.”

For more than 60 years, Baptist Hospitals of Southeast Texas has been providing quality healthcare in a Christian environment. With today's equipment and technology, miracles do happen — from welcoming new life to successful cancer treatment — and our Sacred Work touches lives daily. Happy new year, and thank you for allowing us to build a healthier Southeast Texas, one patient at a time.

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*

Dealing with a diabetes diagnosis

6 steps you need to take

Learning you have diabetes changes your life — and your lifestyle. “Your most important job will be to keep your blood sugar, or glucose, within target ranges,” says Tracy Foster, RN, CDE, a Certified Diabetes Educator at Baptist Beaumont Hospital. To control your blood sugar and stay healthy, follow these suggestions:

1 ■ Test your blood sugar. Blood sugar levels indicate whether your meal plan, activities or any medications you take are working. Use a portable glucose meter to test your blood sugar level several times a day. Your healthcare provider will help pinpoint your target ranges and how often and when to test.

2 ■ Upgrade your diet. “Plan meals that are based on whole-grain foods, vegetables and fruit; low in fat; and moderate in salt and sugar,” says Foster. Divide your plate into quarters: one quarter for whole grains such as brown rice, another quarter for protein, like fish or skinless poultry and the remaining half for vegetables, like broccoli, cauliflower, tomatoes and carrots. Add a small glass of nonfat milk and a piece of fruit.

3 ■ Get moving. “Exercise helps control glucose levels, maintain a healthy weight, lower blood pressure and improve cholesterol,” Foster adds. “Aim for 30 minutes of physical activity on most days. Walking is an easy way to start.

4 ■ Focus on your feet. “Because diabetes damages nerves and reduces circulation, patients may feel less sensation in their feet and find wounds slow to heal, making feet vulnerable to uncontrolled infection,” Foster says. Invest in comfortable, quality shoes and check feet daily for cuts, blisters, sores, redness or ingrown toenails.

5 ■ Treat yourself well. Take any medications prescribed by your healthcare provider as directed. Quit smoking, get adequate rest, stay updated on vaccines, practice ways to relieve stress and nurse yourself with extra TLC when you are sick.

6 ■ See healthcare providers more often. See your primary care provider for annual checkups and screenings to measure your glucose levels, blood pressure, cholesterol and kidney function. Remember to see an eye professional, podiatrist and dentist for yearly exams, too. *



Live well!

To learn more about our Diabetes Education program, call Tracy Foster, RN, CDE, at **(409) 212-7295**.





**Questions
about
cancer?**

Send them to
baptistcancercenter
@bhset.net.

Cancer *screenings*

These tests may save your life

Cancer deaths would surely drop if everyone followed the advice of the American Cancer Society (ACS). Part of the problem is awareness — people just do not understand how important it is to find cancer early, when treatment is most effective.

You might feel fine, eat lots of fruits and vegetables, keep physically active and not smoke. But despite taking every precaution, you can have cancer and not know it. Years can pass before a tumor grows large enough to be felt or starts interfering with your health.

Are you stalling for time?

Do you put off making an appointment for a mammogram or colonoscopy because you are afraid of receiving “bad news”?

You are not alone. Fear is the number one reason most people procrastinate being tested. What you may not realize is that cancer can be cured if it is found early.

Screenings can prevent cancer from ever getting started, and screenings can find an existing cancer before you develop symptoms. According to the ACS, screenings offer you the best chance of finding a tumor while it is still localized (confined to the organ it started in).

When treated at this stage, the percentage of people who live five years or more after they have been diagnosed is more than 95 percent for cancers of the breast, colon, rectum, cervix, testicles, mouth and skin.

However, once a cancer spreads to the surrounding tissues and organs (called metastasis) the five-year survival rate can drop to 70 percent or less, depending on the type and stage of the cancer. Metastasis is what makes cancer deadly.

Who is at risk?

The single most important risk factor is age. Approximately 80 percent of all cancers are diagnosed in those ages 55 and older. Men and women are equally affected.

Seniors are at highest risk for cancer, but many ages 75 and better avoid screenings because they fear they are too old to beat

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

Meet our team of cancer specialists



Sanjay Ayirookuzhi, MD

Hematology/
Medical
Oncology



Mark Bonnen, MD

Radiation
Oncology



Gloria Castro-Zappia, MD

Hematology/
Medical
Oncology



Rama Chandran, MD

Medical
Oncology



Daniel Garlitos, MD

Radiation
Oncology



Bradley Prestidge, MD

Radiation
Oncology

the disease. Consequently, their cancer is not found until it is in the late stages.

If that describes you, talk with your physician. Treatment in the elderly depends on the cancer, not the patient. Not only can the screening outcome add years to your life, it can also preserve your independence and quality of living.

Your road to better health

Because cancer is more easily treated and cured if detected early, the Baptist Cancer Center and ACS recommend the following cancer screening guidelines:*

Breast screenings for women

- ▶ optional for women in their 20s, and recommended for women in their 30s, a monthly breast self-examination (BSE) the week after your monthly menstrual period, and a clinical breast exam performed by a healthcare professional every three years
- ▶ beginning at age 40, a yearly mammogram and a clinical breast exam (continue monthly BSEs)

Colon/rectal screenings for men and women

- Beginning at age 50, follow one of these schedules to have a:
- ▶ yearly fecal immunochemical test or fecal occult blood test
 - ▶ flexible sigmoidoscopy every five years
 - ▶ double-contrast barium enema every five years
 - ▶ CT colonography (virtual colonoscopy) every five years
 - ▶ colonoscopy every 10 years
 - ▶ stool DNA test (interval uncertain)

Prostate screenings for men

Beginning at age 50 (or at age 45 if you are African-American or have an immediate relative with prostate cancer before age 65) you should have a:

- ▶ yearly PSA (prostate-specific antigen blood test)
- ▶ yearly digital rectal exam

**People who are at increased risk for certain cancers may need to follow a different screening schedule. Speak with your physician to determine which screenings are best for you and when to begin screenings. **



A night to remember!

On Saturday, Jan. 29, the Beaumont Civic Center will be transformed for Cirque de la Soirée, Baptist Hospitals of Southeast Texas' annual black tie gala. Proceeds will benefit Baptist Cancer Center, which includes the Charline and Sidney "Chief" Dauphin Cancer Screening & Prevention Center and the Julie & Ben Rogers Cancer Institute.

The evening begins at 6:30 p.m. with a cocktail hour, a silent auction and a high-end fashion show. The Motion Band from Dallas will have guests up on their feet and singing along.

Tickets and table sponsorships are available by calling **(409) 212-6110**. Tickets are \$150 each, with table sponsorships ranging from \$1,500 to \$50,000. Auction items can be viewed at www.mhbh.cmarket.com, beginning Monday, Jan. 3.

Fight the flu!

Prepare yourself
to stay healthy

Battling influenza, aka the flu, is not a pleasant experience. The fever, body aches, fatigue and runny nose can make you feel lousy. Each year, more than 200,000 people are hospitalized and 3,000 to 49,000 die from flu complications. Protect yourself and others with these bug-battling guidelines:

Get vaccinated

A yearly flu vaccine is the first and most important step to protect against the flu, says the Centers for Disease Control and Prevention. The vaccine is especially important for people at high risk for flu complications, such as young children; pregnant women; people with chronic health conditions like asthma, diabetes or heart and lung disease; people ages 65 years and better; healthcare workers; and people who live with or care for others at high risk.



Get moving

Research shows that regular exercise boosts your immune system and decreases your risk of getting colds and the flu. If you do get sick, exercise can cut the number of days you are out of commission in half. How? Physical activity may help flush bacteria from the lungs, which could lower your chances of getting a cold or the flu. Exercise also sends antibodies and white blood cells (the body's defense cells) through the body more quickly to detect illnesses faster. Aim for at least two-and-a-half hours of activity a week.

Take time to snooze

Sleeping is your body's way of recharging your immune system. The neurons that control sleep work closely with your immune system. Cytokines, the chemicals your body produces while fighting infection, are powerful sleep inducers, which explains why you feel so tired when you are battling a bug. On average, most adults need seven to eight hours of sleep a night.



Wash your hands

Proper and frequent hand washing is an important way to prevent colds and the flu. Use warm water and soap, scrub your hands for at least 15 to 20 seconds and rinse them well. No water around? Use an alcohol-based hand sanitizing gel that contains at least 60 percent alcohol.

Eat right

You know that a good diet is important for your overall health. But did you know that a poor diet actually lowers your immunity and makes you more vulnerable to infection? Be sure to eat plenty of fruits and vegetables, whole grains and lean protein. And remember to drink water to stay hydrated. *

Protect yourself!

Baptist Convenient Care Clinic offers a variety of services to help you with life's minor emergencies, immunizations, unexpected illnesses and health screenings. To learn more, call **(409) 347-8277**.



Something more than forgetfulness?

When a loved one can no longer live independently, discussing the subject can be a daunting task. In fact, it can be one of the most difficult conversations a family has to face.

A person's inability to care for him or herself is often the result of a stroke, surgery, illness or injury. Equally as debilitating, and often more subtle and progressive, is the decline in someone's ability to complete tasks (his or her cognitive function) when it is related to Alzheimer's disease or other forms of dementia.

Talking about cognitive impairment can be challenging. "Often, I see seniors who recognize when they can no longer physically care for themselves," says Katara Goings, a Social Worker at Baptist Beaumont Hospital. "But the conversation can be difficult for both the patient and clinician when discussing a decline in cognitive functioning."

What to watch for

"Understanding the cause is often the most challenging aspect of treating cognitive deficits," Goings says. Whether from a stroke, Alzheimer's disease or another form of dementia, finding the cause is vital. Some or all of the symptoms might be reversible with therapy or medication. Early recognition is key to getting help. Common signs of mental decline include:

- ✓ poor personal hygiene and malnourishment

- ✓ unusual forgetfulness (unpaid bills or losing frequently used items)
- ✓ being easily disoriented (confusing names, dates and times)
- ✓ being unusually argumentative

Know your options

Today, more choices are available for seniors who can no longer live alone. Assisted-living and residential communities provide a safe environment for those who are in the early stages of mental decline. Some also offer transitional care for those who are in the middle-to-late stages of decline.

Baptist's Senior Care Unit offers patients and their families around-the-clock access to a psychiatric and medical unit staffed by a highly skilled and compassionate team of health-care professionals. Physicians, nurses, therapists, social workers and others support a patient's progress and ensure his or her safety after discharge. We believe that ministering to seniors in need completes our mission of performing Sacred Work. ✨

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

Join us!

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**.



SENIOR
CARE UNIT
Geriatric Psychiatry

Age with grace

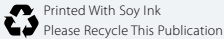
We can help you determine your loved one's need for our services. To learn more, contact Baptist's Senior Care Unit at **(409) 212-7800**. Inquiries and referrals are accepted 24 hours a day, seven days a week.

Questions and comments may be directed to:

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

Katie Whitney
Community Relations Coordinator
(409) 212-6145
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*My doctor says
everything is fine—
just fine!*



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Beaumont Hospital
Performing Sacred Work Every Day

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.

Sometimes the closest hospital is not always the best choice... especially when it comes to treating stroke or treating heart attack.

Our hospital's Stroke Program has earned the Gold Seal of Approval from the Joint Commission, which accredits health care organizations. The Gold Seal nationally recognizes healthcare centers that make exceptional efforts to foster better outcomes for stroke patients; centers that specialize in a more in-depth, higher level of care.

Baptist Beaumont Hospital is now a fully accredited – Chest Pain Center. We're accredited by the Society of Chest Pain Centers, an international organization dedicated to eliminating heart disease as the number one cause of death worldwide.

This means if you are suffering a heart attack or stroke, you can rely on Baptist Beaumont Hospital to provide:

- ◆ **Better Treatment**
- ◆ **Better Care**
- ◆ **Better Outcomes**
- ◆ **Better Quality of Life**

***Healing hearts. Healing strokes.
Part of the sacred work we're
performing every day.***

