

# vital signs

A PUBLICATION OF  
LOGANSPORT  
MEMORIAL HOSPITAL

WINTER 2012



## New Year, New Look!

*Each issue of Vital Signs is filled with articles of health information that you and your family need to know. For best results, read from cover-to-cover!*

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Well and good.™

LOGANSPORT  
**Memorial**  
HOSPITAL

# FROM THE DESK OF DAVID AMEEN

## *David Ameen, CEO*



Well, it's here – 2013 has officially arrived and is in full swing. It has brought new beginnings, renewed focuses and modified strategies as we continue trying to move forward in the ever-changing healthcare environment.

It will be critical for us as an organization to pursue strategic opportunities for growth, in service lines and in market share. You will notice growth become a recurring theme in my articles and in our actions, because it is fundamental to our sustainability and viability as your community hospital.

### **Why choose growth as a particular strategic focus?**

There are two significant reasons:

- ***Growth is a measurement of change***
- ***Growth is necessary for long-term organizational success***

Two words stand out from those two reasons -- ***change***, and ***success***. Success is often a direct result of a change or changes made, but it is not achieved without some kind of growth over time. That's why growth is our dominant strategic focus for this year. We must make the changes necessary to evolve with the healthcare climate as well as with the needs of our community. As we make those changes, we will grow as an organization that is better able to serve you and your family.

Hopefully, those increased capabilities will then promote growth in our overall market share and in market share for three particular service lines – obstetrics, orthopedics, and general surgery. These three areas have the capacity to serve many more patients than what we currently do. The services that are provided in these three specialties can enhance the quality of life for patients who need them, and the surgical procedures can be done on-site.

We have recruited new physicians, with Dr. Timothy Hall, Dr. Michael Lalla, and Dr. James Davis, who will care for patients in these areas and increase your access to care. We will continue recruiting additional physicians to serve other unique healthcare needs in our community. This physician recruitment focused on these three service lines will demonstrate why the two reasons listed above for strategic growth hold true.

**We make changes by adding new physicians so that we can promote growth across services lines, which increases community-wide access to care and makes us more successful in delivering the care that you need.**

Our focus on growth is part of how we'll make strategic changes in the care provided for you, your family, and our entire community moving forward in 2013. We hope you will think of us first as you make your healthcare decisions, both now and in the future. ***We plan to be here for you.***

*David Ameen*

## CAFE EXPRESS

### Basement

Monday - Friday  
6:30 am - 7 pm  
Saturday and Sunday  
6:30 am - 2 pm  
Sunday Buffet  
11 am - 2 pm

## THE COFFEE SHOP

### Memorial Hospital Lobby

Monday - Friday  
6:30 am - 4 pm

## THE GIFT SHOP

753.1503

### Memorial Hospital Lobby

Monday - Friday  
8:30 am - 5:30 pm  
Saturday  
10 am - 4 pm  
Sunday  
CLOSED

## LOBBY LAB DRAW

753.1345

### Memorial Hospital Lobby

Monday - Friday  
7 am - 5:30 pm  
Saturday - 7 am - 1 pm

## OUTPATIENT LAB

753.1517

### Medical Office Building East

Monday - Friday  
6 - 9 am

## COMMUNITY PHARMACY

732.0418

### Memorial Hospital Lobby

Monday - Friday  
8:30 am - 5:30 pm

# NEW DOCS

*Watch for more information about these two new physicians!*

## Michael J. Lalla MD

### General Surgery

Michael Lalla MD is the newest general surgeon to join the Logansport Memorial Physician Network. His practice will be located inside the LMPN General Surgery office.

Dr. Lalla completed his medical degree at Howard College University of Medicine in Washington DC. He completed his residency at New York Hospital in Queens, NY.

He is board-certified by the American College of Surgeons.

He will be available to see patients beginning March 4, 2013.

## James Davis DO

### Orthopedics

James Davis DO is the newest orthopedic surgeon to join the Logansport Memorial Physician Network. His practice will be located in the new LMPN Orthopedics suite at Logansport Memorial Hospital.

Dr. Davis completed his medical degree from the Chicago College of Osteopathic Medicine in Chicago, IL. He also completed his residency at the Chicago College of Osteopathic Medicine.

He will be available to see patients beginning February 4, 2013.

# VISIT US ONLINE

[www.logansportmemorial.org](http://www.logansportmemorial.org)

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Another year older makes you wiser.  
**And You've Wisely Chosen Us.**

1101 Michigan Avenue  
Logansport, IN 46947  
574.753.7541 | 800.243.4512

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Join us for the **LIVE UNITED Day Community Health Fair**

As part of LIVE UNITED Day for 2012, Logansport Memorial Hospital and several other local organizations are partnering with ...

**More Articles**

**Health Tips**

Enjoy this fall weather with fun forms of exercise!

- Take a walk around the block, with a friend or with the dog.
- Go for an evening run.
- Ride your bike around the neighborhood.

All of these activities are ways to stay active and help reduce stress. Plus, the colors of fall are crisp and bright, so be sure you enjoy them as often as possible!



# STAY WELL WITH GOOD NUTRITION

Follow the Choose MyPlate national guidelines.



*There are lots of ways to incorporate fruits and vegetables into your diet, without realizing they are there! Research some fun and creative ways to make them part of your next meal.*

**March is National Nutrition Month, and we are what we eat! The food you choose for yourself and for your family plays one of the most direct roles in impacting your health. Make eating a positive health habit, and let's eat for the health of it!**

The "Choose MyPlate" guidelines demonstrate how a well-balanced meal should look on your plate. The proportions of food vary slightly among children and adults because of size and weight factors, but the basic concepts remain the same. The following tips may be able to help you incorporate the guidelines into your lifestyle.

## Start by Building a Healthy Plate

Before you eat, think about what goes on your plate or in your cup or in your bowl. Scooping or pouring mindlessly can lead to an unnecessary overabundance of calories that is not healthy for anyone. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories.

*The guidelines recommend:*

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half of your grains whole.
- Vary your protein choices.

## Cut Back on Foods High in Solid Fats, Added Sugars, and Salt

Even though it tastes good, it's important to remember the need for moderation. Many people often eat foods with too much fat, added sugar, and salt. Sugars and fats are responsible for loads of extra calories that you don't need, and too much salt increases your blood pressure.

*The guidelines recommend:*

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in the foods you buy by checking the labels... It all adds up.
- Eat fewer foods that are high in solid fats, like cookies, ice cream, pizza, and hot dogs.

## Eat the Right Amount of Calories for You

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie. If you're interested in this, talking with your physician about how to do it or get started may be also be helpful.

*The guidelines recommend:*

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower-calorie menu options.
- Write down what you eat to keep track of how much you eat.

**For more on all of these guidelines, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).**

# ASK OUR EXPERT

## Heart Health



Robert McKissick MD  
Family Medicine

**The fact that cardiovascular disease is the number one leading cause of death in the United States is no news flash.** In fact, heart attacks, stroke, and other related issues have been problems for so long and have become so common that many people tune out health messages meant to help them take better care of themselves.

February is National Heart Health Awareness Month, which again is not new news. But it's time to take a different approach that inspires individuals to make positive, heart-healthy lifestyle changes. At Logansport Memorial Hospital, we want to empower you to make this decision not only for yourself, but for the children who may share your life as well.

Robert McKissick is a family medicine physician in the Logansport Memorial Physician Network, and he shares why it's important for adults to think about their heart health in this different way.

**"Adults need to understand that they are passing along lifestyles that severely impact their children's health," he says.** "Children mimic what they observe as they watch their parents. Adults need to take responsibility for children's health by modeling healthful habits and helping kids to adopt the same positive practices."

**As we observe the declining health habits of our population across the country, it's important to empower people with information they need.** "One key to combatting cardiovascular disease for people of all ages is to make them aware of the extent of the problem and then help them make positive changes," says Dr. McKissick. "Your physician can help you understand the extent of your disease and help you make positive changes toward a heart-healthy lifestyle."

# WHY TO START MAKING CHANGES

## Heart Health



The focus needs to be turned to kids and their heart health, before the problem gets any worse.

Recent startling statistics published in the "Heart Disease and Stroke Statistics – 2012 Update" reveal that half of U.S. children meet just four or fewer of the seven recognized factors for a healthy heart. Those seven recognized factors include maintaining a healthy weight, being physically active on a regular basis, eating a healthy diet, not smoking, and keeping blood pressure, cholesterol, and glucose levels normal.

The U.S. Centers for Disease Control and Prevention have also stated that one in five children has an abnormal cholesterol level. They also show that more than one-third of American children are overweight or obese, with nearly 20% in the obese category.

Adults have the power to impact their lives and their children. It all starts by setting a good example and making heart health a priority across generations.



## WELCOME DR. TIMOTHY HALL!

Logansport Memorial Hospital and the Logansport Memorial Physician Network are pleased to welcome Timothy Hall MD as the newest OBGYN to join the physicians in the Women's Health Center.

He will be available to begin seeing patients beginning on February 4, 2013.

Dr. Hall completed his medical degree at Texas Tech University in Lubbock, Texas. From there, he went on to complete his residency at the Texas Tech University Health Sciences Center in El Paso, Texas. He is also board-certified by the American College of Obstetrics and Gynecology.

To get to know him better, we asked him some questions that gave us some insight into his background, his personal and professional interests, and his true enjoyment of being an OBGYN.

### **Can you tell me a little about yourself?**

"I was born in New Orleans, Louisiana, lived in Texas for 20 years, have been in North Carolina for a while, and am now making my way up to the Midwest," says Dr. Hall. "My wife and I got married on 12/12/12. I met her at her hair salon, where she is a hairdresser. We also have the best dog in the world, a Maltipoo puppy named Tootles."

### **When you're not working, what do you like to do?**

"My wife and I love to do lots of adventurous things. We love traveling and also enjoy activities like snow skiing, scuba diving, snorkeling, hiking, deep-sea fishing, theater, dance, and the arts," he notes. "Because I was born in New Orleans and lived in Texas for some time, I also love spicy foods. We are excited to explore how we can pursue these activities and interests living in the Midwest. Yardwork is another thing I enjoy doing... I know it sounds crazy, but I find it relaxing!"

### **What do you enjoy about being an OBGYN? What drew you to this specialty?**

"I was very eager to learn all that I could when I was in medical school and I wanted to be able to practice medicine in multiple ways," comments Dr. Hall. "Obstetrics and gynecology is the only specialty that combines surgery with primary care. Because we also do deliveries, there are several ways we are involved with caring for women."





I really enjoy being able to be part of joyous, life-changing experiences with my patients, and also working with them as they make healthcare choices through their different stages of life.”

### **Do you have any professional interests related to being an OBGYN?**

“I do have a special interest in minimally-invasive gynecology,” says Dr. Hall. “Minimally-invasive procedures are often less painful and promote faster recovery times. I want to pursue the best opportunities for my patients to receive exceptional care that’s convenient and effective. I also perform advanced laparoscopic procedures, including laparoscopic hysterectomy, minimally-invasive incontinence surgery and pelvic reconstruction, all aspects of urogynecology.”

### **What are you most looking forward to about practicing at Logansport Memorial Hospital?**

“I want patients to feel like they know me and can come to me with their health issues or concerns,” comments Dr. Hall.

“In a smaller community like this one, I believe you can really get to know your patients as people and serve them with a personal relationship.”

“For me, being a physician is a privilege, and I hope I never take that for granted,” he says. “Sometimes in these days of change, it’s easy to lose sight of how we can help others, because we get so wrapped up in what we must do for ourselves. As a physician, I believe I am in a position to serve others and help them when I can. That’s why I love my job. I’m lucky that one of the things I am most passionate about is what I do for a living.”

## OUR SERVICES

### *The Women’s Health Center*

At Logansport Memorial Hospital, we continue adding physicians and providers to our staff so that you and your family have access to the care that you need. It is our hope that new physicians and providers will increase the opportunity for you to manage your healthcare in ways that work best for you.

For women, many unique health issues and concerns come in various stages of life. Understanding and meeting those health needs can be a challenge. But when you work together with knowledgeable physicians who want what’s best for you, you can trust the care that you receive will address your concerns and meet your needs.

The physicians of the Women’s Health Center want to be there, for every age and stage of your life. They offer a full array of obstetrical and gynecological services that are designed to give you the care that you need. From routine visits and exams to minimally-invasive surgical services and comprehensive breast care, our physicians will support you and the healthcare choices you make for yourself.

**To make an appointment with Dr. Timothy Hall or any of the Women’s Health Center physicians, please call their office at 574.722.3566.**

# ASK OUR EXPERT

## Colorectal Cancer

**Colorectal cancer is one of the most commonly diagnosed cancers in both men and women in the United States.**

The symptoms can be mild, and are sometimes associated with many other things. Therefore, patients sometimes don't realize that their symptoms could indicate serious disease, like colon cancer. Additionally, many patients can have colon cancer without having any symptoms at all.

Fortunately, with increased screening, improved treatment options, and increased awareness about colorectal cancer from articles like this one, the survival rate has risen dramatically.

Our surgeons Todd Weinstein MD and Gerhardt Winkel MD are no strangers to seeing cases of colorectal cancer. **Involvement from surgeons includes colonoscopy screenings as well as surgery to remove the cancer, when that is necessary.**

A variety of treatment options may be employed, and are chosen depending on the individual patient. Once cancer is diagnosed, surgery is frequently the first step (unless the cancer is in the rectum, in which case radiation may come first). Surgery is the most common treatment for colon cancer.

"In the case of colorectal cancer, surgery seeks to remove the cancerous cells from where they are located within the tissues of the colon," says Dr. Winkel. "The location of the cancer determines what procedure we perform."

**After surgery, additional treatment may also be necessary.**

"Chemotherapy and radiation therapy can be used as treatment if that's what the patient needs," notes Dr. Weinstein. "Targeted therapy is also an option, which uses drugs or other substances, like antibodies, to identify and attack specific cancer cells with less harm to normal cells."

"The choice of these therapies depends on the type and the stage of the cancer being treated," he says. "Logansport Memorial Hospital is fortunate to be able to offer specialists and treatment in all three areas - surgery, chemotherapy, and radiation - right here in Logansport."

# HOW YOU CAN BE AWARE

## Colorectal Cancer



Todd Weinstein MD  
General Surgery



Gerhardt Winkel III MD  
General Surgery

### **If you have symptoms**

"A routine office visit with your physician is one of the best ways to evaluate any changes that you notice, and to really understand if they need to be pursued further," Dr. Weinstein explains.

"Your physician may recommend one of several procedures, including a barium enema, digital rectal exam, sigmoidoscopy, or most commonly, a colonoscopy," he says. "It will depend on what the individual patient needs when they discuss options with their physician."

### **If you don't have symptoms**

Most colon cancers start as small growths, called polyps. Therefore, even in people without any symptoms, testing such as a colonoscopy is recommended, usually beginning at age 50. Studies have reported that screening can reduce colorectal cancer deaths by 50%.

Knowing your risk factors, understanding the possible severity of your symptoms and realizing the importance of screening even without symptoms provides you with powerful information against colorectal cancer.





## TECHNOLOGY TRACKER

Logansport Memorial Hospital continues to pursue technological advances that promote new benefits for our patients. We look to enhance the patient experience with technology that delivers convenience, access, and security for you.

One technology that meets these objectives is our ePrescribing capabilities, becoming more prevalent as we move into 2013.

"ePrescribing is the ability to send electronic prescriptions to the patient's preferred pharmacy at the point of care instead of having to wait and take it yourself," explains Beth Jump, Chief Information Officer. "We introduced this capability to the physician offices last year, and it was fully implemented and functional. Now, we are expanding that capability to include the Emergency Room and soon the acute care floors."

When a provider utilizes ePrescribing for a patient, he or she is able to do three things that lead to an efficient patient experience and increased convenience. "With ePrescribing, a provider will first electronically access the individual patient's prescription benefit eligibility, if any exists," says Beth.

"By doing this, they can tell if a certain medication is covered by that patient's insurance to ensure the patient receives the full cost-benefit of the drug coverage they have," she says.

This is significant because dispensing pharmacies won't be receiving prescriptions that require changes based on the patient's drug benefits. This drastically reduces or sometimes eliminates unnecessary phone calls between pharmacy staff and provider offices regarding drug coverage.

From there, the provider can also access the patient's medication history. "Because the health record tracks and stores all relevant information, including medication history, the provider can see and know immediately if there will be any potential medication interaction issues for this patient," says Beth.

"This information is literally at their fingertips, and they can use it to improve medication safety and quality of care," she explains. As the third and final step, the prescription is then electronically sent to the patient's pharmacy of choice to save time.

By the end of this year, this process will be in place in all areas of care throughout the hospital system. No matter where your care comes from while you're here, we can give you efficient, accurate prescriptions with increased convenience for you and your family. For us and for you, that's the true value of technology.

# DEPARTMENTAL FEATURE

## Human Resources



*The smiling faces of Human Resources (from left to right): Lynda Murphy (VP of HR), Michele Hart, Cassie Kindley, and Lani Franklin.*

Have you ever wondered how it's possible to keep an organization of more than 600 employees going? It takes a lot of teamwork and collaboration from all of our many departments, but one in particular takes on a large part of the responsibility. Our Human Resources department manages our people here at Logansport Memorial Hospital.

As one of the top-five employers in Cass County, they are responsible for a significant percentage of the local workforce, and it's something they take seriously.

"We focus on how we can best serve our employees so that they continue to love what they do while they're here," says Lynda Murphy, Vice-President of Human Resources. "Our department touches the entire hospital in some way, because each of our employees need some part of what we can provide for them."

Three key HR areas really demonstrate the ways their work flows throughout the hospital and serves the community. "Recruitment of employees for hire, employee engagement, and our benefit structure with incentives all work together in a well-rounded approach to organizational effectiveness," explains Lynda. "Our ultimate goal is to be effective in caring for the community, and our employees get us there."

"It starts with recruitment, and hiring the right people for the right positions who can deliver the care that you need," she says. "We make sure that our employees are certified appropriately and have the levels of education necessary to fulfill their job responsibilities. Appropriate hiring for these positions also increases the access patients have to the care they need, because people are there to provide it."

"Once the employees are hired, we make sure that they enjoy what they are doing. If they want to pursue continued education, we provide them with opportunities and financial assistance to do that. We also have activities that promote friendship among our employees, which encourages their positive relationships with each other and with their patients."

"This engagement is critical for the success of the organization, because employees who are satisfied in their positions deliver their best job performance. When their job is to care for you, that's what we want," says Lynda.

Lastly, the benefits structure for employees promotes the importance of their physical health with financial incentives tied to health goals.

"Our employees participate in the wellness program that we offer to local businesses and organizations," says Lynda. "We track their individual health information and help them achieve better health in the same way that we do for our community. Our employees need to maintain their own health to best help patients improve or maintain their health."

"Because we address and manage these various needs of our employees, they are better able to care for their patients. They are focused, effective, and engaged employees who take great pride in what they do, and we're proud of that," she comments.

Logansport Memorial Hospital Foundation

# GRATEFUL PATIENT STORY

## SAVE THE DATE: OH BABY RUN!



Mom Tiffanee Kirk with baby girl Kingslee

Tiffanee Kirk followed her intuition during a recent health experience, and she was right to listen to it. "I was almost 20 weeks pregnant with my second child, but I just felt like something was wrong," she says. At first I assumed it was the baby, but it turned out that my health was really at risk."

Tiffanee had suffered from a ruptured ovarian cyst, a gynecological problem that sent her body into shock. "I didn't realize how ill I really was until I was with the doctors, who were trying to decide what they could do. Dr. Murray and Dr. Weinstein collaborated to make a quick but necessary decision to operate on me immediately." The operation went smoothly and Tiffanee was able to recover for five days here at the hospital, spending four days in the ICU.

Had it not been for her intuition, her own health and her baby's health would have suffered. "I honestly believe that everyone who had a hand in my care that night and during my hospital stay saved not only my life, but my baby's life," says Tiffanee.

On September 18, 2012, she delivered a healthy baby girl named Kingslee. "Because of the skilled hands and quick thinking of my physicians, I received the care I needed when I needed it most," says Tiffanee. For that, I truly am a grateful patient."

## WAYS TO GIVE

**574.753.1595**

foundationcoordinator@

logansportmemorial.org

Monday - Friday: 8 AM to 4:30 PM

*Please mark your calendars and save the date!*

**Saturday, April 27, 2013**

*Rain or shine, we still run and walk! All for a good cause!*

*The money raised from this event benefits the obstetrics department for services and equipment.*

## JOIN US FOR FUN!

Oh Baby Run raises money for the obstetrics department at Logansport Memorial Hospital.







CONNECT WITH US  
ON FACEBOOK!



## OUR NEW DOCTOR WILL SEE YOU NOW.

**Timothy Hall, MD**  
Obstetrics and Gynecology

Call  
**574.722.3566**  
for an appointment.



*Learn more about our newest OBGYN physician inside!*

**Well and good.™**

# vital signs

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