

Healthy Connections



MEMORIAL'S GUIDE TO HEALING AND WELLNESS • FALL 2016



MAMMOGRAMS

4 key facts

CONFUSED about mammograms? It's no surprise. With all the contradictory information out there, you may wonder when you need a mammogram—or even if you do. Take a deep breath. Here are four key facts about these breast x-rays you can trust.

1. Mammograms are still No. 1 for early detection. They may spot a tumor up to three years before it's big enough to feel. Treatment is more likely to be a success when breast cancer is caught early.

This doesn't mean mammograms are perfect. They may miss some cancers or cause false alarms. But all medical tests have limitations. And most doctors agree that mammograms help save thousands of women's lives every year.

2. You have a choice about when to be screened. After a thorough review of mammograms' risks and benefits, the American Cancer Society (ACS) now advises most women to start yearly screening at age 45—not 40. And this

more conservative approach also calls for women to switch to screening every two years at age 55.

But the guidelines also emphasize that women who want to start yearly screening at 40 should still have that choice. They also say that women 55 and older who want to continue with yearly mammograms should have this option too.

So talk with your doctor about what's best for you. And remember: Your preferences matter.

3. You probably don't need the extra protection of an MRI. The ACS advises women at high risk for breast cancer—for example, those with certain genetic mutations—to get an MRI plus a mammogram every year. But for women at average risk, MRIs aren't necessary.

4. Most callbacks aren't cancer. If doctors see something suspicious on your mammogram, they'll ask you to return for a repeat x-ray or other tests. Try not to be alarmed. Less than 10 percent of women who need more tests turn out to have cancer.

KEY SCREENING TESTS

By age for **WOMEN**

20 **CHLAMYDIA**
All ages—test yearly through age 24 if sexually active.

BLOOD PRESSURE
Be screened at least every 2 years.

CHOLESTEROL
Be screened every 4 to 6 years.

CERVICAL CANCER
Starting at 21, have a Pap test every 3 years.

25 **CHLAMYDIA**
Continue screening, depending on risk factors.

30 **CERVICAL CANCER**
Have a Pap test plus an HPV test every 5 years (preferred) or a Pap test every 3 years.*

45 **BREAST CANCER**
Start having mammograms.

DIABETES
Be screened at least every 3 years (or earlier based on risk factors).

50 **COLORECTAL CANCER**
Talk to your doctor about screening options.

55 **LUNG CANCER**
Be screened annually based on your history of smoking.

65 **OSTEOPOROSIS**
Start screening (or earlier based on risk factors).

These recommendations are for most women. Talk with your doctor about what's right for you.
*Women who have been screened regularly and had normal results can stop screening at age 66.

Sources: American Cancer Society; American Heart Association; U.S. Department of Health and Human Services

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Manchester Memorial Hospital
210 Marie Langdon Drive
Manchester, KY 40962

October is Breast Cancer Awareness Month

The best protection is early detection. Call (606) 598-5104 to get your screening scheduled today.



WELCOME ABOARD

New chief operating officer joins MMH

MANCHESTER Memorial Hospital (MMH) is proud to welcome Chris Self, MBA, to our leadership team. He will serve as chief operating officer. Self is joining us from Park Ridge Health, a member of the Adventist Health System in North Carolina.

“I am honored that God has led me to Manchester, Kentucky. I am excited to come on board in the midst of so much growth and opportunity,” he said. “My family and I hope to make great relationships with the wonderful people in this community and continue MMH’s positive impact on the area.”

Self brings to MMH 15 years of

experience, including health system marketing, business development and capital fundraising. His areas of emphasis include starting and expanding physician practices, hospital service line management, and oversight of new expansion projects.

He earned his bachelor’s degree in marketing from Southern Adventist University in Collegedale, Tennessee, and his master’s in business administration from Webster University in Orlando, Florida.



**Chris Self,
MBA, COO**

You said

“I just had to thank you. My nurses were kind and patient while being professional, and the doctor took time to explain everything. My room was clean. Food service was exceptional. Facilities like your hospital make eastern Kentucky a wonderful place to live.”

—Room 237

Manchester clinics donate to children

STAFF members of three Manchester Memorial Hospital clinics put forth their personal funds to purchase back-to-school supplies for Clay County students. These supplies included backpacks, notebooks, pencils, colored pencils, folders and other much needed items.

The staff at Glendale Medical Care, Manchester Pediatrics and Family Medical Care of Clay County all acted independently in their efforts. They are extremely proud to say that they were able to give supplies to children in need and bring joy to children going back to school.

For more about our community outreach initiatives, please visit www.manchestermemorial.org or log on to www.facebook.com/manchestermemorial



Biometric identification improves security and efficiency at MMH

THE NEXT TIME you walk into Manchester Memorial Hospital (MMH), you may be asked for your palm instead of your ID. That’s because PatientSecure, a device that images the veins in the hand, is now being used to register and identify patients.

The PatientSecure device uses near-infrared light to scan the palm, then links the unique biometric trait to each patient’s electronic health record.

“PatientSecure provides a safe, secure, confidential and easy way for our patients to register for care,” Erika Skula, CEO of the hospital, said. “It not only protects privacy and improves convenience, but it also enhances record accuracy by preventing duplications.”

The advanced technology of PatientSecure streamlines the registration process by automatically pulling up a patient’s record, provides added protection from medical identity theft and ensures each patient is correctly linked to his or her unique medical record.

“This new measure is evidence of our commitment to continually innovate and improve services for our patients and our community,” said Skula. “The palm scan creates a unique digital signature, which is especially beneficial



to patients during return visits, as a simple scan of the palm will securely access their registration and insurance information and accurately link them to their medical record—a crucial step in reducing potential patient safety risks.”

In addition, if a patient without identification arrives at MMH unconscious or unable to communicate, PatientSecure can be a lifesaving tool that quickly identifies the individual, opens their electronic health record, and alerts medical professionals to crucial information, including medical history, allergies and current medications.

For more information about MMH, please visit www.manchestermemorial.org or www.facebook.com/manchestermemorial

Could it be diabetes?

Don't chalk up symptoms to getting older

WE KNOW our health can change as we age. Eyesight may falter. Hearing may fade. Fatigue may build.

But are we right to blame it all on aging? Maybe not, experts say.

In fact, many so-called signs of aging may actually point to another serious condition: type 2 diabetes.

Is it the sugar?

Diabetes is related to how we convert food to energy. When we eat, our bodies break down food into glucose, a type of sugar. Glucose powers our cells. Insulin helps glucose move from the blood into the cells.

People with type 2 diabetes either don't make enough insulin or their bodies don't use insulin correctly. Either way, glucose builds up in the blood.

High blood sugar causes a number of symptoms, some of which can be confused with aging. For instance:

Poor vision. Too much glucose can distort structures in the eye and blur vision.

Trouble hearing. High glucose damages blood vessels and nerves. When that damage occurs in the ear, hearing can suffer.

Growing fatigue. When food isn't properly converted into energy, you can feel run down.

Greater appetite. Glucose trapped in the blood can't reach—and fuel—your cells. Your body believes more fuel is needed. Result? Hunger pangs.

Increasing thirst. Kidneys remove excess glucose from the blood. The body expels it as urine. The more you urinate, the thirstier you get.

If you have any of these symptoms, see your doctor. You may need a blood test to check for type 2 diabetes.

Are you at risk?

A lack of symptoms doesn't always mean you're diabetes-free. Many people with type 2 diabetes have no symptoms. That's why it's also important to know the risk factors for diabetes.

For instance, diabetes is more common when people are older, overweight and have family members with the condition.

Ask your doctor if you should be tested for type 2 diabetes. If you do have it, your doctor can help you keep it under control.

Sources: American Association of Diabetes Educators; American Diabetes Association



Get support for quitting smoking

The Freedom From Smoking program is offered free to the public at Manchester Memorial Hospital on a regular basis. This eight-week program combines nicotine replacement therapy products (patches, gum or lozenges) with a supportive group setting and trained facilitators hosting the meetings.

Next class begins Oct. 6; registration ends Oct. 4

Creekview Meeting Room, Manchester Memorial Hospital

Please call (606) 598-1095 for more information.

Manchester Surgery Center opens

MANCHESTER Memorial Hospital (MMH) has again extended its service lines to better serve your needs. We have opened the Manchester Surgery Center, with talented general surgeon Osman Mahdi Babikir, MD, FRCSI, on staff. He will take surgery referrals and patient visits in this new clinic.

Dr. Mahdi Babikir has 17 years of general surgery experience, including minimally invasive, robotic and endoscopic procedures. "I am most excited to be part of this com-

munity," he said. "It has always been my mission to deliver exceptional surgical care to those who need it, and I am honored to have that opportunity in Manchester."

Dr. Mahdi Babikir and the Manchester Surgery Center are located at 485 Memorial Drive, Suite 3, in Manchester, Kentucky. For an appointment, please call (606) 598-4531 today!

For more information about our clinics and services, please visit www.manchestermemorial.org or call us at (606) 598-5104.



Osman Mahdi Babikir, MD, FRCSI

Birthing Classes 2016

Class Dates

Each of the months below begins a new 4-week series held on Manchester Memorial Hospital's campus from 5:30 - 7:00 p.m.

January - 4, 11, 18, 25

April - 4, 11, 18, 25

July - 4, 11, 18, 25

October - 3, 10, 17, 24

Our childbirth classes are designed with the needs of you and your family in mind. These classes are designed for first-time parents or for those who just need a refresher. By attending 4 sessions and delivering at Manchester Memorial Hospital, you become a member of The Baby Club, and would be entitled to:

- **Infant Car Seat**
- **Keepsake Plate**
- **Complimentary Meal for Dad**
- **25% Discount at the Gift Gallery**



Manchester Memorial Hospital

To sign up, please call (606) 598-5104 ext. 3361

Getting social!

Interested in hearing daily health tips, seeing hospital event photos, reading about important health issues and getting the latest hospital news quickly? You can follow us on Twitter or like us on Facebook. Or just visit our website for details.



Website

www.manchestermemorial.org



Facebook

www.facebook.com/manchestermemorial



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www.twitter.com/ManMemorial



How are we doing?

We constantly strive to offer the very best care and customer service and appreciate your feedback. We welcome a letter

or email detailing your patient care experience. Excellent, good, bad, indifferent—let us know how we are doing!

Contact us Please write to:

Patient Satisfaction
Manchester Memorial Hospital
210 Marie Langdon Drive
Manchester, KY 40962
Or send an email via
www.manchestermemorial.org

HEALTHY CONNECTIONS is published as a community service for the friends and patrons of Manchester Memorial Hospital, 210 Marie Langdon Drive, Manchester, KY 40962, (606) 598-5104, www.manchestermemorial.org.

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Pumpkin mac and cheese

Makes 6 servings.

Ingredients

Canola oil cooking spray

1/3 cup grated Parmesan cheese, divided

1/2 cup panko bread crumbs

1 tablespoon canola oil

8 ounces whole-wheat rotelle pasta

1 cup low-fat (1 percent) milk

1 tablespoon unsalted butter

1 tablespoon all-purpose flour

1 1/2 cups (2 1/2 ounces) sharp light (50 percent) cheddar cheese

1 cup canned unsweetened pumpkin

1/2 teaspoon mustard powder

1/4 teaspoon ground black pepper

Pinch of cayenne pepper

1/8 teaspoon ground nutmeg (optional)

Directions

- Preheat oven to 375 degrees. Coat 6-cup baking dish with cooking spray, and set aside.
- Add 2 tablespoons Parmesan cheese to bread-crumbs, and toss to combine. Add oil, and using your fingers, toss to coat breadcrumbs. Set mixture aside.
- In large pot, boil 4 quarts of water. Add pasta and cook for 10 minutes, until slightly al dente. Drain in colander, and set aside.
- While pasta cooks, in microwave or small saucepan, heat milk until it steams, and set aside.
- In large saucepan, melt butter over medium heat. Whisk in flour, and cook for 1 minute, whisking slowly.
- Off heat, gradually add milk while whisking to avoid lumps. Return pot to medium-high heat, and simmer sauce until it thickens to consistency of stirred yogurt, about 3 minutes.
- Add cheddar cheese, remaining Parmesan cheese, pumpkin, mustard, black and cayenne peppers, and nutmeg, and stir until cheddar melts. Mix in cooked pasta.
- Spread mac and cheese in prepared baking dish. Sprinkle seasoned breadcrumbs over top.
- Bake 15 to 20 minutes or until breadcrumbs are crisp and golden brown. Serve immediately.

Nutrition information

Serving size: 1/6 of recipe. Amount per serving: 289 calories, 9g total fat (4g saturated fat), 37g carbohydrates, 17g protein, 4g dietary fiber, 307mg sodium.

Source: American Institute for Cancer Research