

Healthy Connections

MEMORIAL'S GUIDE TO HEALING AND WELLNESS • WINTER 2016

Take heart—and make it healthy

A HEALTHY HEART PUMPS about 100,000 times a day, delivering blood to and from the far reaches of your body.

But if you have heart failure, your heart doesn't work as well as it should. Heart failure is a form of heart disease. Your heart still pumps, but it may not pump enough blood. Or it may not pump with enough force to send enough blood to all of your body's tissues and organs.

Signs of trouble

Symptoms of heart failure can include: ● Feeling tired ● Feeling short of breath ● Trouble sleeping ● Pain in the abdomen ● Loss of appetite ● Unexplained weight gain ● Swollen legs and ankles ● Frequent dry cough

See your doctor if you have any of these symptoms. During a checkup, your doctor will ask about your symptoms. He or she may also look at your heart with x-ray, echocardiogram or other imaging tests.

Ticker TLC

If you have heart failure, your doctor will develop a treatment plan for you. It is very important that you follow the plan, especially early in the process. And you'll need

to stay in touch with your doctor on a regular basis.

You may also need to:

- Take certain drugs that can help lower your blood pressure.
- Follow a diet and exercise plan. Eating better and being active can help strengthen your heart. It also helps improve your overall health.

Sometimes heart failure may happen because of a heart valve that isn't working right or a blocked artery. Your doctor can tell you more about how these problems can be fixed.

Take control

There are certain risk factors for heart disease that can't be avoided. You may be at risk if you: ● Are over age 65 ● Are a man ● Are African American ● Have a family history of heart disease

But there's good news. There are three basic good habits that can help prevent heart disease:

Stay away from tobacco. If you smoke, it's time to quit. If there's a smoker in your home, it's time to help him or her quit. Smoking at least doubles your risk of developing heart disease.

Be active. Just 30 minutes a day at least five days a week can help lower your risk. Remember that any exercise is better than none.

Eat good foods. The foods we eat can contribute to high cholesterol, high blood pressure, diabetes and weight gain. These are all major risk factors for heart

disease. Try to eat lots of vegetables, fruits and whole grains. You'll also want to cut back on salt.

If you already have heart disease or haven't exercised in a while, talk to your doctor about a diet and exercise plan that's best for you.

Sources: American Academy of Family Physicians; American Heart Association



GO RED

The first Friday of February is National Wear Red Day, and we want you to post photos of yourself or your loved ones wearing red! On February 5, visit www.facebook.com/manchestermemorial, "like" our page and choose "Photo/Video" to upload your photo. You'll get a message asking for your name and postal information to receive your CREATION Health prize!





A Labor of Love

All-Star gala benefits Manchester Memorial Hospital's OB unit

The Memorial Hospital Foundation's fifth annual gala, on September 24, raised money for the Manchester Memorial Hospital obstetrics (OB) unit renovation project, called Labor of Love. The theme this year, All Stars, encouraged everyone to dress in their favorite team's shirts and jerseys.

Ian Sink, DO, a physician at Willowbrook Women's Center, was among the speakers who expressed the importance of OB renovation at the hospital and what the hospital means to this community.

MMH receives national recognition

Manchester Memorial Hospital has been recognized by iVantage Health Analytics and the National Organization of State Office of Rural Health for overall

National Rural Health Day
Performance Leadership
AWARD 2015



excellence in Outcomes, reflecting top quartile performance among all acute care hospitals in the nation.

MMH now offers room service

MANCHESTER MEMORIAL HOSPITAL (MMH) has introduced a new room service initiative for inpatient dining throughout the day.

The room service model has shown that patients tend to eat better in the hospital when they select their own meals right before eating, depending on how they feel. It also allows for fresher food that is made to order. Orders are taken from 6:30 a.m. to 6:30 p.m. and are delivered within 45 minutes.

"The room service concept allows patients and their care teams to have more control over when meals are served," said Kellie Gray, Dietitian at MMH. "It gives patients the opportunity to time their meals similar to when they eat at home, which helps keep their medications on schedule. Patients can also schedule their meals around different tests and procedures, without missing meals or eating cold food when they return to their room."

Patients order from a restaurant-style menu, based on their dietary modifications, and then place their orders by phone before each meal. If patients are not able to make the calls, dietary ambassadors will visit the patient's room and help the patients place their order.

The new dining project includes kitchen renovations and technology to support the



meal program, along with training for all the employees who will assist with meal ordering, food preparation, meal delivery and tray pick-up.

"When we made the decision to move to a new meal delivery system, we chose room service for inpatient dining for many reasons," said Eric Lunde, Chief Operating Officer at MMH. "While the model costs more for renovations and equipment, costs are offset by reducing food waste and food-related supplies. Patients are able to order what they want to eat, when they want to eat it. This leads to a higher level of patient satisfaction—a benefit to the patients, their families and their care teams."

For more information, please call (606) 598-1095 or visit www.manchestermemorial.org

Save the Children donates reading corners

Save the Children (STC) has donated two reading corners to Manchester Memorial Hospital (MMH), placed in the Emergency Department waiting area on the first floor and in the waiting area located on the third floor outside of the obstetrics wing.

"MMH is committed to the community and recognizes that literacy is important in daily lives," said Deann Allen, Memorial Hospital Foundation Director. "We could not be more excited to accept this gift from Save the Children."

There is a parallel effort between MMH and STC to reach out to the community and offer resources that will improve the lives of our children. These reading corners are a quintessential example of that effort.



Save the Children®

MMH wins Thoroughbred Awards

MANCHESTER MEMORIAL HOSPITAL'S (MMH) Marketing Department was recently honored with two Thoroughbred Awards and three Certificates of Merit from the Kentucky Society for Healthcare Public Relations and Marketing (KSHPRM). This year's award ceremony was held in conjunction with the KSHPRM fall conference at the Kentucky Horse Farm on November 5.

Thoroughbred Awards honor and recognize excellent work throughout the commonwealth in the areas of healthcare marketing and public relations. All entries are sent to a sister society in another state for judging.

KSHPRM Thoroughbred Awards received 111 entries from 23 organizations. Out of 18 Thoroughbred Awards



given, MMH won two of them for the Managers on a Mission logo and the CREATION Health e-zines.

MMH also received three Certificates of Merit for *Lifelines* (internal publication), Live it Up! (public education initiative) and CREATION Health Corner (special purpose publication).

"To be judged by our peers and have our work recognized is an honor for us," said Hurriyat Ghayyur, Director of Marketing at the hospital. "We hope to continue creating marketing collateral that helps our community better understand our services and our commitment to our mission."

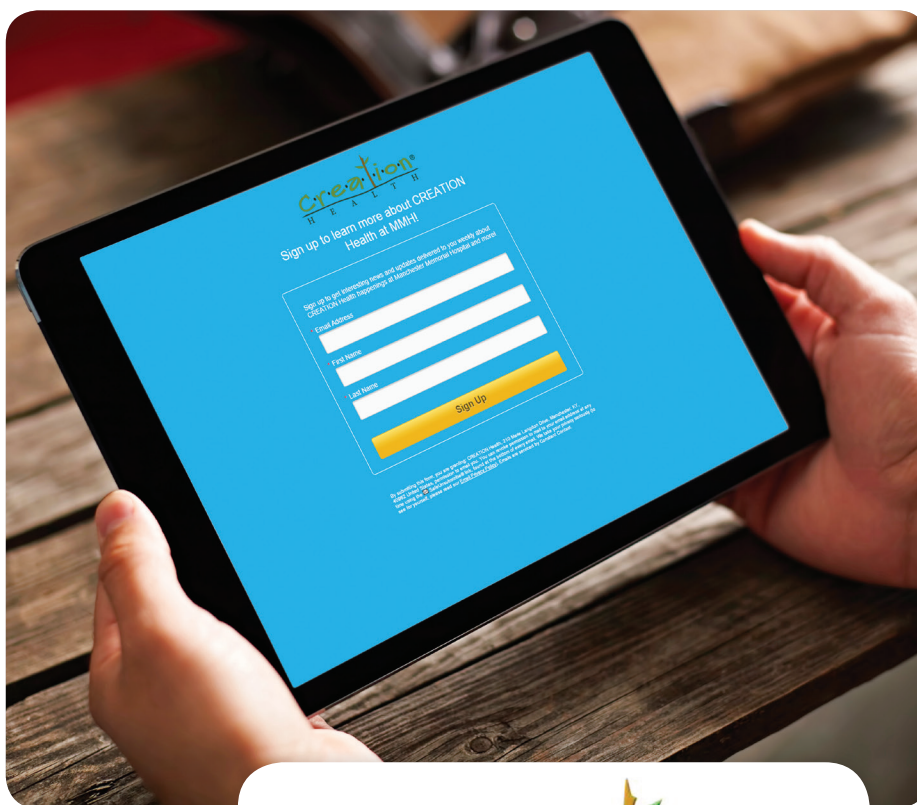
Stay up-to-date on the latest health news

SIGN UP FOR our CREATION Health e-zine. Why?

Why not? By signing up for our CREATION Health e-zine, you get free tips and recipes for a healthy lifestyle, along with all the latest on the news, events and contests at Manchester Memorial Hospital twice a week. So if you're looking to add a new recipe to your cookbook or want to know the when and where for free health screenings, this is the newsletter for you!

How? You can sign up by going to our Facebook page at www.facebook.com/manchestermemorial and clicking the "Join My List" button. Don't have Facebook?

Go to www.manchestermemorial.org and click the "Sign Up For Free!" banner under "Manchester Highlights." Or, if you have your cellphone in hand, you can text **CREATIONHEALTH** to **42828**. See how easy it is?



Welcome, new docs!



Lynda Otalvaro, MD, joined the Manchester Cardiology Clinic in August.



Nayera Gurguis, MD, joined the Willowbrook Women's Center in September.

You said

"Love that this is a God-centered hospital. Every time we come here, the kids love reading the scripture verses spread out throughout the hospital. Jesus Christ is our great physician, and He works through the staff here—that is very evident. Thanks to all the staff; you have always treated us like family."

—J.B.

MMH earns Top Performer recognition



The Joint Commission has named Manchester Memorial Hospital a 2014 Top Performer on Key Quality Measures for heart failure, pneumonia, venous thromboembolism and immunization.

"We have made it a top priority at Manchester Memorial Hospital to address patient safety and quality of care by improving upon evidence-based care processes that are shown to be the best treatments for certain conditions," said Erika Skula, CEO. "We are proud to be named a Top Performer and thank our entire hospital staff for their dedication, knowledge and teamwork."

Nutrition

6 foods that add up to lower cholesterol

You probably already know this equation: Too much LDL (the bad cholesterol) + not enough HDL (the good cholesterol) + high triglycerides (another blood fat) = potential trouble for your heart.

To change the equation in your favor, subtract foods that are high in saturated fats. Next, add some foods that can help balance cholesterol. Check the chart

Do you know your cholesterol levels? If not, it may be time to get them tested.

below for what's good, why it's heart-healthy and how to slip some into your diet.

What	Why	How
Avocado	It contains omega-3 fatty acids and plant sterols, which can help lower cholesterol and triglycerides.	Dice it and add it to salads or smoothies.
Flaxseed (ground)	They deliver omega-3s—as long as you eat them ground, not whole.	Sprinkle them on your morning yogurt. Or add some to a favorite casserole or muffin recipe.
Oatmeal	This morning staple contains beta glucan, a soluble fiber that helps rid the body of excess cholesterol.	Don't love it for breakfast? Bake it into healthy snack bars. Use it instead of breadcrumbs in your ground-turkey meatloaf.
Olive oil	It's high in monounsaturated fatty acids, which help lower LDL and raise HDL.	Drizzle it on salad, use it in baked goods instead of butter, or make it your go-to oil for sautéing veggies.
Salmon (or other fatty fish, such as herring, lake trout, sardines and tuna)	Its omega-3 fatty acids can help lower triglyceride levels.	Eat two 3.5-ounce portions each week—baked, broiled or grilled.
Walnuts	They're a good source of the polyunsaturated fat that can help reduce blood cholesterol and lower the body's production of LDL. They're also a vegetarian source of omega-3s.	Snack on a small handful (about 14 halves). Or chop and use them to top baked chicken or sautéed kale.

Sources: Academy of Nutrition and Dietetics; American Heart Association



Moroccan chicken with tomatoes and honey

Makes 4 servings.

Ingredients

- ¼ teaspoon ground turmeric or saffron threads
- 2 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 2 medium skinless chicken breasts with ribs (1½ pounds each), halved
- 2½ pounds ripe plum tomatoes, peeled, seeded and chopped (see note)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 3 tablespoons honey, preferably wildflower
- 1 teaspoon salt
- 4 cups cooked hot couscous

Directions

- If using saffron, place in small bowl and add 2 tablespoons hot water. Let sit until saffron is dissolved—about 20 minutes—before using.
- Heat oil in a large Dutch oven or deep pan over medium-high heat. Sauté onion until golden—about 6 minutes. Remove with slotted spoon and transfer to plate.
- Add chicken and sauté, turning frequently, until browned on all sides—about 8 minutes. Remove chicken to plate and set aside.
- Add ½ cup water to pan, scraping bottom with a wooden spoon to loosen all browned bits. Add tomatoes and cook until softened—about 8 minutes. Stir in turmeric (or saffron), cinnamon, ginger, honey and salt to taste. Return chicken and onion to pot. Cover tightly and gently simmer until chicken is very tender—about 50 minutes. Serve ladled over hot couscous.

Note: 3 pounds (the equivalent of 48 ounces) canned, peeled tomatoes, drained and chopped, may be substituted.

Nutrition information

Amount per serving: 507 calories, 9g fat (1.5g saturated fat), 72g carbohydrates, 35g protein, 6g dietary fiber, 641mg sodium

Source: American Institute for Cancer Research

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
	Twitter	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:

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www.manchestermemorial.org.

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