Dear One Health readers,

This issue of One Health has articles focused on breast cancer and lung cancer — two diseases in which early detection is critical. You have likely heard much about breast cancer throughout October and will now learn more about lung cancer in November (November is lung cancer awareness month), but the most important message you should remember is that screenings are extremely important.

Whether you are screened at a KentuckyOne Health facility or another health care organization, pick up the phone and get one scheduled today. Early detection will likely give you more treatment options and a greater chance of successful care.

If you think you are at risk for lung cancer or breast cancer, low-dose CT (computed tomography) lung cancer screenings and mammograms are available at many of our KentuckyOne Health facilities. To find your nearest KentuckyOne Health facility that offers mammograms, visit KentuckyOneHealth.org/mammogram. If you would like a lung cancer screening, call 844.300.0571 or go to KentuckyOneHealth.org/lungcare for more information.

Thank you,

Mark Milburn
Vice President of Oncology Services
KentuckyOne Health

KentuckyOne Health Calendar of Events:

- **Shine a Light on Lung Cancer**
  - Nov. 5, 6 p.m.
  - Slugger Field
  - 401 East Main St.
  - Louisville, KY 40202

- **Walk With a Doc**
  - Nov. 14, Dec. 12, 10 a.m.
  - Saint Joseph London Walking Path
  - 1001 Saint Joseph Lane
  - London, KY 40741

- **Healthy Family Training Camp**
  - (must have ticket to UofL’s women’s basketball game vs. California)
  - Nov. 15, 12 p.m.
  - (game time is 2 p.m.)
  - KFC YUM! Center
  - 1 Arena Plaza
  - Louisville, KY 40202

- **Heart Rhythm Day**
  - Nov. 21, 8-11 a.m.
  - Jewish Hospital Rudd Heart and Lung Center
  - 201 Abraham Flexner Way
  - Louisville, KY 40202

- **Holiday Open House**
  - Dec. 3, 5:30 p.m.
  - Women’s Hospital Saint Joseph East
  - 170 N. Eagle Creek Dr.
  - Lexington, KY 40509

- **Go Red for Women Luncheon**
  - Dec. 4, 9 a.m.–1 p.m.
  - Lexington Center
  - 430 W. Vine St.
  - Lexington, KY 40507

To see a full list of our events, go to KentuckyOneHealth.org/events.
WHEN KENTUCKYONE HEALTH expanded its services for cancer patients, offering oncology rehabilitation was at the top of the list. Partnering with Oncology Rehab Partners to become Survivorship Training and Rehabilitation (STAR) certified allowed KentuckyOne Health to offer a more comprehensive program.

“Traditional cancer care focused on treatment with minimal attention to rehabilitation. In contrast, patients who have a heart event are regularly referred to cardiac rehabilitation,” said Vickie Heierman, PT, director of rehab services with Saint Joseph Hospital and Saint Joseph Jessamine, part of KentuckyOne Health.

STAR Certification
KentuckyOne Health saw and seized an opportunity to address this need for our cancer patients. The STAR Program allows providers to examine the patient and determine his or her individual needs, then address concerns that could include anything from fatigue to musculoskeletal problems to restoring independence and improving cognitive issues that may arise after chemotherapy. The professional team includes physicians, nurses, nutritionists, psychologists, social workers, and physical, occupational and speech therapists.

The STAR Program was developed at Harvard University, and KentuckyOne Health was the first to complete the certification process and offer it to the Commonwealth. The Four Pillars of the program are:

+ Access to care
+ Patient function
+ Patient satisfaction
+ Clinician education

“One of my physical therapists is a cancer survivor,” Heierman said. “The STAR Program came to her attention, and she brought it to me. It was a way to bring a comprehensive program to Kentucky without having to start from scratch.”

Adding Life to Your Years
Lifesaving treatments such as radiation therapy, chemotherapy and surgery can damage a patient’s overall health, causing problems such as fatigue, anxiety, depression and physical weakness. Oncology rehab addresses both the physical and psychological needs of survivors to help them resume their daily lives.

“Rehab intervenes because we want patients to regain their independence,” said Linda Shelburne, PT, MBA, director of rehab services with Frazier Rehab Institute, part of KentuckyOne Health. “Rehab could be geared toward something as simple as getting bathed and dressed in the morning or as complex as a vice president of finance regaining the ability to process information. The STAR Program is focused on helping these patients regain their quality of life, allowing them to really live.”

The majority of these therapy services are provided on an outpatient basis, and many are covered by health insurance plans.

To learn more about KentuckyOne Health’s oncology rehabilitation services, visit KentuckyOneHealth.org/oncologyrehab.
AT KENTUCKYONE HEALTH SPORTS MEDICINE, our performance team model of care and partnership with University of Louisville Athletics ensures athletes of all ages and ability levels — from high school competitors to mature weekend warriors — receive precisely the services they need from the same providers who care for elite college athletes at UofL.

“A host of factors can keep athletes from performing optimally, including not only orthopedic injuries, but also things like nutrition, mental health and even addiction challenges,” said Denise Wooldridge, RN, BSN, director of sports medicine at KentuckyOne Health. “We have put together a team of professionals who can meet any athlete’s need.”

Beginning in 2014, KentuckyOne Health became the official health care provider for St. Catharine College Athletics.

A Three-part Approach
The performance team model features three components, starting with education. KentuckyOne Health Sports Medicine offers a variety of prevention programs, including those focused on knee and shoulder injuries, golf swing assessment and functional movement screens. There are also initiatives designed to educate coaches, parents and athletes about concussion management and sports nutrition.

Evaluation involves evaluating athletes and identifying the challenges that prevent them from achieving their potential. Every athlete is surrounded by a support system that may include coaches, counselors, athletic trainers, nurses, physicians and others. Once problems are identified, the KentuckyOne Health Sports Medicine team provides assistance to connect athletes with appropriate services. Five primary care sports medicine physicians help to facilitate these connections by taking the lead in athletes’ care.

“Primary care sports medicine physicians increase athletes’ access to care by being available to see them when surgeons can’t,” said Paul McKee IV, MD, primary care sports medicine physician at KentuckyOne Health Orthopedic Associates. “We make diagnoses, offer nonsurgical treatments, arrange for imaging studies, and schedule patients for surgery or refer them to the best form of care for them. These capabilities expedite athletes’ recoveries.”

To schedule an appointment with KentuckyOne Health Sports Medicine, call 844.257.7063.

MEET DR. MCKEE
A traumatic childhood injury set Paul McKee IV, MD, primary care sports medicine physician at KentuckyOne Health Orthopedic Associates, on the road to his dream career.

“I became interested in medicine, particularly sports medicine, when I broke my back and neck playing football at age 13,” Dr. McKee said. “The mental and physical demands of recovery and rehabilitation were significant. I read about how bones healed and muscles could be conditioned in an encyclopedia, and I realized that sports medicine was what I wanted to do with my life.”

Dr. McKee received his medical degree from Saba University and completed a residency in family medicine and a fellowship in sports medicine at the University of Louisville. He treats extremity and joint injuries, back and neck pain, and concussion in athletes of all ages.
ALTHOUGH IMAGING EQUIPMENT of this caliber has been available in radiology for diagnosis, the Airo 32-slice CT scanner represents the first time imaging of this quality has entered the operating room.

“Airo CT represents the highest level of intraoperative imaging and navigation currently available,” said Warren Boling, MD, Surgery and Chief of Neurosurgery at University of Louisville Hospital, interim chair and professor at the University of Louisville Department of Neurological Surgery. “It allows us to navigate more precisely through the brain and spine while performing procedures or inserting instrumentation. We can identify precise anatomy with sub-millimeter accuracy on a patient’s brain, head and spine.”

Imaging for the Operating Room
The Airo CT scanner allows surgeons to get a real-time look inside patients’ bodies instead of relying on imaging that could have been performed days or weeks beforehand. Studies have indicated this equipment can enhance surgeons’ decision-making abilities and lead to precise, improved outcomes. The increased precision reduces the size of incisions, resulting in less scarring and discomfort, along with faster recoveries.

Another benefit is that surgeons are able to review the result of their work before patients ever leave the operating room, potentially reducing the need for follow-up surgeries. That, in turn, reduces the length and cost of patients’ hospital stays.

“In the brain, we can get instant feedback about where a catheter is inserted,” Dr. Boling said. “For Parkinson’s, we can get real-time feedback that the stimulating electrode is in the correct place. Spinal surgery is particularly advanced with Airo CT. Surgery can now be performed in the most minimally invasive manner using image-guided navigation and real time intraoperative imaging.”

Investing in Healing
Jewish Hospital is one of only a few hospitals in the country to have Airo CT mobile imaging technology available. Additionally, the UofL Department of Neurosurgery faculty works in conjunction with Brainlab and other companies to improve the imaging processes, instrumentation and the devices themselves in order to further expand its potential and benefit to patients.

“Investing in this technology shows that Jewish Hospital is committed to improving patient satisfaction,” Dr. Boling said. “We’re convinced it will improve surgical quality and outcomes.”

IMPROVING ON PREVIOUS EFFORTS
Earlier attempts to provide real-time imaging in the operating room were cumbersome at best, and involved adapting surgical processes to imaging equipment never intended for that space.

“In the past, people placed intraoperative magnetic resonance imaging scanners in the operating room,” said Warren Boling, MD, interim chair and professor at the University of Louisville Department of Neurological Surgery. “It was expensive, and we had to change much of what we did in the operating room because you had a giant, powerful magnet, and that obviously affected our work flow and surgical instruments.”

Because the Airo CT scanner is designed specifically for use during operations, surgeons are able to utilize all of the instruments and techniques they normally do, rather than disrupting their routine which translates to increased safety for patients.
THE REFRAIN IS all too familiar: Banks got too busy with her job and her family, so she put off her mammogram. Finally, in June 2010, Banks took advantage of the James Graham Brown Cancer Center Mobile Mammography Unit on an employee screening day.

“The technicians were getting on me for not getting one for two years,” Banks recalled. “My radiologist saw something suspicious on my right breast and wanted to do a biopsy right away.”

Cancer Confirmation

When the tests results were in, Banks was told she had stage 1 invasive ductal carcinoma.

“I thought of all my years of work in medical oncology, and every story and complaint from every patient started playing in my head,” Banks said. “Suddenly, I understood those patients in a way I just couldn’t have before.”

Banks had a lumpectomy, four chemotherapy treatments and then a total of 26 radiation treatments. She celebrated five years of being cancer-free this summer.

“This is me now — I am one of the lucky ones,” Banks exclaimed.

Early Diagnosis

Women should perform monthly breast self-exams, receive a clinical breast exam as part of an annual gynecological exam and get a baseline mammogram between the ages of 35 and 39.

“Mammograms give us the best chance of catching breast cancer early, which offers the patient the greatest chance of survival with the least intensive treatments,” said Jessica Moss, MD, medical oncologist at KentuckyOne Health Cancer Care at Saint Joseph East. “Between the ages of 35 and 39, women should receive their first baseline mammogram, which can then be compared to new ones every year to help us find even slight changes.”

By detecting breast cancer early, mammograms also help give a patient more choices when considering potential therapies.

“Screening mammograms save lives by discovering breast cancers at an early stage, when the vast majority of these cancers will be cured,” Dr. Moss said. “If you wait until the cancer is large enough to be felt or cause symptoms, often the breast cancer has already had a chance to spread to other parts of the body.”

Healthy Life Ahead

Banks admits being a cancer survivor has changed her — taught her to appreciate life’s many blessings.

“I always felt I was compassionate with patients before, but now I know I am,” Banks said with a smile. “I look at life very differently and don’t take anything for granted.”

“I have always loved my job here, and now my experience as a patient with the hospital and cancer center was also excellent,” she added. “I know that even if I wasn’t an employee, they would have treated me the same. They were so compassionate; they really showed me they cared about what was happening to me.”

Screening mammograms are fast. They’re safe. Early detection is your best protection. If you live in the Louisville area, call 844.300.0569 to schedule your mammogram.

If you live in the Lexington or eastern Kentucky area, visit KentuckyOneHealth.org/mammogram to find your nearest KentuckyOne Health facility that offers mammograms.
**MAMMOGRAMS ON THE GO**

The James Graham Brown Cancer Center’s Mobile Mammography Van brings the mammogram to you! To see if the Mobile Mammography Van will be in your Louisville neighborhood, check the schedule of upcoming screenings at KentuckyOneHealth.org/mobilescreenings.

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**TAKING A CLOSER LOOK**

Dense breast tissue can make it harder to capture a clear mammogram image. For women with dense breast tissue, there’s a new technology available at KentuckyOne Health. Breast tomosynthesis allows doctors to examine breast tissue with more accuracy and in greater detail than conventional digital mammography.

“Breast tomosynthesis, in essence, creates a three-dimensional mammogram,” said Brian Mattingly, MD, breast imaging radiologist at Medical Center Jewish East, part of KentuckyOne Health. “Breast tomosynthesis is approximately 40 percent more sensitive at detecting cancer than standard two-dimensional digital screening mammography, which means earlier breast cancer detection. There is the additional benefit of a 15 percent reduction in the false positive rate of screening mammography, thereby decreasing the unnecessary anxiety of additional testing for findings that are not breast cancer.”

**Tomosynthesis/3D mammography is available at the James Graham Brown Cancer Center and Medical Center Jewish East in Louisville. It is also available at KentuckyOne Health Breast Care at Saint Joseph East and KentuckyOne Health Imaging at Tates Creek in Lexington.**
“KENTUCKYONE HEALTH’S bone marrow transplant program was one of the earliest programs to receive credentials from the Foundation for Accreditation of Cellular Therapy,” said William Tse, MD, FACP, professor of medicine and director of bone marrow transplantation at the James Graham Brown Cancer Center. “We also have the only pediatric bone marrow transplant program in the Commonwealth.”

Bone marrow transplants can be used to treat many blood cancers, immune disorders and genetic disorders. In cases of acute leukemia, multiple myeloma and some types of lymphoma, when the disease recurs after conventional treatment, a bone marrow transplant is often the patient’s best chance for a cure.

A Wide-Ranging Solution
“The bone marrow transplant program at the James Graham Brown Cancer Center involves an extremely high level of multidisciplinary care,” Dr. Tse said. “A wide range of subspecialties are involved in caring for each transplant patient, including experts in the lungs, heart, gastrointestinal system and infectious diseases, as well as psychological support and social workers.”

During the last year, KentuckyOne Health has also focused on providing reliable and safe housing for patients both before and after transplant, as the patients and their families must stay in the Louisville metro area for up to 100 days after the procedure. These efforts are all part of KentuckyOne Health’s patient-centered care.

“Our bone marrow transplant program at KentuckyOne Health has a long history of excellence and success in providing high-quality patient care,” Dr. Tse said. “We hope that in keeping our focus centered on the individual patient, we can further build on that excellence in the future.”

Contact the James Graham Brown Cancer Center at 502.562.HOPE (4673), or toll-free at 1.866.530.5516.

ARE YOU A MATCH?
While bone marrow transplants have the ability to cure a host of life-threatening diseases, approximately 70 percent of patients who could benefit from receiving one do not have a family member who is a match. This is where Be The Match, a registry created by the National Marrow Donor Program, comes in.

Be The Match depends on people between the ages of 18 and 44 joining the registry so that doctors all over the world can try to find matches for their patients. Bone marrow transplants can save lives for conditions that range from leukemia to sickle cell anemia. All you have to do to join is give a swab from your cheek cells.

If you or a loved one is interested in joining the National Marrow Donor Program, visit BeTheMatch.org to learn more.

Deanna Parker, medical surgical and intermediate areas director of nursing at Jewish Hospital, joined the “Be The Match” registry at a recent drive. You can participate too!
ROBOTIC SURGERY PROGRAMS AT UNIVERSITY OF LOUISVILLE HOSPITAL AND SAINT JOSEPH EAST ARE TAKING MINIMALLY INVASIVE SURGERY UP A NOTCH.

“ROBOTIC SURGERY is an innovative improvement from minimally invasive laparoscopic surgery,” said Daniel Metzinger, MD, chairman of the Robot Steering Committee at University of Louisville Hospital, part of KentuckyOne Health. “Using the long instruments by hand can be difficult and something robotics has overcome.”

Robotic surgery is not automated surgery; it is computer-assisted with the equipment controlled by surgeons. The technology allows for more than 360 degrees of rotation and gives surgeons a precision that couldn’t be obtained with previous surgical tools.

Patient Benefits
Robotic surgery solves many problems that once resulted from minimally invasive surgical procedures.

“Having the ability to see the entire field and accessing tight spaces using robotic equipment makes procedures, especially complicated ones, easier and safer for the patient,” said Josh Steiner, MD, chairman of the department of surgery and chief of bariatric surgery at Saint Joseph East, part of KentuckyOne Health. “There is less postoperative pain and complications.”

For example, a radical hysterectomy performed without robotics once depleted three-fourths of a liter of blood from patients and created a host of bladder complications, along with possible infections, noticeable scarring or admittance into the intensive care unit.

New Robotic Technology
The newest robotic equipment now available at both University of Louisville Hospital and Saint Joseph East is the da Vinci Xi. The Xi is an upgrade over the former da Vinci model, the Si.

“In addition to being able to access more areas of the body, the Xi utilizes fluorescent imaging that provides surgeons with enhanced and real-time visualization of vessels, blood flow and bile ducts,” Dr. Steiner said. “It gives us more of a live picture of important anatomical details that cannot be seen by the naked eye. Ultimately, it improves the quality of care.”

Robotic Procedures at University of Louisville Hospital and Saint Joseph East
While robotic surgery is used for numerous procedures at each facility, University of Louisville Hospital and Saint Joseph East commonly utilize the da Vinci system for hysterectomies (removal of the uterus), nephrectomies (removal of all or part of the kidney) and prostatectomies (removal of all or part of the prostate).

Other common uses include gallbladder and inguinal hernia procedures (Saint Joseph East) and colon cancer and bladder cancer procedures (University of Louisville Hospital).

“Robotic surgery is our default and probably around 80 percent of our gynecologic oncology procedures are now done robotically,” Dr. Metzinger said. “We have techniques to remove things you wouldn’t think possible using just an eight millimeter incision.”

To learn more about robotic surgery at University of Louisville Hospital, call 502.562.3000.
To learn more about robotic surgery at Saint Joseph East, call 859.967.5000. Robotic surgery is also available at Saint Joseph Hospital. Call 859.313.1000 for more information.
THE AMERICAN CANCER SOCIETY reports lung cancer is responsible for more annual cancer-related deaths than colon, breast and prostate cancers combined. Fortunately, lung cancer is largely preventable — and treatable when diagnosed in early stages. KentuckyOne Health wants to help you improve your lung health through prevention and screening.

A Snapshot of Lung Cancer

“Kentucky leads the nation in lung cancer incidence and lung cancer-related deaths,” said Mahmoud Moammar, MD, pulmonologist and director of pulmonology services at Saint Joseph East, part of KentuckyOne Health. “Statistics show that 75 out of 100,000 Kentucky residents die from lung cancer each year. This is much higher than the national average, which is 55 deaths per 100,000 people.”

The high rate of smoking in Kentucky — 26.5 percent of adult residents smoke — is one reason lung cancer is so prevalent.

“Ninety percent of lung cancer cases are due to smoking,” said Goetz Kloecker, MD, director of the Thoracic Oncology Clinic at the James Graham Brown Cancer Center, part of KentuckyOne Health. “Kentucky has the second highest adult smoking rate in the nation, and approximately 30 percent of Kentucky teens also smoke.”

To provide adults and teens with the support they need to quit successfully, KentuckyOne Health offers smoking cessation classes at several locations throughout central and eastern Kentucky.

Spotlighting a Breakthrough in Lung Cancer Diagnosis

Lung cancer can be more difficult to treat than other cancers because early-stage lung cancer rarely causes symptoms. When symptoms such as persistent coughing, chest pain and shortness of breath occur, the disease is usually advanced, which means it has traveled to the lymph nodes and spread to other parts of the body.

“The key to treating lung cancer is early detection,” Dr. Moammar said. “If you find cancer early, you can treat it, but once it becomes more advanced, the death rate is very high.”
More technology is available to detect lung cancer at early stages now than ever before. By remaining vigilant about lung cancer screening, we can help prevent advanced-stage lung cancer and ensure people get the care they need to move on with their lives.

— MAHMOUD MOAMMAR, MD, PULMONOLOGIST AND DIRECTOR OF PULMONOLOGY SERVICES AT SAINT JOSEPH EAST, PART OF KENTUCKYONE HEALTH.

Lung cancer screening has the potential to improve survival rates by helping doctors find cancers that may otherwise go undetected. Physicians screen for lung cancer by taking a low-dose computed tomography scan of the chest. A radiologist then examines the scan to see if abnormalities are present. You may qualify for lung cancer screening if:

+ You are between the ages of 55 and 80
+ You are a current smoker or you have smoked within the last 15 years
+ You have smoked 30 pack years, which means you have smoked one pack of cigarettes per day for 30 years or two packs of cigarettes per day for 15 years

“Lung cancer screening is undoubtedly the most amazing breakthrough that’s taken place in the last several years,” Dr. Kloecker said. “The scan produces high-resolution images that allow us to spot very small cancers, and the radiation exposure is no greater than during a routine mammogram.”

New Treatments, New Hope
Advances in chemotherapy, radiation therapy and surgery at KentuckyOne Health are changing the way lung cancer is treated. Navigational bronchoscopy and endobronchial ultrasound, for example, allow physicians to easily biopsy small tissues in the lung’s hard-to-reach airways, while video-assisted thoracoscopic surgery allows doctors to find and remove tumors using a thoracoscope, a thin tube that contains a camera and light. All three of these procedures prevent the need for painful open-chest surgeries that require long recovery periods.

Innovations in radiation therapy include stereotactic radiotherapy, which delivers high doses of radiation directly to the tumor and kills the cancer while sparing healthy surrounding tissues from damage. In the realm of chemotherapy, the U.S. Food and Drug Administration recently approved the first immunotherapy drug, which helps boost the immune system’s ability to fight cancer and prevent its recurrence, for advanced lung cancer treatment.

“If your cancer is diagnosed in more advanced stages, these new treatments may increase the chances of cancer remission,” Dr. Kloecker said. “We now have a much better chance of finding a treatment that’s effective.”

To schedule your lung cancer screening or to learn more about pricing and insurance coverage, call 844.300.0571.
GETTING TESTED, GETTING TREATMENT

Most people who have hepatitis C have no symptoms, which is why an acute infection can become a long term, chronic condition. Between 3.5 and 10 million Americans have chronic hepatitis C. However, many do not realize they have the condition — and won’t know until their liver is permanently damaged. Risk factors may include tattoos, veteran status, blood transfusion, IV drug use, HIV infection, Hepatitis B infection or a history of an accidental needlestick.

Everyone born between 1945 and 1965, or the baby boom generation, should get a one-time test for hepatitis C, regardless of whether or not you have any of the above risk factors. Your primary care provider can help you understand your risk for chronic hepatitis C and whether or not you need to be tested.

HEPATITIS C is a contagious liver disease spread by a virus. There are two stages — acute (or short-term) and chronic (long-term). Acute hepatitis C often has no symptoms, although some people may get a fever, dark urine, fatigue or jaundice (yellowing of the skin or eyes). Left untreated, most cases of acute hepatitis C become chronic. About 85 percent of those with acute hepatitis C develop a chronic infection.

Many people who have hepatitis C do not know they are infected until they discover the infection has caused liver damage. Signs of damage include:

- Cirrhosis (or the development of scar tissue in the liver)
- Liver cancer
- Liver failure

Proper Care, Full Recovery

The good news is that once you know you have hepatitis C, you can likely be cured. At the Jewish Hospital Hepatitis C Clinic, part of KentuckyOne Health, we have access to oral medications and medical support for treating chronic hepatitis C. As many as 95 percent of cases are cured after treatment.

Most patients complete treatment in just 12 weeks, although it may last between eight and 24 weeks. With proper treatment, you can avoid the life-threatening complications of hepatitis C.

“Treatment for hepatitis C has few or no bothersome side effects,” said Barbra Cave, MSN, APRN, FNP-BC, nurse practitioner with KentuckyOne Health and University of Louisville. “We also work with a specialty pharmacy so we can be a one-stop shop for your care. If patients have advanced liver disease, such as cirrhosis or liver cancer, or it appears they may need a liver transplant, we are directly linked with the Jewish Hospital Transplant Center.”

To learn more about the Hepatitis C Clinic, call 844.300.0568.

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Loving Your Liver

WITH PROPER TREATMENT, 95 PERCENT OR MORE OF HEPATITIS C CASES CAN BE CURED.
OUR LADY OF PEACE, a part of KentuckyOne Health, started the Peace Promises IOP in Oldham County in August 2012 and was awarded $1.5 million in 2014 from the KY Kids Recovery grant to help fund the program. As a result, Our Lady of Peace opened three more Peace Promises programs in Jefferson and Bullitt counties. These programs take place on school grounds so treatment is more accessible to teens and their families.

Confronting Challenges
Students can be referred to the Peace Promises programs by teachers, school counselors and juvenile justice personnel. Self-referrals by students and families are also accepted. Peace Promises takes place three afternoons per week at schools in each county.

“Peace Promises consists of group sessions in which care is highly individualized and each teen’s time in the program is open-ended,” said Janine Dewey, director of school-based programs at Our Lady of Peace. “We use The Seven Challenges curriculum, an evidence-based model that encourages patients to be thoughtful and honest with themselves about why they use drugs, how drugs harm them and what they would like to achieve without drugs. Peace Promises isn’t an abstinence-based program; we help lay a firm foundation for participants to make that decision.”

IOP groups, led by certified and licensed mental health professionals, include recovery activities that help to build trusting relationships, help the teens discover healthy solutions and alternatives to using drugs and alcohol. Family interaction is also an important part of the Peace Promises program.

“Our staff form wonderful relationships with teens, and we offer a continuing care group for teens who leave the program that meets once a week to keep these connections strong,” Dewey said. “We don’t want former patients to think they’re alone after they finish the program.”

Peace Promises has served 96 teenagers ages 14 to 18 since October 2014, and the staff looks forward to helping many more young men and women discover who they can be without drugs or alcohol.

THE MOST COMMONLY ABUSED SUBSTANCE AMONG PEACE PROMISES INTENSIVE OUTPATIENT PROGRAM PATIENTS IS MARIJUANA. 37 PERCENT OF KENTUCKY HIGH SCHOOL STUDENTS HAVE USED MARIJUANA AT LEAST ONCE, ACCORDING TO THE MOST RECENT FEDERAL GOVERNMENT STATISTICS.

Parents of teenagers who are struggling with substance abuse need to know they’re not alone. Reach out to us, and we’ll help guide you and your child through the treatment process. We are here to help teens find new ways to deal with the challenges they face instead of continuing to rely on drugs.

— JANINE DEWEY, DIRECTOR OF SCHOOL-BASED PROGRAMS AT OUR LADY OF PEACE
KentuckyOne Health patients share their stories of care and healing.

Below are eight stories about wellness, healing and hope from patients and families we had the privilege to serve at one of our KentuckyOne Health facilities. We hope these stories inspire you to pursue health screenings, learn more about your health or encourage you to research what health services are available in your community. Thank you to the people who shared their experiences; to hear more of their stories, go to KentuckyOneHealth.org/patientstories.

Christine thought she was too old for surgery. Suffering from severe aortic stenosis, a narrowing of the heart’s aortic valve that prevents it from fully opening, Christine did not think there was a treatment option that could safely fix her severe condition. However, she soon heard about transcatheter aortic valve replacement (TAVR), a minimally invasive procedure that replaces a degenerative aortic valve with a new one. She also learned that Jewish Hospital had an experienced TAVR team close to her home.

“This procedure and the team at Jewish Hospital gave me my life back, and now I have more time to spend with my daughter.” – Christine

Not many experience a traumatic injury in their lifetime; to endure two in two years is very rare. In 2013, Adam was aboard a small plane when it had to make an emergency crash landing on a golf course in Louisville. Adam was taken to the University of Louisville Hospital’s Level I Trauma Center and placed in critical condition, but he made a full recovery. Two years later, Adam fell 40 feet from a ledge while hiking and was again transported to University of Louisville Hospital. Despite multiple injuries, Adam recovered again.

“I’m grateful there is a Level I Trauma Center so close to home and that the team at University Hospital is so caring.” - Adam

Jayson went into the hospital for some basic tests, but unfortunately those routine tests revealed a head and neck cancer diagnosis. Jayson has undergone chemotherapy, radiation and a tracheotomy. With that behind him, he is in speech therapy trying to relearn to swallow and to restore his vocal chords.

“My experience with the James Graham Brown Cancer Center team has been amazing. Right now, I am cancer free, and I can’t ask for any better result than that.” – Jayson
When Barbie and Aubrey learned they each had pre-diabetes, they knew it was time to modify their lifestyles. People with pre-diabetes have higher than normal blood glucose levels, but not high enough to be diagnosed with diabetes. Still, it was a sign that they had to change some things. They began participating in a Diabetes and Nutrition Care class at Saint Joseph Berea, which they use to avoid developing full diabetes.

“It seemed like Geoff was going nowhere in his recovery at times, but where he is today compared to day one is nothing short of a miracle.” – Geoff’s family

Ada, a longtime smoker, has worked in a factory most of her life. When she started suffering from shortness of breath and what she thought was bronchitis, she initially ignored it thinking it was related to her work environment. As the problem worsened, her physician told her to get a PET scan. It revealed lung cancer. After undergoing surgery at Saint Joseph Hospital and multiple rounds of radiation, Ada is now cancer free.

“Everyone at Saint Joseph Hospital is amazing; they treated me like family.” - Ada

A typical day at home for Ken and his wife quickly turned into one of the most atypical days they have experienced together. Ken suffered a heart attack caused by an artery blockage that stopped a part of his heart from receiving blood. Rushed to Saint Joseph Hospital, the ER team was able to quickly diagnose and treat Ken. Fortunately he's been able to fully recover and is now living a healthy life.

“When I found out I was at Saint Joseph Hospital, I knew I would be OK. The doctors there are just incredible.” – Ken
3 Reasons to Get Smart

NEARLY 11 PERCENT OF ALL KENTUCKIANS HAVE DIABETES. WHY SHOULD YOU CHOOSE THE KENTUCKYONE HEALTH DIABETES & NUTRITION CARE PROGRAM TO LEARN MORE ABOUT YOUR CONDITION?

1. WE COVER IT ALL.
“Our diabetes and nutrition care program holds a diabetes self-management education class once a week for three weeks with a fourth class later as a follow up,” said Dana Graves, RN, MSN, CDE, MLDE, manager of the KentuckyOne Health diabetes and nutrition care program. “In this class, you learn how to live a long, healthy life with diabetes — from meal planning to exercising to getting heart-healthy, our experienced staff cover it all.”

2. WE KNOW DIABETES … AND SO MUCH MORE.
From patients who just need a refresher on nutrition, such as women with gestational diabetes, a one-on-one counseling session can get you back on track for your health.
“If you need help with another nutrition topic, our nutritionists can help,” Graves said. “This includes managing weight loss or weight gain, or gastrointestinal problems such as Crohn’s or celiac disease.”

3. WE’RE CLOSE TO WHERE YOU ARE.
With locations throughout the Commonwealth, you can find a diabetes and nutrition care program that’s convenient for you.

To learn more about diabetes and nutrition education at KentuckyOne Health, visit KentuckyOneHealth.org/DiabetesCare.