EVERY MINUTE COUNTS
A QUICKER, BETTER ER
p. 6

SIX STEPS
to beat the blahs
p. 9

DIABETES IS
NO MATCH
for weight-loss surgery
p. 16
Dear One Health Readers,

Welcome to the Fall 2016 issue of One Health. Just like you, I am excited to watch the leaves turn into beautiful fall colors that only Kentucky can bring. I also very much enjoy the feel of the cool, crisp air. All of us at KentuckyOne Health are out in our communities, just as you are, at outdoor festivals, football games and preparing for the upcoming holidays and precious time spent with loved ones.

Along with our unwavering focus on improving the safety and quality of our care and the service experience of our patients, as the largest health system in the Commonwealth, it is also very important that we bring innovation to the wide range of health services we provide in the communities we serve. We are listening to you so we can continue to improve and introduce new and easier ways to access health and wellness information, and care.

This issue of One Health spotlights a number of exciting areas in which we are innovating to meet care needs. Our cover story focuses on ways we are improving processes and patient management in our emergency rooms. We provide emergency care at 15 facilities across Kentucky, including the Level 1 Trauma Center at University of Louisville Hospital. Whether you experience an injury while working around your home or a major trauma, heart attack or stroke, time is always of the essence in evaluating, diagnosing and treating emergencies. We are committed to decreasing wait times in all of our facilities, and we are excited to share how we are making this happen.

As an innovative care provider, we are always looking for ways to deliver state-of-the-art care and new, more convenient ways to access health resources. On page 16, Dr. Robert Farrell from Flaget Memorial Hospital and Dr. Joshua Steiner from Saint Joseph East discuss bariatric surgery treatment options available to individuals with diabetes. KentuckyOne Health also offers diabetes management classes, which you can learn more about on page 17. On page 19, Jason Yount, our director of digital marketing strategy, is excited to share details on our new patient portal and mobile-friendly website, which will make scheduling appointments and managing your care easier than ever.

Across Kentucky, individuals and families live busy and active lives, especially this time of year. Through our advancements in patient experience and innovations in online and mobile technology, we’re helping make access to care easier: Our core focus on quality, safe and leading-edge medical care is helping make us healthier, stronger and able to live the types of lifestyles we enjoy!

Have a safe, healthy and enjoyable autumn, and thank you for supporting our vision to bring wellness, healing and hope to all in Kentucky.

Ruth W. Brinkley, RN, MSN, FACHE
President & Chief Executive Officer

— Calendar of Events —

KentuckyOne Health Events

Men’s Hospital Holiday Open House
December 8, 5:30 p.m.
Women’s Hospital Saint Joseph East
170 N. Eagle Creek Drive
Lexington, KY 40509

Saint Joseph London Foundation Gala
February 4, 6 – 11 p.m.
London Community Center
529 S. Main St.
London, KY 40741

Saint Joseph Berea Foundation Gala for Healing and Hope
March 4, 6 – 11 p.m.
Churchill
100 Churchill Ct.
Berea, KY

5th Annual Flaget Memorial Hospital Foundation Golf Tournament
June 2, 11:20 a.m. – 7 p.m.
Maywood Golf Course
Bardstown Country Club
130 Maywood Ave.
Bardstown, KY

28th Annual Saint Joseph Hospital Foundation Golf Classic
June 12, 11 a.m. – 6 p.m.
University Club of Kentucky
4850 Leestown Road
Lexington, KY 40511

16th Annual Saint Joseph Mount Sterling Foundation Golf Classic
June 22, 10 a.m. – 6 p.m.
Old Silo Golf Course
350 Silver Lake Drive
Mount Sterling, KY

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THE TRANSITION FROM HIGH SCHOOL TO COLLEGE ISN’T THE ONLY CHANGE TEENS NEED TO MAKE AS THEY ENTER ADULTHOOD.

BETWEEN THE AGES of 18 and 21, most young adults make the switch from their pediatrician to a primary care physician who focuses on adult care.

Ben Rambicure, MD, family medicine physician at KentuckyOne Health Primary Care Associates, recommends families start looking for a new provider early so everyone is prepared.

THE (VIRTUAL) DOCTOR WILL SEE YOU NOW

With the KentuckyOne Health Anywhere Care app, you can see a physician at a time and place that’s convenient for you. The free app, available for Android and iOS devices, allows community members to consult electronically with physicians using a live video feed. Appointments for minor concerns, such as colds and sore throats, are available 24 hours a day and cost $35.

GET STARTED AT KENTUCKYONEANYWHERECARE.ORG OR CALL 855.356.8054.

To find a KentuckyOne Health primary care physician near you, visit KentuckyOneHealth.org/primarycare or call 844.202.9048.

A 3-step Process

AGE 12
Teach preteens how to discuss their health care. Adolescents should be familiar with their personal and family health history, as well as any medications they take on a daily basis.

AGE 17
Start the search for your teen’s adult primary care physician and help your teen understand health insurance coverage.

AGES 18–21
Make an appointment with the internal or family medicine physician for your teen.

“At this point, teenagers can call their pediatricians and say, ‘I’m scheduled to see this provider on this date at this time,’ and arrange for their medical records to be transferred,” Dr. Rambicure said. “Because everyone is on the same page regarding medical history, screenings, vaccinations and lab work, teens can expect a smooth transition.”
THE COOKS SAY they couldn’t have managed without each other, or without the help of Oluwole John Abe, MD, at KentuckyOne Health Cardiology Associates.

“We had been to several doctors through the years and just didn’t feel comfortable,” said Kathy, 58. “Dr. Abe truly cares about his patients. He always walks in the room and greets us with a ‘Hello, friend,’ and shakes our hands. We know we are his main priority because he gives us that opportunity to discuss things about ourselves that he may not be aware of. He always takes the time to listen and isn’t in a hurry.”

Kathy sees Dr. Abe twice each year to check on her mitral valve prolapse, as well as evaluate the medication she takes for supraventricular tachycardia, or SVT. Nine years ago, Kathy experienced a couple of frightening episodes with SVT, a rapid heart rhythm issue.

“My heart rate went so high that it couldn’t even be picked up,” she said. “I had to go to the ER to get my heart rate down.”

Ever since Dr. Abe helped regulate her medication dosage, Kathy has not had another episode of SVT.

“He got the medication right where it needed to be,” she said. Kathy’s husband Van, 71, has also had his share of cardiovascular scares. He had a heart attack in 1993 when he was 43 years old. Kathy had to perform CPR on him at home. At the time, she was working as a respiratory therapist at a nearby hospital. After her husband’s heart attack, she opted not to go back to her job at the hospital.

“I wasn’t comfortable at work anymore,” she said. “If he had been brought in for another heart attack, respiratory would have been called first to the ER. So I always had in the back of my mind, ‘that’s Van, that’s Van.’ I wasn’t comfortable with my job any longer, so I quit.”

Unfortunately, less than 10 years later, Van experienced his second heart attack.

Not long after that attack, he received a cardioverter defibrillator and cardiac pacemaker implant.

“They just cut a place on my left side,” Van said. “They made a pocket for the pacemaker and defibrillator and they put silicone in there for a cushion. He [Dr. Abe] did a really good job.”

“That pacemaker is a godsend from Dr. Abe,” Kathy said. “Van’s never had any problem with it.”

If any abnormalities occur in Van’s heart rhythm day or night, the pacemaker/defibrillator will send a code to Dr. Abe’s cell phone.

While Van has also battled lung cancer, chronic obstructive pulmonary disease (COPD), and emphysema, Dr. Abe has worked to improve his quality of life, Kathy said.

“Dr. Abe treats him with such tender care,” she said. “He always looks for the best way to treat his patients, things that benefit us and not him. There’s no way I’d go to another heart doctor.”

If you would like to talk with one of our cardiologists about your heart health, call KentuckyOne Health Cardiology Associates in London at 844.206.4001.
FAILING ARTERIES CAN BE LIFE-THREATENING — BUT A NEW TREATMENT IS AVAILABLE.

NORMALLY, YOUR ARTERIES carry blood from your heart to other parts of the body. When artery walls weaken, they may bulge out in one particular area. This bulge is called an aneurysm. Many aneurysms cause no symptoms until they burst, which can lead to shock, internal bleeding and death.

A new device recently approved by the U.S. Food and Drug Administration can help treat a specific type of aneurysm before it becomes deadly.

“The device treats aneurysms in the iliac artery, located near your pelvis,” said Nick Abedi, MD, general surgeon with KentuckyOne Health Surgery Associates. “This device is called the Gore® EXCLUDER® iliac branch endoprosthesis. The device helps your iliac arteries function, avoiding the risks of blocking and bulging.”

Less Invasive, Better Care
Treating an iliac aneurysm used to mean major surgery. Now, to repair the artery, the Gore EXCLUDER can be placed using small incisions. This means a faster recovery time for patients.

AM I AT RISK?
Iliac aneurysms cause walls of the iliac artery to weaken and begin to bulge. Located near your pelvis, they can result from infections, surgical trauma or plaque build-up. You may be at risk for an iliac aneurysm if you are:
- Older than 60
- Male
- A smoker
- Someone with high blood pressure or cholesterol

Certain genetic disorders can also lead to iliac aneurysms. Aneurysms are usually diagnosed after an aneurysm screening. Most iliac aneurysms have no symptoms until the aneurysm becomes very large. However, the symptoms may include pain in the lower abdomen, back and groin.

“Past treatments simply blocked off certain arteries, potentially causing the patient future circulation problems,” Dr. Abedi said. “This aortic device keeps blood flow moving to the pelvic area. This also reduces related side effects, including cramping and sexual dysfunction.”

Ask your primary care physician if you qualify for an aneurysm screening. To find a primary care physician near you, visit KentuckyOneHealth.org/primarycare or call 844.303.9355.”
A Quicker, Better

PROVIDING BETTER CARE WHEN YOU NEED IT MOST.

The most important thing we accomplished was to establish a culture of continuous improvement within the emergency room. By getting support and suggestions from the professionals on the front lines — the people who know the processes inside and out — we’ve created a system that will continue to advance the quality of care we provide for the community.

—MICHAEL WATERMAN, DIVISION DIRECTOR, PERFORMANCE EXCELLENCE AT KENTUCKYONE HEALTH

THE EMERGENCY ROOM (ER) can be an extremely busy place. The Centers for Disease Control and Prevention found that there are 136.3 million emergency department visits each year in the United States, with the south having one of the highest population-based visit rates. With such high volume, patients can easily feel lost or forgotten in the crowd.

“At the end of the day, all patients really care about is getting quality care within a reasonable time frame,” said Michael Waterman, division director, performance excellence at KentuckyOne Health. “While we were having some successes, we knew we could improve and that our patients deserved better.”

A look at the ER data from all KentuckyOne Health facilities revealed opportunities to improve care and enhance the patient experience. One of the most telling numbers came from the “left without being seen” (LWBS) rates — a number that represents patients who leave the ER before getting help due to long waits.

“The worst kind of care is no care at all,” Waterman said. “Our LWBS rates showed that people from our communities were coming in and leaving before we could get to them. That wasn’t acceptable, and we knew there had to be a better way.”

Reducing Wait Times

In February 2016, the first KentuckyOne Health facility, Sts. Mary & Elizabeth Hospital, began its ER redesign with $9 million from the Jewish Hospital and St. Mary’s Foundation. The process started by bringing in consultants who had worked with more than 200 ERs across North America.

“We saw where there were certain holes in our processes that provided us with opportunities for improvement,” Waterman said. “We just needed a tried-and-true template to get us moving in the right direction.”

After seeing improved outcomes within the Sts. Mary & Elizabeth Hospital ER, the decision was made in March to begin redesigning the ER in each KentuckyOne Health facility. Every ER went through a four-day process to initiate the transformation.
Day 1: Analysis
The hospital supplied a multidisciplinary team to analyze the current state of their ER. They reviewed what was done well, what could be improved upon and future goals.

Then, the department went through a “lean” process, where the team examined their current procedures and pointed out any step that didn’t add any value or contribute to meeting patients’ needs.

“When we sent the teams to review their own processes, it quickly became apparent that many of the steps, such as asking people for their information multiple times, were adding no value,” Waterman said. “By cutting this waste, we could drastically reduce the time necessary to see patients, treat them and send them on their way.”

Day 2: Redesign
The redesign process was modeled after the Sts. Mary & Elizabeth Hospital ER. However, each site modified the original plan to make it better match their setup. These modifications came from feedback from every member of the department. At Jewish Hospital and Sts. Mary & Elizabeth Hospital, Jewish Hospital and St. Mary’s Foundation provided funding for expansions and remodeling.

“All team members were involved with tweaking the processes to match their site,” said Jennifer Nolan, president, Sts. Mary & Elizabeth Hospital and Our Lady of Peace. “This wasn’t something that was being done to them by some outside force. It was an opportunity to control their own future as a department.”

Days 3 & 4: Testing
Once the redesigned process was created, the hospital teams tested it. Modifications were made as needed and then the entire process was tested again.

“A great part of this process is we collected data in real time,” Nolan said. “So we could immediately see if our goals were being met and then make process changes, if necessary.”

In the Future
The results of this four-day process across the entire system have been promising.

“Based on some preliminary data, we can see patients’ experiences are improving,” Waterman said. “Regarding LWBS, we have seen a range of results with reductions from 15 to 63 percent. The time from when a patient arrives to seeing a provider [physician or nurse practitioner] has decreased 38 percent on average across all our locations. The length of stay is also down by an average of 17 percent, and in some locations, it’s been reduced more than 30 percent.”

Regardless of how things are going, the ER teams meet every day to discuss the previous day’s performance and ideas of how to continuously improve.

“The future only looks brighter for our ERs,” Waterman said. “We allowed those in the department to make the process their own and put structures in place to provide them help and suggestions when they need it.”

KentuckyOne Health is making a commitment to improve your ER experience. If you’re in need of emergent care, visit one of our 15 ER locations:

**Louisville Area ER Locations**
- Flaget Memorial Hospital
- Jewish Hospital
- Jewish Hospital Shelbyville
- Medical Center Jewish East
- Medical Center Jewish South
- Medical Center Jewish Southwest
- Sts. Mary & Elizabeth Hospital
- University of Louisville Hospital

**Central/Eastern Kentucky ER Locations**
- Saint Joseph Berea
- Saint Joseph East
- Saint Joseph Hospital
- Saint Joseph Jessamine
- Saint Joseph London
- Saint Joseph Martin
- Saint Joseph Mount Sterling

Staff from the Saint Joseph East emergency department reviewed the state of their ER, identifying elements in the care process that were considered “waste” and could be removed.
Patients may not think about imaging services first when choosing to come to a facility. But a good radiology department is critical for all service lines to perform their jobs well and treat patients effectively.

— MIKE GOODE, MA, RT(R)(CT), DIRECTOR OF IMAGING SERVICES AT UNIVERSITY OF LOUISVILLE HOSPITAL AND JEWISH HOSPITAL

IMAGINE BEING in a room with music playing and soft, calming lights. You’re relaxed and comfortable. This is the setting when you have a screening or scan at a KentuckyOne Health imaging location close to home.

“We want patients to get the highest quality care possible at all of our locations,” said Adam Gossom, RT(R)(ARRT), director of ambulatory imaging operations for KentuckyOne Health in the central and eastern Kentucky areas. “We focus on imaging, but we don’t leave out the little things that elevate the experience, such as background music. We have many return customers who come back because of the environment and the service they receive.”

Here’s what we offer*:

+ Computed tomography (CT) scan with the lowest possible dose of radiation
+ Magnetic resonance imaging (MRI), which can be used to scan for prostate cancer. We provide wide-bore MRI at some locations for people who are uncomfortable in smaller spaces.
+ Nuclear medicine tests that show the anatomy and function of body parts
+ Ultrasound for radiation-free imaging tests
+ Mammography and 3-D mammography for breast cancer screening and diagnosis
+ PET/CT Scan, which can find information about the structure and function of cells and tissues in the body during one imaging session
+ Fluoroscopy, which shows a continuous Xray image on a monitor so the movement of a body part can be seen in detail

Specialized Care for the Community

KentuckyOne Health has specialized, advanced radiology equipment that allows us to handle more complex cases. This includes 3T MRI, a high-definition MRI that allows physicians to see a more detailed picture. With this technology, we can provide prostate cancer screenings, as well as use specialized neurology and orthopedic tools for advanced diagnostics.

“Our imaging services are also performed by highly trained and specialized technologists,” said Mike Goode, MA, RT(R)(CT), director of imaging services at University of Louisville Hospital and Jewish Hospital, both part of KentuckyOne Health. “They have the training skill set and experience to provide the highest quality images possible with the lowest amount of patient discomfort. In the Louisville area alone, we perform over 400,000 studies annually.”

* Services available vary by location. To find a KentuckyOne Health imaging center near you, visit KentuckyOneHealth.org/Imaging.
“THE WINTERTIME AND HOLIDAYS can be difficult for many people suffering from depression or grieving the loss of a loved one,” said Kelly Gillooly, MEd, LCADC, director of behavioral health outreach at Our Lady of Peace (OLOP), part of KentuckyOne Health. “For those who struggle with depression during the holiday months, it’s important to not dwell on what the holidays are supposed to be like or how you’re supposed to feel.”

One Foot Forward
1. Accept help from others — whether it’s with cooking, shopping or decorating.
2. Avoid alcohol and other substances used to self-medicate.
3. Don’t put too much pressure on yourself to have the perfect holiday.
4. Find someone you can turn to when you’re feeling stressed.
5. Get some exercise. Physical activity can help relieve depression.
6. Give yourself permission to grieve if you’re struggling with the loss of a loved one.

If you’re feeling down or overwhelmed, don’t be afraid or embarrassed to ask for help. Everyone needs support from time to time in their lives.

—KELLY GILLOOLY, M.ED., LCADC, DIRECTOR OF BEHAVIORAL HEALTH OUTREACH AT OUR LADY OF PEACE

Need help finding peace and hope during the holidays or colder months? Please do not hesitate to call — day or night — OLOP’s Assessment and Referral Center in Louisville at 844.206.1465.

PEACE IN THE EAST
Our Lady of Peace’s (OLOP) Lexington Assessment and Referral Center offers free assessments at no charge to those in central and eastern Kentucky and connects them with providers corresponding to the level of care recommended.

OLOP – Lexington also has clinicians who provide assessments at no charge at our central Kentucky locations, including Saint Joseph Hospital, Saint Joseph East, Saint Joseph Jessamine and Saint Joseph Berea.

“We are here to help. Our goal is to live KentuckyOne Health’s mission, which is to bring wellness, healing and hope to all, including the underserved,” said Heather Goodman, MSW, CSW.

“We will find a way for you to get the services you need.”

To learn more about OLOP’s services in Lexington or to schedule an assessment, call 844.206.1466.
During the past year, the KentuckyOne Health Foundations have provided critical philanthropic support made possible by our generous donors. Literally, lives have been saved, and the truth is, you make it all possible.

Because of you, thousands of low-income people in our community are receiving life-saving breast cancer screenings through the Yes, Mamm! program. Because of you and grantors including Catholic Health Initiatives, neighborhoods are becoming safer and violence is being addressed. And thanks to your support through planned gifts, we are assured that generations of Kentuckians will lead healthier, longer lives.

As we approach this season of Thanksgiving, please know how thankful our team is for your impactful support. We hope you enjoy reading about events and investments in KentuckyOne Health facilities and hospitals that without you, would not have been possible.

“IT WAS A MAGICAL event,” said Colon, chair of the event, which raised funds for the Saint Joseph Hospital Foundation. This year’s event was full of surprises and a memorable evening for all attendees. A premier silent auction boasted amazing trip packages, including a one-week stay in St-Jean-de-Cole, the oldest village in the South of France, and an African Safari. Other highlights were a four-course meal, bourbon tastings, and live music by Mercy Men.

“Friends from across the Lexington community celebrated Saint Joseph Hospital’s achievements and recognized clinical leadership and community volunteers — while raising funds for a great cause,” Colon explained.

This year’s gala — the 28th anniversary event — was held Oct. 29 at the Lexington Convention Center. PNC Bank was the presenting sponsor.

The awards ceremony honored the late Edward Todd, MD, who served as chief of cardiothoracic surgery at Saint Joseph Hospital. It also recognized the Physician of the Year for Saint Joseph Hospital (Samer Kseibi, MD) and for Saint Joseph East (Yasser Zohary, MD), as well as three service lines — Pulmonary, Neurosurgery, and Stroke, which recently received Clinical Quality Awards from Healthgrades.

“The gala celebrates the hard work health care employees do all year,” said Colon, a nurse whose husband, Eli Colon, MD, is the director of pulmonary and critical care at Saint Joseph Hospital. “Sometimes you need to sit back and say, ‘This is why I miss ball games with my children or come home late, because I am working in the health care field. We do good work, and we are always there for the patients.’”

Colon, who has served on the event’s committee for four years, said she believes in the programs Saint Joseph Hospital Foundation supports, such as the Yes, Mamm! program that provides free mammograms to women who can’t afford them.

“I really love the way you can give back to the entire community through the Foundation,” she said.

Since the event began, it has raised more than $1.3 million to support the Saint Joseph Hospital Foundation and its mission to bring hope, health and healing to the community it serves.

Thank you for your generosity and support.
We couldn’t do this without you!

Leslie Buddeke Smart, CFRE
Division Vice President of Development
KentuckyOne Health

GLITZ and GLAMOUR

TRACY COLON LIGHTS UP AS SHE DESCRIBES THE RECENTLY HELD 28TH ANNUAL EVENING WITH THE STARS GALA.
Saint Joseph Hospital Foundation

Miles FOR Mammograms

THE YES, MAMM! PROGRAM IS SAVING LIVES.

MORE THAN 570 Kentucky women die of invasive breast cancer each year. One of the best ways to prevent deaths is to utilize mammograms to detect the cancer early, when it’s in the most treatable stages.

Unfortunately, the cost of screenings can deter many women from getting a mammogram.

“Money is a barrier for many people looking to get screened,” said Di Boyer, director of major gifts at Saint Joseph Hospital Foundation. “In 2016, no one should have to choose between groceries and getting a mammogram.”

That’s where KentuckyOne Health’s Yes, Mamm! program shines. The program provides mammograms and travel assistance at no cost for those who qualify. Each year Yes, Mamm! seeks to give out 500 free mammograms — paid in full by gifts to the Saint Joseph Hospital Foundation.

Making a Difference
One of the largest Yes, Mamm! fundraisers is the Foundation’s annual 5K hosted by the RJ Corman Railroad Group. This year, the event drew 600 people from across the region.

“Whether you come to run, walk, watch or just support, you’ll quickly notice that the event is magical,” Boyer said. “The venue is beautiful during the fall, there’s delicious food provided by gracious sponsors and everyone comes together in a way that’s truly inspiring.”

This year’s race took place on Saturday, Oct. 15 in Nicholasville, Kentucky. All money raised at the event is spent on patient care.

Want to learn more?
Yes, Mamm! 5K details can be found at KentuckyOneHealth.org/YesMamm5K. Start your journey now, so you can participate next year. To learn about free Yes, Mamm! screenings, call 859.313.1705.

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The Yes, Mamm! 5K celebrates Jacob Heil, RN, who finished first. Celebrating the victory is Lynnette Rauvola-Bouta, VP of Mission Services for Saint Joseph Hospital; Bobbie Niehaus; Pam Bryant, KentuckyOne Health Breast Care at Saint Joseph East; Di Boyer, Director of Major Gifts, Saint Joseph Hospital Foundation and Foundation; Jacob Heil, race winner and nurse at Saint Joseph Hospital; Diana Koonce and a 5K volunteer.

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Calendar of Events

- **Saint Joseph London Foundation Gala**
  Feb. 4, 6 – 11 p.m.
  London Community Center
  529 S. Main St.
  London, KY

- **Saint Joseph Berea Foundation Gala for Healing and Hope**
  March 4, 6 – 11 p.m.
  Churchill
  100 Churchill Ct.
  Berea, KY

- **28th Annual Saint Joseph Hospital Foundation Golf Classic**
  June 12, 11 a.m. – 6 p.m.
  University Club of Kentucky
  4850 Leestown Rd.
  Lexington, KY

- **16th Annual Saint Joseph Mount Sterling Foundation Golf Classic**
  June 22, 10 a.m. – 6 p.m.
  Old Silo Golf Course
  350 Silver Lake Drive
  Mount Sterling, KY

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WE MAY NOT KNOW what tomorrow brings, but we do know the future belongs to our communities’ children, which is why investing in their health and safety is one of the highest priorities for KentuckyOne Health Foundations and CHI.

To address issues of multiple forms of violence that affect the well-being of our communities, CHI awarded Saint Joseph Hospital Foundation and Saint Joseph London Foundation with extended grants.

$167,700 for Creating Safer Neighborhoods
Saint Joseph Hospital Foundation will use the funding to extend Creating Safer Neighborhoods, a violence prevention initiative addressing the holistic needs of minority youth living in poverty. Specifically, funds support after-school tutoring and mentoring programs as well as summer camps for underserved children.

$286,770 for Safe Child Initiative
Saint Joseph London Foundation will use the grant to further develop Safe Child Initiative, a violence prevention program focused on addressing child abuse and neglect in Laurel County by providing child abuse prevention education to the community via the Nurturing Children Program.

Want to learn more about KentuckyOne Health Foundations’ causes? Visit KentuckyOneHealth.org/WaysToHelp.

IN 2013, Frenchburg resident Justin Wells, then 32, became a father. When his first son Jude was born, Wells promised his newborn that — for the first time in his adult life — he would become a healthier person by shedding half of the 360 pounds that made him miserable.

Unfortunately, for six months Wells couldn’t break his eating habits enough to fulfill his promise to Jude. It took a car accident to make the new father realize his extra weight was still holding him back.

“After my wreck I couldn’t help but think that the only thing I would have left my son if I were to die was a broken promise,” Wells said. “I realized then that something had to be done.”

In 2014, Wells entered the Beachbody Challenge™ and got to work. In just two years he was able to keep his promise by losing 164 pounds. An added bonus: His transformation won him more than $100,000. He plans to donate some of his winnings to the Saint Joseph Mount Sterling Foundation.

Wells now works as a project coordinator for volunteer grants at Saint Joseph Mount Sterling and assists the Safe School Ambassadors program to help battle against bullying.

“My journey wasn’t fast, and it wasn’t easy,” he said. “I imagine it never is. But if you hang in there, refuse to quit and keep the promises you make, good things will happen.”
Charles Hoffman

WHEN PEOPLE PLAN for their personal and financial futures, giving isn’t always top of mind. However, it is one of the best ways for people to leave a lasting legacy to an organization that holds special importance to them.

Planned giving is a type of donation that people leave to the charities or organizations of their choice that typically goes into effect after their death. Planned giving can take many forms. For example, donors may include an organization in their will or designate an organization as a beneficiary or part beneficiary of a life insurance policy or retirement account.

The Time Is Now

Many people put off estate planning or think planned giving isn’t an option because they have children, a spouse or other family members they would like to support after their death.

“The stereotype is that planned giving is something people need to think about when they’re old, but really, no time is too soon,” said Charles Hoffman, attorney-at-law and former chair, Saint Joseph Berea Foundation. “Planned giving is also not an either-or situation. There are ways to ensure that both the family and charitable organization of choice benefit.”

Even if the amount you plan to leave to an organization seems insignificant, there is no gift too small. Gifts of all sizes left to the Saint Joseph Berea Foundation, for example, help fund lifesaving health care in the Berea community. You can choose how your gift will be used or simply ask that your gift be applied to the area of greatest need.

“Planned giving is a crucial, profound way to benefit the community,” Charles said. “The core of Saint Joseph Berea Foundation’s assets has come from planned gifts. With those gifts, we have been able to purchase digital mammography machines and fund the creation of the KentuckyOne Health, Heart and Vascular Center, Alfred M. Wood Building.”

Planned giving is not just for the wealthy — it’s for everybody. With the help of an attorney or accountant, you can achieve your dream of supporting a cause that’s important to you and build a wonderful legacy for your family.

— CHARLES HOFFMAN, ATTORNEY-AT-LAW AND FORMER CHAIR, SAINT JOSEPH BEREA FOUNDATION

For more information about how you can support the Saint Joseph Berea Foundation, visit KentuckyOneHealth.org/WaysToHelp.
GO
Low-FODMAP
for Better Digestion

A LOW-FODMAP DIET CAN BE BENEFICIAL FOR THOSE SUFFERING FROM IRRITABLE BOWEL SYNDROME (IBS).

MOST OF US know someone who suffers from IBS. Many of us are sufferers ourselves.

IBS affects nearly 20 percent of Americans. These individuals suffer from cramping, bloating, constipation or diarrhea that often impairs their quality of life and work performance.

Many studies have been performed, but neither a specific cause nor cure have been agreed upon. Doctors and scientists have, however, recognized five major dietary components that contribute to the symptoms seen in IBS, and have developed a diet focused on reducing or eliminating fermentable oligo-di-mono saccharides and polyols (FODMAPs).

A FODMAP is a carbohydrate — or sugar — found in foods. These include fructose (in the form of honey, fruit, high fructose corn syrup or similar items), lactose (or dairy), fructans (including wheat, garlic, onion and inulin), galactans (including soybeans, lentils, beans and other legumes), polyols (stone fruits including avocado, apricot, cherries, nectarines and peaches, or sweeteners containing isomalt, xylitol or sorbitol).

“FODMAPs are said to pull water into the intestinal tract, resulting in poor digestion or absorption that could cause them to be fermented by bacteria in the intestinal tract,” said Susie Jennings-Conklin, MD, KentuckyOne Health Gastroenterology Associates. “Patients who suffer from IBS symptoms could be sensitive to the effects of these foods. A low FODMAP diet may help reduce symptoms for people with IBS and similar digestive conditions.”

Researchers at Stanford University offer a number of tips for individuals interested in trying a low FODMAP diet. First, review food lists, collect recipes and go grocery shopping. Once you are ready, start and follow the diet for six weeks.

As you shop, read food labels and avoid foods made with high-FODMAP fruits/vegetables, high-fructose corn syrup, honey, inulin, wheat, soy, etc. A food could be low in FODMAPs, even if it contains a high-FODMAP food, if that item is listed at the end of the ingredient list.

Buy gluten-free grains as they do not have wheat, barley or rye in them. However, you do not need to be on a strict gluten-free diet as the focus is to limit FODMAPs, not gluten. It’s also important to limit serving sizes for low-lactose dairy to small amounts and low/moderate FODMAP fruits/vegetables to a ¼ cup per meal (¼ cup = size of a tennis ball) if you have symptoms after eating these foods. The symptoms could be related to eating large amounts of FODMAPS at a meal.

Include low-FODMAP foods rich in fiber, such as oatmeal, if you develop constipation while on the diet. Drink plenty of water as well.

After the trial is over, add high-FODMAP foods one at a time back into the diet in small amounts to identify foods that could start your symptoms. Limit those foods if so.

“IBS can be troublesome to its sufferers, but by managing FODMAP foods, many of the troublesome symptoms can be controlled,” Dr. Jennings-Conklin said. “Paying attention to the foods you consume may make a huge difference in your digestive well-being.”

To make an appointment with a specialist at KentuckyOne Health Gastroenterology Associates, call 859.263.0022.
KENTUCKY IS KNOWN for horse racing and bluegrass, but it also unfortunately still boasts a high number of tobacco smokers.

“Cigarette smoking is the most preventable cause of premature death in the United States,” said Scott Pierce, MD, KentuckyOne Health Hematology and Oncology Associates. “While the health benefits are greater for those who quit using tobacco earlier in life, you’re never too old to quit.”

There are more than 7,000 chemicals contained in tobacco smoke, and more than 70 of those chemicals can cause cancer. Those who smoke can lower their risk of lung cancer and many other types of cancer by quitting. Smoking is the number one risk factor for lung cancer and contributes to about 80 percent of lung cancer deaths in men and 90 percent of lung cancer deaths in women. Lung cancer is the leading cancer killer in both men and women in the nation. Smoking can cause cancer of the throat and mouth, esophagus, stomach, colon, rectum, liver, pancreas, voice box (larynx), trachea, bronchus, kidney and renal pelvis, urinary bladder, and cervix, and can cause acute myeloid leukemia. We have the ability to eliminate 50 percent of all cancer deaths now.

Additionally, smoking can cause respiratory issues. Increased risks of chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, are associated with smoking. Those who quit experience reduced respiratory symptoms, such as shortness of breath, coughing and wheezing, as soon as two months after quitting.

Carbon monoxide contained in tobacco smoke also limits the amount of oxygen in your blood stream. This results in the heart pumping harder to supply the body with the necessary amount of oxygen. The CDC reports that those who quit smoking reduce their risk of cardiovascular disease within one to two years.

“The risks of cardiovascular diseases and stroke are greater for smokers and smokeless tobacco users,” Dr. Pierce said. “Nicotine, the drug naturally found in tobacco, reduces how much oxygen your heart gets, raises blood pressure, accelerates heart rate and makes blood clots more likely.”

Unfortunately, the nicotine in tobacco is highly addictive, so quitting isn’t easy. Smokers who attempt to quit can suffer withdrawals including irritation, anger or anxiety, tobacco cravings and weight gain. However, the benefits of quitting in the long term outweigh the short-term withdrawal symptoms.

Quitting smoking is definitely not the easiest task, but it’s a smart decision at any age that will allow you to live a longer, healthier life. About 1.3 million people successfully quit every year. Stay motivated to quit, set a quit date and bring your strategy to do so. Join a cessation program or support group, or talk to your physician about a medication that can help you quit. These are all important first steps that will help you on your way to better health.
**Type 2 Diabetes** can be challenging to control. Adults with the condition must prick their fingers to check their blood sugar multiple times a day. Many also take one or more medications or use insulin injections to keep their glucose levels under control. Even with these treatments, some people have a difficult time managing their illness.

“Medications and insulin injections work to a point, but they’re like a bandage,” said Robert Farrell, MD, FACS, bariatric surgeon at KentuckyOne Health Weight Loss and Surgery Associates. “We’re now seeing a paradigm shift. Weight-loss surgery is becoming a prominent choice for some people with Type 2 diabetes who are overweight or obese.”

**Available Options**

Three weight-loss surgeries — Roux-en-Y gastric bypass, sleeve gastrectomy and gastric banding — were discussed at the 2nd Diabetes Surgery Summit as treatment options for Type 2 diabetes. All three are available at KentuckyOne Health and are performed laparoscopically, meaning surgeons operate through several small, key-hole-sized incisions instead of through one large incision. Laparoscopic surgery is usually less painful and gets patients back on their feet faster.

During a Roux-en-Y gastric bypass, surgeons create a small pouch from a portion of the stomach. This pouch is separated from the rest of the stomach and the two upper parts of the small intestine, which are known as the duodenum and jejunum. The pouch is then reconnected to the lower segment of the small intestine, forming a “Y” shape. The surgery limits the amount of food people can comfortably eat at one time and the number of calories and nutrients that are absorbed from food.

“Metabolic changes happen almost instantly when you bypass the duodenum, so people see diabetes improvement not long after surgery,” said Joshua Steiner, MD, FACS, bariatric surgeon at the Center for Weight Loss Surgery at Saint Joseph East, part of KentuckyOne Health. “Many of our patients go home needing very little of their diabetes medication.”

The American Society for Metabolic and Bariatric Surgery estimates that Roux-en-Y gastric bypass essentially cures Type 2 diabetes in 80 percent of cases. Roughly 85 to 90 percent of Dr. Steiner’s patients no longer have to worry about diabetes after surgery, and nearly 100 percent see improvement.

Dr. Farrell offers Roux-en-Y gastric bypass and sleeve gastrectomy, which was the most performed bariatric surgery in 2015, to patients looking to improve their Type 2 diabetes symptoms. During a sleeve gastrectomy, physicians remove roughly 80 to 85 percent of the stomach. More than 80 percent of his patients who have a sleeve gastrectomy notice Type 2 diabetes improvement or resolution.

“To see that there is an option that can treat diabetes and prevent serious complications fills people with hope,” Dr. Farrell said. “These surgeries are truly life changing.”

**Weight-loss Surgery Locations:**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saint Joseph East</td>
<td>844.896.3634</td>
<td>150 N. Eagle Drive, Lexington, KY 40509</td>
</tr>
<tr>
<td>Flaget Memorial Hospital</td>
<td>844.896.7043</td>
<td>4359 New Shepherdsdale Road, Suite 245, Bardstown, KY 40004</td>
</tr>
<tr>
<td>Sts. Mary &amp; Elizabeth Hospital</td>
<td>844.896.7044</td>
<td>1850 Bluegrass Ave, Louisville, KY 40215</td>
</tr>
</tbody>
</table>

The procedures mentioned in the article are not available at all locations. Call the location nearest you to discuss which weight-loss options are available.
GET TO KNOW THE FOUR M’S OF DIABETES CARE
The KentuckyOne Health Diabetes and Nutrition Care Program offers many resources to support people with diabetes. One cornerstone is the Diabetes Self-Management Training Program for people with Type 1 or Type 2 diabetes. This program introduces you to the four M’s: meal planning, medications, blood sugar monitoring and movement.

“Diabetes is a disorder that is with you for life,” said Dana Graves, MSN, RN, CDE, MLDE, manager and certified diabetes educator for the KentuckyOne Health Diabetes and Nutrition Care Program. “Our goal is to help our community members take better care of themselves so they can enjoy a long, healthy life.”

Learn more about the Diabetes and Nutrition Care Program at KentuckyOneHealth.org/diabetescare.

TURKEY CHIPOTLE CHILI
Chili is a fall staple. Give this seasonal favorite a spicy, nutritious makeover with this diabetes-friendly recipe.

INGREDIENTS
2 cups chopped onions
¾ cup chopped green pepper
½ cup fresh or frozen whole-kernel corn
2 Tbsp. minced garlic
2 Tbsp. olive oil
2 Tbsp. finely chopped, canned chipotle chili peppers in adobo sauce
1 Tbsp. tomato paste
1 Tbsp. chili powder
1 Tbsp. dried oregano, crushed
2 Tbsp. ground cumin
1 tsp. ground coriander
4 cups low-sodium chicken broth
3 cups chopped or shredded roasted turkey breast
1 15-ounce can no-salt-added diced tomatoes, undrained
1 15-ounce can no-salt-added tomato sauce
1 15-ounce can no-salt-added black beans, rinsed and drained
¼ cup finely snipped, fresh cilantro
¼ cup chopped green onions
2 Tbsp. lime juice
6 Tbsp. plain Greek yogurt

DIRECTIONS
In a 4-quart Dutch oven, cook onions, green pepper, corn and garlic in hot olive oil for 5 minutes or until vegetables are tender. Stir in chili peppers and tomato paste. Cook an additional minute.

Stir in chili powder, oregano, cumin and coriander. Then add broth, turkey, diced tomatoes, tomato sauce and black beans. Bring to a boil, and reduce heat to medium-low. Simmer, covered, for 20 minutes.

Stir in cilantro, green onions and lime juice. Simmer, uncovered, for 2 more minutes. Top each bowl with a tablespoon of yogurt.

NUTRITIONAL INFORMATION
Makes 6 servings
Total calories: 338
Total fat: 6g
Cholesterol: 71mg
Protein: 37g
Carbohydrates: 34g
Dietary fiber: 10g
Sugar: 12g
Sodium: 549mg
IN TODAY’S CHANGING health care environment, it’s easy to be confused by acronyms and terminology. If you’re not exactly sure what a clinically integrated network or accountable care organization (ACO) does, don’t worry. KentuckyOne Health Partners wants to keep it simple. We want to partner with patients to provide the excellent health care you expect and deserve.

Our providers, health coaches and social workers work directly with patients to set health goals, participate in preventive strategies, such as health screenings, and help navigate the sometimes challenging health care system. Utilizing an innovative care management model and information system, our staff works directly with providers and their patients who need support.

“When you think of a person’s overall wellness, what we call total health, the medical delivery system accounts for about 10 percent,” said Stephanie Mayfield Gibson, MD, FACP, senior vice president of population health for KentuckyOne Health and chief medical officer for KentuckyOne Health Partners. “The remaining can be categorized under behavioral, social, genetic and environmental issues. To address these concerns, we must be proactive across the total continuum of health.”

KentuckyOne Health is doing this in many ways. Some of the most notable include:

+ **Education** — Representatives visit schools and workplaces to help the community understand how to achieve total health through preventive measures such as annual exams, active lifestyles and other healthy behaviors.

+ **Home visits** — Health care workers visit patients to help explain complicated prescriptions, navigate patients to appropriate social services as needed, and just make sure patients are on the right track to better health.

So far, these efforts have helped cut unnecessary hospital readmission by 16 percent in some departments, allowing people to remain healthy in their own homes.

“We truly care about our communities,” Dr. Gibson said. “We have a strong commitment to help the lives within those communities achieve total health.”

Visit [KentuckyOneHealth.org/healthycommunities](http://KentuckyOneHealth.org/healthycommunities) for more information.

“100 ACOs to Know” for the fourth year in a row. KentuckyOne Health Partners was also recently recognized with the CAPG 4-Star “Exemplary” Standards of Excellence status – a direct reflection of outstanding care delivered by providers and support from health coaches.

To learn more about how KentuckyOne Health Partners can benefit you, or to search their network for a health care provider, visit KentuckyOneHealthPartners.org.

DON’T BE CONFUSED... IT’S SIMPLY ABOUT BETTER HEALTH, BETTER CARE, BETTER EXPERIENCE AND LOWER COST FOR YOU!
A MOBILE-FRIENDLY PLATFORM
Have you ever tried to use a website on your mobile phone or tablet that wasn’t optimized for your device? Those sites can be difficult to navigate, making it tough to find what you need. To eliminate potential roadblocks, the KentuckyOne Health website underwent a mobile-friendly makeover.

“At the end of the day, user experience takes priority,” said Jason A. Yount, MBA, director of digital marketing strategy. “By making our site mobile-friendly, all of the content community members want and need to access is available via the device or platform of their choice.”

Check out our mobile-friendly website at KentuckyOneHealth.org

HEALTH CARE SHOULD FIT into your life. That’s why KentuckyOne Health has developed tools to make it easier for residents throughout Kentucky to access their medical records when and where they need to.

Three Ways to Access Your Health Information
KentuckyOne Health hosts these patient portals:

1. My CancerCare Portal is a dedicated portal for people who are receiving cancer treatment.

2. My OneCare Clinic Patient Portal is available to people who see a KentuckyOne Health Medical Group physician.

3. My OneCare Hospital Patient Portal is a service for those who have recently had a procedure or stayed at a KentuckyOne Health-affiliated hospital.

Access these portals at KentuckyOneHealth.org/MyOneCare.

GET SOCIAL!
Connect with KentuckyOne Health on social media. Our system spans 20 Facebook pages, as well as Twitter, Instagram and YouTube channels. You can find information about events and even learn more about medical procedures. KentuckyOne Health has live-streamed a transcatheter aortic valve replacement procedure and a weight-loss surgery. Both were accompanied by a physician Q&A session.

Ready to get informed? Follow KentuckyOne Health on Facebook or Twitter.
Saying Thanks

PATIENTS AND FAMILY MEMBERS SHARE THEIR APPRECIATION OF KENTUCKYONE HEALTH.

“We wanted to take this moment to humbly express how grateful we feel to have received care at Saint Joseph Martin. We were treated as family, and Mom’s care was superb. What was a very scary, uncertain time in our lives was transformed into a healing environment... We were surrounded with love and kindness, strength and encouragement.”

“I am writing to you today in hopes that you will pass along my thank you to ... your employees ... that made my stay for a cardiac procedure at Jewish Hospital. After the procedure, we were introduced to an employee who went out of his way to make sure we were given 100 percent attention for even the smallest of details. Jewish Hospital is extremely lucky in my opinion to have an individual of this caliber working for them.”

“How blessed we are to have Flaget Hospital in our Community! Recently, due to a fall, I had a chance to be an outpatient in surgery. Everyone I had contact with — from the time I arrived until I was ‘out the door’ — made my visit as pleasant and as stress-free as I could have ever imagined!”