Dear One Health readers,

KentuckyOne Health is focused on those health issues most critical to the people of Kentucky, and heart disease tops the chart. More than 10,000 Kentuckians die each year from heart disease, one of the highest rates in the U.S. By 2020, the Kentucky Department for Public Health hopes to reduce cardiovascular mortality by 10 percent in our state. At KentuckyOne Health, we know two primary ways to achieve this goal. The first is to encourage our patients to make healthful lifestyle changes and the second is to increase access to high quality health care.

Research shows that heart disease prevention through changing unhealthy habits absolutely works. KentuckyOne Health has five Healthy Lifestyle centers, located in the Louisville and Lexington regions, which support healthful lifestyle choices. Support includes medically supervised exercise, nutrition counseling, stress management, massage, acupuncture and more. These centers work with patients to prevent and treat several chronic conditions like heart disease, diabetes and obesity. Go to KentuckyOneHealth.org/healthylifestyle to learn more.

Also, KentuckyOne Health continually works to improve patient access to care with our focus on primary care, Anywhere Care and preventive care management strategies. Our advances in medicine have led several of our facilities to be recognized nationally as providing the best heart care in Kentucky – whether it’s treatments for heart rhythm irregularities, heart valve diseases, heart attack care or other types of heart disease.

As individuals, how can we move the needle on heart disease in Kentucky? How can we reduce our cardiovascular mortality? First, engage in your own heart health. Exercise more and eat healthier. Engage someone to start the journey toward better heart health with you; it’s always more fun to have a friend go along. Educate yourself on what heart care services, whether at KentuckyOne Health or another organization, are available in your community. And finally, spread the word to those you love.

This issue of One Health is devoted to the hearts of the 4.5 million people in our communities. By joining together as a community with a focus on heart care, we can make great strides on the journey to heart health!

Damian P. “Pat” Alagia, III, MD
Chief Physician Executive
KentuckyOne Health

CORRECTION

In the fall issue of One Health: KentuckyOne Health mistakenly identified Leo (young boy in the picture) as Geoff (Leo’s father). Our sincerest apology to Leo and his family.
Wanted: Extraordinary Nurses

WHEN IT COMES TO NURSING RECRUITMENT AT KENTUCKY ONE HEALTH, WE’RE SEEKING INDIVIDUALS WHO WANT TO INVEST IN THE COMMUNITY.

AT KENTUCKY ONE HEALTH, our nurses play a crucial role in the quality of treatment that we provide. More than that, however, nurses at KentuckyOne Health are invested in caring for their communities.

“Our commitment is to the communities in which we live and work,” said Alden Pennington, vice president of talent acquisition, total rewards and human resources operations. “When we hire individuals for nursing or other positions, we look for people who fit our mold of being innovative as well as values-driven.”

The chief nursing officer at KentuckyOne Health, Velinda Block, DNP, RN, NEA-BC, has a council that prioritizes each year’s goals to ensure everyone’s focus is aligned, and nurses at KentuckyOne Health have both internal and external development opportunities.

“Nurses at KentuckyOne Health are vital to the well-being of our patients and are truly the cornerstone of health care,” Block said. “They play a crucial role in making decisions at the bedside, and we want to support their professional development to continue to enhance patient care.”

Recruitment Strategies

“We collaborate with nursing leadership to identify competencies based on specific positions — for example, an Emergency Department nurse needs different competencies than a surgical services nurse,” Pennington said. “We then use behavioral-based interview questions with applicants to identify those competencies required for each area of care.”

Relationships with schools, including colleges and universities in the Kentuckiana market, are also important.

“Our foundation has scholarships for both current employees and the general population to encourage people to pursue nursing as a career,” said Julie McGregor, vice president of retention and engagement at KentuckyOne Health. “In addition, we partner with nonprofit organizations, such as Junior Achievement, to make sure that children in the community are aware of health care professions, including nursing.”

KentuckyOne Health nurses are leaders distinguished by evidence-based practice, exquisite service to others and safe, effective care. If you are interested in a nursing career, KentuckyOne Health may be the place for you.

To explore your career options with KentuckyOne Health, visit KentuckyOneHealth.org/careers.

OPPORTUNITIES GALORE

Nursing isn’t the only career path for which KentuckyOne Health is recruiting. “The slogan we’re using is ‘Find a place for you’; because we have such a wide variety of career opportunities due to our size,” said Julie McGregor, vice president of retention and engagement at KentuckyOne Health. “KentuckyOne Health is a special place to work. We emphasize the importance of building relationships with your colleagues — we start the relationship early on using peer interviewing as part of our selection process.”

Vice president of talent acquisition, total rewards and human resources operations Alden Pennington sees actively recruiting talented individuals as taking care of future patients.

“We’re setting ourselves up for growth in areas where our communities need us the most,” Pennington said. “We’re staffing for the future of the organization and preparing for future service lines. We feel there is a direct correlation between the quality of the people we hire and the quality of care.”
KentuckyOne Health was proud to be the title sponsor of Breeders’ Cup Festival Week last fall when the Breeders’ Cup World Championships came to Keeneland for the first time.

Festival activities were held at numerous venues in Lexington, and volunteers from KentuckyOne Health helped with staffing throughout the festival. The week’s events included outdoor concerts, art shows, horse farm and distillery tours, parades, parties, food trucks, a 5K run/walk and more.

In addition to helping out with the festival, KentuckyOne Health provided medical management at the Breeders’ Cup World Championship during race days. Staff from Saint Joseph Hospital and Saint Joseph East emergency care, both part of KentuckyOne Health, were on-site to deliver care at five first aid stations.

What’s good for mom is good for baby.

The best way to bring your baby into the world is with a childbirth experience of your choosing. Whether you want a natural delivery with your own midwife or a more ‘traditional’ experience, we’re here to work with you. And, you can feel confident knowing the most advanced neonatal ICU in the region is standing ready if you should need it. Choose the Women’s Hospital for the high quality, personalized care you and your baby deserve.

To learn more, visit KentuckyOneHealth.org/WomensHospital.
THOUGH SOME PEOPLE rely on symptoms to indicate a possible issue with their colon — which plays a major role in digestive health — these warning signs often indicate more advanced stages of colorectal — colon or rectum — cancer.

“Most people with early or precancerous polyps have no symptoms,” said Kathleen Martin, MD, gastroenterologist at Saint Joseph East, part of KentuckyOne Health. “The earlier we detect any unusual activity in the colon, the better chance we have of preventing cancer before it starts.

When the colon is in poor health, warning signs include:

+ Abdominal pain
+ Anemia — when you have fewer red blood cells and feel tired
+ Blood in stool
+ Unusual change in stool pattern
+ Weight loss

Schedule a Screening
If you have no family history of any colorectal diseases, Crohn’s disease or breast cancer, then recommendations suggest having screenings beginning at age 50. You would wait 10 years until the next one, unless results were abnormal or your doctor says otherwise.

“If patients have a family history of colon cancer, especially any first-degree relatives, we recommend they come in 10 years prior to the age in which their relative was diagnosed,” said June Yong, MD, gastroenterologist at Saint Joseph Hospital, part of KentuckyOne Health. “So, if your father was diagnosed at age 45, your first screening would be at age 35, and then every five years after that.”

If your routine screening test does show an abnormality, your physician is often able to remove the growth during the colonoscopy.

Peace of Mind
“I can’t stress enough the value of early screenings,” Dr. Martin said. “We customize our care to meet patients’ desires and needs. Plus, the screenings are painless. Patients wake up feeling good, knowing they took an important preventive step for their health.”

KNOWING YOUR RISK
BESIDES AGE, OTHER RISK FACTORS INCLUDE SMOKING, ALCOHOL CONSUMPTION, DIETS HIGH IN FAT, ANY FAMILY HISTORY OF CANCER AND, MOST IMPORTANTLY, COLORECTAL OR BREAST CANCER. AFRICAN-AMERICANS AND MALES HAVE A HIGHER RISK.

SCREENING 101
Many screening options are available to detect polyp growth, including:

- **Colonoscopy.** The most thorough screening available, this test examines the rectum and colon with direct visualization. Most importantly, your doctor can remove growths or obtain tissue samples during the test. If one of the other screening tests below is abnormal, a colonoscopy will be needed to investigate further.
- **Cologuard.** A stool sample is collected at your home and tested for DNA changes that could indicate cancer.
- **Double Contrast Barium Enema.** This screening involves no sedation and relies on an imaging test using a contrast dye to uncover any unusual activity.
- **FIT Stool Test.** This test can be performed in the privacy of your home. You simply collect three stool samples and send them in for further testing.
- **Sigmoidoscopy.** Since research indicates polyp growth likely starts in the distal colon, this test checks the distal portion of the colon. If polyps are found, a colonoscopy is recommended.
- **Virtual Colonoscopy.** By using X-ray technology, this test reconstructs images of the colon to examine your intestinal health.

KentuckyOne Health offers colorectal screenings. Call 844.896.3630 to schedule yours today.
PROVIDING LEADING-EDGE Cardiovascular Care

PROVIDING COMPREHENSIVE AND HIGH-QUALITY HEART AND VASCULAR CARE IS ONE OF THE MAIN PILLARS OF BEING A CARDIOVASCULAR LEADER.

HOWEVER, THERE ARE OTHER components of KentuckyOne Health Heart and Vascular Care that make it the critical statewide resource it is today. Research, community outreach and support of advocacy organizations are all important aspects of our mission to be the state’s leader in cardiovascular care.

Innovative Care

“KentuckyOne provides patients with a full spectrum of cardiovascular care, with treatments for common problems as well as complex cardiovascular conditions,” said Jerome Granato, MD, vice president and medical director of Catholic Health Initiatives national cardiovascular service line and interim director of cardiovascular services with KentuckyOne Health. “Our surgeons, nursing staff and other health care professionals utilize the latest diagnostic and therapeutic techniques to treat any type of patient with any type of condition.”

Whether you’re in need of heart attack care; heart rhythm care for cardiac arrhythmia; transplant or mechanical device care for advanced heart failure (Louisville only); minimally invasive treatment for a disease like aortic stenosis or mitral regurgitation (read more on page 10); vascular care for an aneurysm or artery disease; cardiac rehabilitation at one of our Healthy Lifestyle Centers; or some other type of heart and vascular service, KentuckyOne Health is the place to go.

“Having access to the best equipment and newest treatments is only part of the equation,” said Nezar Falluji, MD, MPH, interventionai cardiologist with KentuckyOne Health Cardiology Associates and director of cardiovascular services for the KentuckyOne Health Lexington market. “The teamwork and collaboration between cardiologists, cardiovascular surgeons, anesthesiologists, nurses and other staff and physicians is what sets us apart.”

Groundbreaking Research

Through a partnership with the University of Louisville and its physicians, KentuckyOne Health, and specifically Jewish Hospital and University of Louisville Hospital, is the site for groundbreaking research across many disciplines. Jewish Hospital is the primary site in Louisville for cardiovascular research.

“The University of Louisville offers access to academic research and innovation that may be effectively applied in clinical settings,” said Mark Slaughter, MD, professor and chair of the Department of Cardiovascular and Thoracic Surgery at the University of Louisville and executive director of cardiovascular services for the KentuckyOne Health Louisville market. “Through this research component, Jewish Hospital, the University of Louisville and KentuckyOne Health are leading the way in developing next-generation cardiovascular therapies.”
Roberto Bolli, MD, chief of the Division of Cardiovascular Medicine at the University of Louisville, is a renowned researcher whose stem cell therapy work has garnered worldwide attention.

“Dr. Bolli has become a world leader in using patients’ own stem cells, growing them in tissue culture and then infusing them back into the injured heart, as a way to repopulate the heart with cardiac cells that will grow and heal,” Dr. Granato said. “He is doing truly leading-edge cardiac stem cell work right here in Kentucky.”

Getting Out in the Community
Treatment and research are very important, but our ultimate goal is to prevent heart and vascular disease. We do this through participating in or hosting community events where our staff talk one-on-one with people about cardiovascular disease and arrange key preventive screenings like blood pressure, cholesterol and body mass index screenings. The Kentucky State Fair is one of our largest annual events.

At the 2015 Kentucky State Fair, University of Louisville cardiologist Lorrel Brown, MD, led a team that educated and trained hundreds of people on hands-only CPR. KentuckyOne Health staff also provided more than 2,200 total cholesterol, glucose and blood pressure screenings and 100 coronary artery disease risk screenings at no cost. Last November, the Jewish Hospital heart rhythm team provided EKG screenings to 71 people free of charge at its annual event, Heart Rhythm Care Day.

In the last five years, KentuckyOne Health facilities have raised nearly $300,000 for the American Heart Association’s (AHA) Heart Walk. In 2016, KentuckyOne Health will be the primary sponsor of the AHA’s Louisville Heart Ball and presenting sponsor for the AHA’s Go Red for Women campaign in central and eastern Kentucky. These activities help fund research, support education and raise awareness of heart diseases in the Commonwealth.

Whether you are in need of advanced care or would like to learn how you can prevent cardiovascular disease, KentuckyOne Health Heart and Vascular Care is the place to go.

To learn more, visit KentuckyOneHealth.org/heartcare.

SAFE, QUICK LANDING
TO PROVIDE PATIENTS WITH THE FASTEST ACCESS TO CRITICAL CARE, JEWISH HOSPITAL HAS ESTABLISHED THE JACK M. AND JANIS B. KLEMPNER FAMILY HELIPAD. “THE HELIPAD IS CONNECTED TO THE THIRD FLOOR OF OUR RUDD HEART AND LUNG CENTER,” SAID MARK SLAUGHTER, MD, PROFESSOR AND CHAIR OF THE DEPARTMENT OF CARDIOVASCULAR AND THORACIC SURGERY AT THE UNIVERSITY OF LOUISVILLE. “THE STRATEGIC PLACEMENT OF THIS STATE-OF-THE-ART HELIPAD ALLOWS CRITICALLY ILL PATIENTS GREATER ACCESS TO OUR SERVICES AND REDUCED TRANSPORT TIMES FOR SPECIALTY CARE.”

HEART ATTACK WARNING SIGNS
Heart attacks don’t always involve a dramatic, elephant-on-the-chest sensation. Sometimes they may begin with symptoms that come on quietly and slowly. When a heart attack occurs, it can be devastating and even deadly if not treated quickly. It is important to recognize common warning signs, which may include:

- Extreme fatigue
- Pain in the jaw
- Shortness of breath
- Squeezing sensation in the chest
- Cold sweat
- Difficulty breathing
- Lower back pain
- Nausea

Women are more likely to experience subtle symptoms such as cold sweat, difficulty breathing, lower back pain and nausea.

If you are experiencing any combination of these symptoms, call 911 immediately!
KentuckyOne Health
Expands Healthy Lifestyle Centers in Lexington

KentuckyOne Health has opened its newest Healthy Lifestyle Center in Lexington to provide medically supervised exercise, nutrition counseling and stress management to help people get and stay healthy.

The Lexington center is located at 1451 Harrodsburg Road on the Saint Joseph Hospital campus and is especially beneficial for individuals with chronic conditions such as heart disease, diabetes, obesity and chronic pain. There is also a center at Saint Joseph Hospital East’s John B. Lally Cardiopulmonary Rehabilitation facility.

“The Healthy Lifestyle Centers address all components of wellness by encouraging sustainable behavioral changes,” said Steve Lin, MD, cardiologist and medical director of cardiac rehabilitation at Saint Joseph Hospital. “Many chronic conditions, such as Type 2 diabetes, obesity and high blood pressure, can improve dramatically through lifestyle changes. For most people, these changes are achievable, but can be difficult without the right medical and emotional support.”

The first step toward improved health begins with a 60- to 90-minute clinical assessment during each client’s first visit. The assessment is an evaluation of all aspects of a person’s health, including physical abilities, medical conditions and barriers to wellness. The staff of registered nurses and exercise physiologists uses this information to form an individualized plan for each person.

Reversing Heart Disease
One of the programs offered at the Saint Joseph Hospital Healthy Lifestyle Center is Dr. Ornish’s Program for Reversing Heart Disease™ (the Ornish Reversal Program) that has been scientifically proven to not only prevent heart disease and other chronic conditions, but also to slow the progression of heart disease.

“This program is truly a game changer that empowers our patients through a proven, sustainable approach to reverse atherosclerotic heart disease,” Dr. Lin said.

The program uses lifestyle changes to make its impact, altering the way participants eat, move, manage stress and find emotional support to improve overall well-being. It is delivered in 18 four-hour group sessions over a nine-week period in classes of up to 15 people, with a focus on improvement in four key areas:

- **FITNESS** emphasizes regular, moderate and sustainable exercise.
- **STRESS MANAGEMENT** helps participants cope with and manage stress while also fostering an increased level of physical and emotional self-awareness.
- **GROUP SUPPORT** connects individuals with others who are participating in the program and facilitates long-lasting relationships.
- **NUTRITION** develops and cultivates a low-fat, whole foods, plant-based eating plan.

To get started on your path to better health, call the Healthy Lifestyle Centers in Louisville at 844.896.3629 or in Lexington at 844.896.3631.
Reclaiming HIS HEART

AFTER STEVE SUFFERED THREE HEART ATTACKS AND MULTIPLE HEART EPISODES, HE BECAME DETERMINED TO FIND A SOLUTION TO RETURN TO HEALTH.

STEVE, A 66-YEAR OLD executive director of a ministry in Louisville, experienced his first heart attack on September 9, 2002. Luckily, his wife, who was currently receiving health care training in her nursing program, took immediate action and drove him to the emergency room.

His life was saved that day, and on four other occasions. As September 9 was nearing this year, and Steve kept thinking about his first heart attack, he knew he needed a lifestyle change.

“I was scared my heart wouldn’t make it much longer,” Steve said. “I sought advice from my doctor and learned about a program that could actually reverse heart conditions. I immediately signed up.”

Proving the Program

Steve entered the Ornish Reversal Program at Medical Center Jewish Northeast, part of KentuckyOne Health, willing to give it 100 percent.

His determination and habit-changing paid off as he successfully graduated the program and continues shaping his life around the four pillars of diet, exercise, stress management and accountability.

By losing 40 pounds and five pant sizes, Steve’s health now allows him to participate in exercise events, including a recent 5k race.

“The Ornish Reversal Program gave me my life back,” Steve said. “My story not only inspires others struggling with heart disease, but it also motivates my son, who lives with a genetic condition, Alport syndrome, that affects his kidney. The sense of empowerment I feel is contagious. It benefits everyone around me.”

Visit KentuckyOneHealth.org/ornish to learn more about the Ornish Reversal Program.
AORTIC STENOSIS and mitral regurgitation are the two most common types of heart valve disease and occur when either the aortic or mitral valve stops functioning properly. Unfortunately, people with aortic stenosis and mitral regurgitation often do not experience symptoms until the disease has become severe.

At that point, symptoms can include shortness of breath and fatigue. The treatment answer for aortic stenosis and mitral regurgitation used to always be open-heart surgery, but thanks to advances in the field there are minimally invasive options available.

A New Way to Repair the Mitral Valve
The mitral valve is located on the left side of the heart and regulates blood flow from the left atrium to the left ventricle. The valve is made up of two leaflets that close when the heart muscle contracts. These leaflets prevent blood from flowing backward into the atrium. When the leaflets no longer close properly, blood can pool in the atrium instead of circulating normally.

A device used to repair the mitral valve, MitraClip, is the world’s first minimally invasive mitral valve repair therapy. During MitraClip placement, physicians guide the device through the femoral vein in the groin to the left atrium, where it is clipped onto the mitral valve leaflets to hold them together. The procedure results in a double opening of the mitral valve that improves valve closure and reduces the leakiness of the valve. Saint Joseph Hospital was the first facility in Kentucky to utilize MitraClip.

“The MitraClip allows us to repair the mitral valve without making a large chest incision,” said Michael Schaeffer, MD, interventional cardiologist at KentuckyOne Health Cardiology Associates in Lexington. “This equates to a much easier, quicker recovery.”

Taking Charge of Aortic Stenosis
Aortic stenosis occurs when the aortic valve — the main outflow valve of the heart to the body — narrows. Over time, the valve passageways become stiff, reducing the pliability of the valve. When this happens, your heart must work harder to push blood through a restricted opening (often no larger than a drinking straw) to the rest of your body. At this point, your heart becomes weaker and increases the risk of heart muscle failure.

Transcatheter aortic valve replacement (TAVR) is a revolutionary, minimally invasive heart procedure for patients with severe aortic stenosis. During the TAVR procedure, physicians thread a new prosthetic aortic valve through the femoral artery to the heart to replace the narrowed valve. Jewish Hospital was the first facility in Kentucky to offer TAVR and has now performed over 250 cases.

“The results following TAVR for high-risk patients are even better than those following open-heart surgery,” said Kendra Grubb, MD, surgical director of the percutaneous heart valve program at Jewish Hospital, part of KentuckyOne Health. “After the procedure, patients start feeling better almost immediately.”

MitraClip and TAVR are available at Jewish Hospital and Saint Joseph Hospital. To speak to someone about heart valve procedures at Jewish Hospital, call 844.896.3632. For Saint Joseph Hospital, call 844.896.3633.

LOUISVILLE SYMPOSIUM ON HEART DISEASE IN WOMEN!
SAVE THE DATE FOR THE 2016 LOUISVILLE SYMPOSIUM ON HEART DISEASE IN WOMEN: INNOVATIONS, PROCEDURES, DEVICES AND STATE-OF-THE-ART CARE. SCHEDULED FOR JUNE 25, 2016, THE CONFERENCE WILL COVER CARDIOVASCULAR ADVANCEMENTS, INCLUDING MITRACLIP, TRANSCATHETER AORTIC VALVE REPLACEMENT, VENTRICULAR ASSIST DEVICES AND STEM CELL RESEARCH.

FOR MORE INFORMATION, VISIT LOUISVILLEHEARTDISEASEWOMEN.COM.
KENTUCKYONE HEALTH PARTNERS is a state-wide care management company with a clinically integrated network connecting more than 1,700 providers, 15 hospitals, 34 skilled nursing facilities and three home health agencies to bring better health, better care and a better experience to patients across the Commonwealth. Their multidisciplinary team of care management professionals coordinate all care for nearly 80,000 people, improving their quality of care and health outcomes while eliminating duplicate services and waste. Their latest addition to care management services is the Episode of Care (EOC) Program for Major Joint Replacements such as hips and knees.

Joint replacement involves different providers in various settings, making communication and coordination critical and yet complex. The EOC Program for Major Joint Replacements helps patients and providers stay connected through a relationship with care management staff and a sophisticated information system.

“The KentuckyOne Health Partners care management team works to coordinate care across multiple settings, including hospitals, skilled nursing facilities and home health agencies,” said Amy O’Connell, RN, APRN, interim vice president for clinical services. “The joint replacement program truly engages patients in their care, starting with the Joint Academy class they attend with their caregivers two to three weeks before surgery. The patient and caregiver also meet their nurse health coach, and the relationship continues for 90 days after surgery to ensure the very best health outcome.”

At Joint Academy, patients ask questions, complete pre-operative testing and begin the hospital discharge planning process. The health coach follows up with patients by phone within two days of discharge, one week later and then monthly throughout the 90-day episode period. The health coach also encourages the patient to call anytime with questions or concerns. Health coaches can also make home visits for the convenience of their patients.

“We can discuss swelling at the surgical site, how the incision is looking, how physical therapy is going — anything to keep recovery on track,” said Misty Stallard, RN, health coach at KentuckyOne Health Partners. “This is a great program and is making a difference in patients’ health and well-being.”

To learn more about the Episode of Care program for lower extremities/major joint replacement, call KentuckyOne Health Partners at 877.543.5768.
Serving Mount Sterling

ONCOLOGY PATIENT NEEDS HAVE INCREASED, AND SAINT JOSEPH MOUNT STERLING IS WORKING TO MEET THEM.

CHEMOTHERAPY INFUSION 101
Receiving chemotherapy at an infusion clinic is, on the surface, much like any other doctor’s appointment. You sign in, meet your nurse or technician, and have your vitals taken. After that, however, things change. An IV is inserted, unless you already have a port or a catheter, and then patients receive chemotherapy intravenously for hours at a time.

“Some patients could be at the infusion center for anywhere from two to eight hours,” said Shelly Sanders, RN, nurse manager of the chemotherapy infusion clinic, women’s birthing center and specialty clinic. “For this reason, we made certain our infusion room has plenty of sunlight. The natural light boosts their mood and helps them feel more comfortable during the process.”

PATIENT VOLUME at Saint Joseph Mount Sterling Oncology Clinic and Chemo Infusion Center, part of KentuckyOne Health, has grown so much in recent years that there wasn’t enough room to accommodate all types of infusion being offered. A $50,000 expansion has allowed Saint Joseph Mount Sterling to treat more patients and will help us add another oncologist to the team.

“Our expansion of the infusion center allowed us to add five new infusion chairs as well as a big window to bring in lots of natural light,” said Shelly Sanders, RN, nurse manager of the chemotherapy infusion clinic, women’s birthing center and specialty clinic. “These changes help patients who have to be here for hours feel comfortable rather than confined.”

How Does It Help?
“Expanding from six infusion chairs to 11 benefits patients because it allows for more flexibility in scheduling,” Sanders said. “We can see patients in a more timely fashion, and we’re able to work with them if something comes up and they need to reschedule.”

Extended travel can be stressful for oncology patients, which is why Sanders feels it is important to provide services as close to home for patients as possible.

“Patients don’t have to travel to Lexington or another city to get their infusions when they have access to great health care services right here at home,” Sanders said. “We expanded so we can accommodate their schedules, make them feel more comfortable and give them access to the kind of care they deserve, right here in Mount Sterling.”

Allow us to take care of your oncology needs.
To learn more about oncology services, visit KentuckyOneHealth.org/lexingtoncancercare.

(front row, left to right) Shelly Sanders, RN, nurse manager of the chemotherapy infusion clinic, Sheila Little, RN, and (back row, left to right) Alisha Clemons, RN, and Jessica Winters, RN, have expanded the infusion services at Saint Joseph Mount Sterling allowing more Mount Sterling residents to stay in town for treatment.
IN HIS NEW POSITION, Tassin will help lead administrators and clinicians as they provide local residents with comprehensive, compassionate medical care.

Tassin cites his passion for investing in physicians and employees and helping them become a part of the community they serve. “I am extremely pleased to join Saint Joseph Hospital and KentuckyOne Health to shape and execute a long-term strategy of excellence in health care,” Tassin said. “There is a proud legacy across the organization, along with a passion at all levels to improve care in the community. I am honored to help the local teams deliver quality care and guide this high-performing system.”

Experience in Hospital Operations
Originally from Louisiana, Tassin earned both his bachelor’s and master’s degrees in business administration from Northwestern State University Louisiana in Natchitoches. His career includes more than a quarter century of administrative experience in health care and hospital settings, with leadership roles in human resources, risk management, quality improvement and medical staff services.

Most recently, Tassin served as president and chief executive officer at St. Vincent Regional Medical Center in Santa Fe, New Mexico, before joining Saint Joseph Hospital.

IN NOVEMBER 2015, BRUCE TASSIN OFFICIALLY BEGAN HIS DUTIES AS PRESIDENT OF SAINT JOSEPH HOSPITAL.

GET ON THE HEART DEFENSE

WITH HEART ATTACKS, EVERY SECOND COUNTS.

THE QUICKER SOMEONE can recognize his/her symptoms, call 911, get to a hospital and receive treatment, the more likely that person will have a good outcome. Hospital STEMI networks decrease the time from the onset of heart attack symptoms to treatment.

An ST-segment elevation myocardial infarction (STEMI) is a serious form of heart attack in which a coronary artery is completely blocked, keeping a part of the heart from receiving blood. This type of heart attack requires immediate care to remove the blockage and restore blood flow.

The first line of defense in STEMI care is Emergency Medical Services (EMS) staff; they have the ability to perform an EKG (electrocardiogram) on a patient at the scene of an accident, in the patient’s home or anywhere the patient may be and send the results wirelessly to a KentuckyOne Health emergency department.

“With EMS having the ability to send a patient’s EKG to our emergency department, we’re able to save 15 to 20 minutes,” said Brady Dale, director of cardiopulmonary services at Saint Joseph London, a part of KentuckyOne Health. “If there is a total blockage, we activate our catheterization lab team, and the patient is taken directly there, bypassing the emergency department entirely and saving precious time.”

Signs of a Heart Attack
The symptoms of a heart attack can vary from person to person. Some of the most common symptoms include:

+ Chest discomfort or pain
+ Light-headedness
+ Nausea and vomiting
+ Stomach pain
+ Shortness of breath
+ Upper body pain

If you are experiencing these symptoms, call 911 immediately!
IN RECENT YEARS or months, you’ve put on a little weight — perhaps due to the birth of a child, a stressful life event or a career change that’s left you with less time to go to the gym. Your physician says you’re technically obese, according to your body mass index (BMI), and you could be dealing with diabetes, high blood pressure and other problems if you don’t get your weight under control. You’ve tried diet and exercise, but aren’t seeing the results you want.

New Weight Loss System

Sts. Mary & Elizabeth Hospital, a part of KentuckyOne Health, was the first facility in Kentucky to offer the ORBERA Managed Weight Loss System. It is designed for patients with a BMI between 30 and 40 who do not yet qualify for other bariatric procedures, but still would benefit from long-lasting weight loss. The ORBERA System starts with a soft, durable silicone balloon. “Implanting the balloon takes about 15 minutes and requires no downtime from work or school,” said John Olsofka, MD, general and bariatric surgeon and director of bariatrics at Sts. Mary & Elizabeth Hospital. “The balloon creates a space filler within the stomach. It’s a temporary tool to assist the motivated patient to lose weight.”

The second step of ORBERA is just as important as the balloon. During the next six months, patients go through an exercise and nutrition program. “Patients meet routinely with nutritionists and nurses to modify the behaviors that caused them to gain weight in the first place,” Dr. Olsofka said. “While engaged in the program, we teach them how to live a healthy life after the balloon is removed.”

If you are already managing complications related to obesity, there are other safe, reliable and effective options available.

Study the Sleeve

“The main way patients lose weight with the gastric sleeve is through restricting the size of the stomach,” said Robert Farrell, MD, FACS, bariatric surgeon for KentuckyOne Health Weight Loss Surgery at Flaget Memorial Hospital, a part of KentuckyOne Health. “Additionally, removing the top portion of the stomach affects your hormone levels — your appetite and hunger will decrease so you are satisfied longer.”

At Flaget Memorial Hospital, preoperative and postoperative education help ensure you are set up to succeed.

“We treat each patient as an individual,” Dr. Farrell said. “We try to get to know the patient so we can counsel him or her on choosing the appropriate surgery and follow him or her afterwards. We get patients transferring from other programs who say they weren’t taught what we tell them. The surgeon doesn’t just fade to the background — we want to continue seeing patients when they succeed.”
and cheer them on, not just see patients when they have problems.”

Rerouting Your Life
The Roux-en-Y, more commonly known as gastric bypass, creates a small pouch out of your existing stomach. This pouch is attached directly to the small intestine — food skips a large part of the stomach and intestine. This bypass means fat and nutrients are not absorbed by the body.

Saint Joseph East, a part of KentuckyOne Health, has one of the longest running bypass programs in the region. “Over 14 years, we have cared for more than 5,000 patients with basically the same staff,” said Josh Steiner, MD, FACS, chair of the department of surgery and chief of bariatric surgery at Saint Joseph East. “Our nutritionists, exercise physiologists, surgeons and office staff all have worked together for years. We’re proud of being available for our patients — they are always able to contact a surgeon if they need help.”

LAP-BAND System Surgery®
Laparoscopic adjustable gastric banding is a minimally invasive procedure that reduces the size of the stomach. The surgery limits the amount of food the stomach can hold and helps people eat less and feel full more quickly. Gastric band is often done on an outpatient basis with patients typically returning to normal activities within one to two weeks.

Vincent Lusco, MD, general and bariatric surgeon at Sts. Mary & Elizabeth Hospital, was part of the team that placed the first gastric band in Kentucky in 2001. “The LAP-BAND System is a very safe and effective option to help one lose weight,” said Dr. Lusco. “We have performed 4,000 procedures to not only help patients lose weight, but also come off medication for diabetes, reflux and high blood pressure. One of the main benefits of the LAP-BAND System is the adjustable feature which allows us to customize and taper portion sizes for the patient.”

We have patients come in and say family members have told them they are taking the easy way out with bariatric surgery. If you make the commitment to bariatric surgery, you’re doing anything but taking the easy way — you’re looking in the mirror, saying ‘What I’m doing isn’t working’ and forcing yourself to make a change. The idea that surgery is cheating or an easy way out is a huge misconception.

— ROBERT FARRELL, MD, FACS, BARIATRIC SURGEON FOR KENTUCKYONE HEALTH
WEIGHT LOSS SURGERY AT FLAGET MEMORIAL HOSPITAL, PART OF KENTUCKYONE HEALTH

— VINCENT LUSCO, MD, GENERAL AND BARIATRIC SURGEON AT STS. MARY & ELIZABETH HOSPITAL

The 100 Milestone

After serving our country for 27 years in the United States Air Force, life slowed down for Pete Perry of Lexington. With more free time on his hands, Perry began to gain weight. After a few years of a more sedentary lifestyle, he knew he needed to make a change. “It got to the point where I couldn’t really play with my grandchildren, and I realized my quality of life was not where it needed to be,” Perry said. “On top of that, I needed knee replacement surgery, and my surgeon told me he couldn’t perform the procedure unless I lost some weight.”

Perry’s orthopedic surgeon referred him to the weight-loss surgery program at Saint Joseph East, a part of KentuckyOne Health. There, Josh Steiner, MD, chair of the department of surgery and chief of bariatric surgery at Saint Joseph East, talked with Perry about Roux-en-Y gastric bypass surgery, a procedure that makes the stomach smaller and causes food to bypass part of the small intestine.

Perry decided to undergo the procedure, and it has helped him lose more than 100 pounds. His weight loss success started with the surgery, but it is maintained through his dedication to living healthier. “Surgery is only one component of weight loss. You need to focus on nutrition and exercise or else the process will not work,” Perry said. “I’m 61 now and am in the best shape of my life.”

Locations:

Saint Joseph East – 844.896.3634
150 N. Eagle Dr.
Lexington, KY 40509

Flaget Memorial Hospital – 844.896.7043
4359 New Shepherdsville Rd., Suite 245
Bardstown, KY 40004

Sts. Mary & Elizabeth Hospital – 844.896.7044
1850 Bluegrass Dr.
Louisville, KY 40215

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.

Want to learn more about bariatric surgery at KentuckyOne Health? Visit KentuckyOneHealth.com/weight-loss-surgery.
KentuckyOne Health

the one name in health care.

KentuckyOne Health, Inc.
200 Abraham Flexner Way
Louisville, KY 40202

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

KentuckyOne Health Calendar of Events

To see a full list of our events, go to KentuckyOneHealth.org/events.

- **Bite Size Learning**
  - **Healthy Year Kick Off: Healthy Resolutions and Activities Jan. 20, Noon**
  - Laurel County Public Library
  - 120 College Park Dr.
  - London, KY 40741

- **National Wear Red Day Feb. 5**
  - Wear red to promote living a heart-healthy life!

- **2016 Central Kentucky Heart Ball Feb. 5, 6–11:30 p.m.**
  - Lexington Center – Bluegrass Ballroom
  - 430 W. Vine St.
  - Lexington, KY 40507

- **Go Pink – UofL Women’s Basketball Game to Honor Breast Cancer Survivors Feb. 7**
  - KFC Yum! Center
  - 1 Arena Plaza
  - Louisville, KY 40202

- **Go Red for Women Luncheon Feb. 24, Noon**
  - Jenny Wiley State Resort Park
  - 75 Theatre Court
  - Prestonsburg, KY 41653

- **Sports Medicine Symposium Feb. 27, 8 a.m.**
  - Jewish Hospital Rudd Heart and Lung Center
  - 201 Abraham Flexner Way
  - Louisville, KY 40202

- **Healthy Hearts Wear Red Luncheon Feb. 18, 10 a.m.–1:30 p.m.**
  - Parroquet Springs Conference Centre
  - 395 Parroquet Springs Dr.
  - Shepherdsville, KY 40165

- **2016 Louisville Heart Ball Feb. 20, 6 p.m.–midnight**
  - Louisville Marriott Downtown
  - 280 W. Jefferson St.
  - Louisville, KY 40202

- **Go Red for Women Luncheon Feb. 24, Noon**
  - Jenny Wiley State Resort Park
  - 75 Theatre Court
  - Prestonsburg, KY 41653

- **Sports Medicine Symposium Feb. 27, 8 a.m.**
  - Jewish Hospital Rudd Heart and Lung Center
  - 201 Abraham Flexner Way
  - Louisville, KY 40202

- **National Dress in Blue Day March 4**
  - Wear blue to show your support for colon cancer awareness!

- **Bite Size Learning Lung and Colon Cancer Prevention March 16, Noon**
  - Laurel County Public Library
  - 120 College Park Dr.
  - London, KY 40741

- **Diabetes and Nutrition Expo March 19, 9 a.m.–1 p.m.**
  - Keeneland Health Education Center
  - 1451 Harrodsburg Rd., 4th floor
  - Lexington, KY 40504

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KentuckyOneHealth.org