

Well Aware

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THE HEALTHCARE MAGAZINE FOR METHODIST MEDICAL CENTER OF OAK RIDGE

METHODIST
MEDICAL CENTER
OF OAK RIDGE

Covenant
HEALTH

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▶ President's Letter



If you're like me, there never seems to be enough time in the day to get everything done. Work is rarely wrapped up in a neat 8:00 a.m.–5:00 p.m. package, and family activities such as soccer practice and homework with the kids can overflow an already jam-packed schedule. However, it's important not to lose sight of another important part of your life—your health.

For women especially, carving out time for routine exams or to follow up on an existing medical concern is crucial. In our feature article, board-certified physician specialists Dr. Donna Adams, Dr. Sandra Ridings-Hesser, and Dr. Thomas Metcalf discuss ways women can safeguard their health.

Schedule overload, however, is not simply restricted to adults. Children are often at risk for over stimulation, and the results can manifest themselves in many ways, including poor sleep quality. While adjusting a child's daily schedule might be the solution, many times a deeper issue may exist. Turn to page 3 to learn about a new pediatric sleep program now available that can help both children and parents rest easy.

This issue also spotlights the minimally invasive options available for those suffering from gallstones and the latest imaging technology, which with crystal clear definition, can all combine to bring your health into focus.

Sincerely,

Mike Belbeck, FACHE
President and Chief Administrative Officer
Methodist Medical Center of Oak Ridge



Leading by Example

Community Health Alliance
helps fulfill Methodist's mission.

Did you know Methodist Medical Center's Hospitality Houses provide patients and their families a free place to stay when they are traveling for treatment at the medical center? No payment from any guest is ever requested or expected. However, the administration and maintenance of such a service does take money; and, that's where the Methodist Medical Center Foundation steps in.

Through the Foundation's work to secure charitable gifts, the hospital is able to fulfill two main missions: extend compassionate care to all those in need and provide the surrounding counties with access to the latest technology.

We are inviting corporate partners to be part of a crucial group of organizations that will be community stewards for the health and well being of all who live and work in East Tennessee.

Our local spirit of giving is now reflected in a new Community Health Alliance initiative aimed at further enhancing the hospital's mission of clinical and service excellence. Methodist Medical Center is proud to recognize the founding members of this corporate partnership program:



Gold



Gold



Partner



Colleague

For more information about the Community Health Alliance, please call Mary Sue Greiner, director of development, at (865) 835-5262.



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Take a Closer Look

Methodist Medical Center of Oak Ridge offers comprehensive imaging services to ensure that Eastern Tennesseans obtain the clearest possible images.

A full suite of diagnostic imaging services, including PET/CT, 3-T magnetic resonance imaging (MRI), 64-slice computed tomography (CT), ultrasound, and nuclear medicine at Methodist allows people in this area to receive superior imaging services close to home.

According to William Molony, MD, medical director of radiology at Methodist, being able to receive high-quality images helps spare patients from undergoing unnecessary procedures.

“In the past when a patient had symptoms of vascular insufficiency, the patient had a diagnostic angiogram, an



William Molony, MD

invasive procedure,” says Dr. Molony. “Many times the invasive angiogram did not show a correctable lesion. Other times the patient had to return for a second angiogram to have endovascular therapy, such as a stent.”

Today, with computed tomography angiography (CTA), the vascular system is evaluated prior to an invasive procedure. Now, angiograms are mostly used for therapy, such as placement of stents.

The Best of Care

“Working with the best available technology is important,” Dr. Molony says.



“Our staff always strives to offer excellent care. We try to treat every patient the way we would treat a family member.”

For more information about imaging services at Methodist, visit www.mmcoakridge.com.

Diagnosing Pediatric Sleep Disorders

Does your child have trouble falling or staying asleep? If so, he or she may be suffering from a sleep disorder.



Poor sleep quality or insufficient sleep affects children differently than adults. Sleep deprived children tend to be hyperactive and are usually inattentive at school, causing them to be mistakenly labeled as having attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD).

“There are many pediatric sleep disorders that affect children of all ages,” says Cherridan Rambally, MD, Diplomate of the American Board of Psychiatry and Neurology. “Sleep terrors, confusional arousals, sleepwalking, bedwetting, sleep apnea, and insomnia represent some of the more common pediatric sleep disorders.”

Help Is Here

Pediatric sleep disorders are usually diagnosed clinically with a few exceptions, such as sleep apnea, which require a high clinical suspicion and an overnight sleep study. Consultation with a board

certified sleep physician includes obtaining a clinical history and performing a general and neurological exam. Most sleep disorders can be improved with behavioral modifications. In some instances, minor surgery, medication, or positive airway pressure therapy is warranted.

“It is important for physicians and the general population to realize children suffer from some of the same things that adults do,” says Dr. Rambally. “By addressing childhood sleep disorders, we are promoting a healthier future.”



Cherridan Rambally, MD

For a free pediatric sleep assessment, call (865) 835-4662.

Making *Women's Health* a Priority

Women play many roles, including wife, mother, and businesswoman. As a result, it can be difficult for women to put their own health first. At Methodist Medical Center of Oak Ridge, however, we always have women's health on our minds.



Donna Adams, MD



Thomas Metcalf, MD



Sandra Ridings-Hesser, MD

Methodist provides a wide range of services to meet women's healthcare needs. The goal is to ensure that women stay at their healthiest and enjoy the special moments in their lives.

Interventional Cardiology

Heart disease used to be dismissed as a man's affliction, but not anymore. In fact, cardiovascular illness is the number one killer—and leading cause of disability—in women in the United States. Nearly twice as many women in the U.S. die of heart disease, stroke, and other cardiovascular diseases as from all forms of cancer, including breast cancer, according to the American Heart Association.

"Women may experience different heart disease symptoms than men," says Donna Adams, MD, interventional cardiologist at Methodist. "Although women can still experience textbook symptoms such as chest pain or pressure, shortness of breath, nausea, and sweating, they also are more likely to suffer from neck, shoulder, and jaw pain, extreme fatigue, or nausea and vomiting without chest pain."

At Methodist, interventional cardiologists use non-surgical methods to restore blood flow to obstructed arteries, which untreated, can lead to a heart attack. An interventional cardiologist can be utilized to diagnose or treat blockages by inserting a small tube called a catheter through the groin or wrist and threading it to the arteries in the heart. This method can be used to diagnose problems by taking ultrasound images of a blockage and measuring blood pressure to see if an obstruction is significant enough to warrant treatment. In the latter case, an interventional cardiologist can reopen the artery with a balloon or a stent, a mesh-like tube that acts as a scaffold to hold the artery open.

When a heart attack patient arrives at Methodist, she is taken straight to the cardiac catheterization lab to have the affected artery reopened. Methodist has a door-to-balloon time—the time it takes from a patient's arrival at Methodist to the moment her artery is reopened—under the national standard of 90 minutes.

"I would advise women simply to listen to their bodies and be proactive about their heart health by being aware of their weight, body mass index, blood pressure, and cholesterol," Dr. Adams says. "If a problem occurs, we're here to help."

Breast Health

Breast health is critical for women, especially as they age. The American Cancer Society recommends women age 40 and older obtain a mammogram every year to check for abnormalities that could indicate cancer.

The state-of-the-art Oak Ridge Breast Center was one of the first facilities in the nation to be designated a breast Center of Excellence by the American College of Radiology, and today, it's one of only

a few such centers in Tennessee. The Oak Ridge Breast Center is certified in every service it offers, including digital mammography, digital ultrasound, and ultrasound-guided and stereotactic biopsy.

"Digital mammography doesn't possess the limitations of its film predecessor," says Sandra Ridings-Hesser, MD, clinical breast radiologist at Methodist. "With digital, an image can be manipulated without changing the image itself, allowing the radiologist to see more. Digital mammograms also work better for women with dense breasts and speed up the process for patients because images can be obtained quicker."

The Oak Ridge Breast Center helps patients throughout the entire continuum of breast cancer care, with a breast navigator available to aid those who've been diagnosed with cancer in setting up appointments with appropriate specialists.

"We demonstrate our commitment to excellence by voluntarily seeking any new certification that becomes available in the field," says Shari Blattner, RT (M), manager of the Oak Ridge Breast Center. "Women can be confident in the care they receive here."

Obstetrics/Gynecology

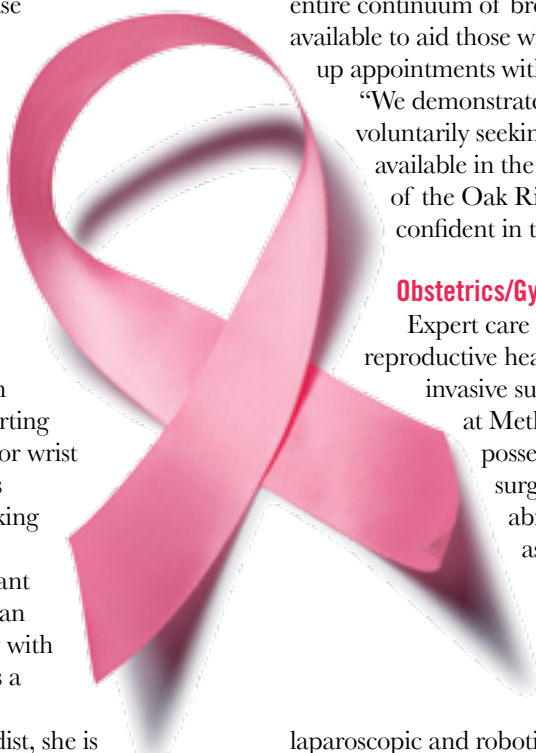
Expert care and state-of-the-art treatments in the field of reproductive health, particularly when it comes to minimally invasive surgery, also is available. Gynecologists on staff at Methodist are board certified in their fields and possess special training to perform robotic-assisted surgeries for several conditions—including abnormal bleeding and urinary incontinence—as well as hysterectomy.

"A lot of technology has been developed to help women avoid hysterectomy," says Thomas Metcalf, MD, obstetrician/gynecologist at Methodist. "If the procedure does become necessary, however, we offer laparoscopic and robotic-assisted hysterectomies using the da Vinci[®] Surgical System, which guarantees smaller incisions, less pain, and quicker recovery times for patients."

The Family Birthing Center provides expectant moms with everything they need to have an unforgettable delivery experience. Women who plan to give birth at Methodist are invited to schedule a visit beforehand. Once it's time for baby to arrive, they enjoy spacious birthing suites with amenities such as a private shower, Jacuzzi[®], rocking chair, and recliner. Advanced monitoring and life support systems help ease the transition for mom and newborn.

"We strive to make labor and delivery as easy as possible on new moms," says Dr. Metcalf. "Once a baby is born, we let the new mother spend as much time as she wants with her little one, or we're happy to care for the baby if she needs some time to herself—whatever makes the new mom most comfortable."

For more information about women's services at Methodist, please visit www.mmcoakridge.com.





Jeff Gilbert, MD



David Long, MD

Suffering from Gallstones? Help Is Here

Methodist Medical Center of Oak Ridge offers the most advanced, minimally invasive treatments to provide relief from gallstones.

Gallstones occur when substances in the gallbladder harden and form small, pebble-like stones, which can block the normal flow of bile. Resulting from excessive cholesterol in bile, gallstones are a common medical problem. When gallstones cause pain or other problems, treatment may be necessary.

The most common operation for gallstone removal is laparoscopic cholecystectomy. A physician makes three or four small incisions at the navel and inserts a thin tube carrying a video camera. The patient's abdomen is inflated with a harmless gas to make viewing easier and provide room for the surgery to be performed. The surgeon views the picture on a monitor in the operating room. Special surgical tools are inserted through the other incisions in the abdomen and the patient's gallbladder is removed.

"Patients then undergo cholangiography, a special X-ray that checks the bile duct for abnormalities," says David Long, MD, general and vascular surgeon at Methodist. "If the surgeon finds additional gallstones or other problems in a patient's bile duct, we can remedy those as well."

A Focused Approach

When stones are identified in the common bile duct, an endoscopic retrograde cholangiopancreatography (ERCP) may be an appropriate treatment for removal.

A tool for diagnosis and intervention, ERCP is used mainly to treat blockages of the bile and pancreatic ducts, which may include gallstones, inflammatory strictures (scars), and cancer.

"ERCP was initially developed as both a diagnostic and therapeutic tool to examine abnormalities of the bile ducts, pancreas, and gallbladder," says Jeff Gilbert, MD, gastroenterologist at Methodist. "Today, the procedure has evolved into a primarily therapeutic procedure used to treat diseases and blockages of the bile and pancreatic ducts."

During the procedure, a flexible tube is gently passed down the patient's throat into the esophagus, stomach, and duodenum (part of the small intestine) until it reaches the point where the ducts from the pancreas and liver drain into the duodenum. The physician inserts a small catheter into the affected duct and injects a dye that temporarily fills the duct so X-rays can be performed. If a stone is found, an instrument on the endoscope is used to cut the duct, allowing the stone to be removed.

For more information about gastrointestinal services at Methodist, visit www.mmcoakridge.com.

"Because removal of gallstones can be completed laparoscopically, the procedure is less invasive, benefiting the patient in experiencing a reduced amount of soreness, which means less of a need of pain medication and a small incision. Within a couple weeks, patients should be able to return to normal, daily activities."

—David Long, MD, general and vascular surgeon at Methodist

"Using highly developed technology, our team of board-certified physicians and nurses diagnose and treat a patient's gastrointestinal problem. Depending on the patient's particular case, Methodist Medical Center of Oak Ridge offers a full array of both inpatient and outpatient services."

— Jeff Gilbert, MD, gastroenterologist at Methodist

Spring Calendar of

Classes, Events, and Support Groups

Making healthy choices for you and your family is one of life's best investments. Whether your goal is to stop smoking, lose weight, or reduce stress, Methodist Medical Center of Oak Ridge can help with a variety of low-cost or no-cost classes and support groups. Best of all, they're not only good for you, but they're also fun!

Exercise Classes for All Ages

- **Bodyworks 50+**
- **Intermediate Cardio 50+**
- **Mommy & Me Exercise**—fun exercise classes for mothers and their babies/toddlers
- **Mommy Walk**—for mothers and their babies/toddlers
- **Mommy Yoga** (morning class)
- **Pilates**
- **Pump!**
- **“Right Track for Kids”**
- **Sit ‘B Fit 50+**
- **Yoga for Your Health** (evening class)

Family Classes & Events

- **Big Brothers, Big Sisters Class**
- **Classes for New and Expectant Families**
- **Class for New Dads**
- **CPR and Infant CPR**
- **First Aid for the Community**
- **Health Night on the Town Education Programs**
- **Mommy & Me Lunches**
- **“Quick Start” and In-depth Breastfeeding Classes**

Health Night on the Town Education Programs

Methodist Medical Center's Health Night on the Town is a medical lecture series presented by physicians and other health professionals. All programs are free of charge and open to the public.

Topics and speakers subject to change.

February 23—Your Heart—Your Health with Meg Happel, MD

March 30—3D Treatment Planning in Oral Surgery with Joshua Campbell, DDS

April 27—Women and Sleep Disorders with Cherridan Rambally, MD

Heart Healthy Cooking Classes

These delicious—and nutritious classes—are offered throughout the year. Call (865) 835-5235 to register.

Next classes scheduled are:

April 12: “Pizzas that Deliver! Fast, Flavorful, Fresh, and Healthy”

June 14: “Summertime Favorites”

Smoking Cessation

Make today the day you decide to stop smoking — we'll help you quit. Next eight-week class series starts April 6.

Support Groups

- **Congestive Heart Failure (CHF)**
- **Diabetes**
- **Stroke**

Save the Date!

MMC Foundation Casino Night 2010

Saturday, April 17, 2010

“Rollin’ on the Bayou” Casino Night benefits programs supported by the hospital's Foundation and features casino-style games and tables, as well as a dinner buffet, musical entertainment, and dancing. In addition, live and silent auctions are part of the fun.

Call (865) 835-5261 for more information.

Do you want to learn more about what Methodist Medical Center of Oak Ridge has to offer?

Call (865) 835-4662 to request your FREE copy of Methodist's NEW 2010 Physician's Directory and Class Catalog!



For a complete list of classes and programs, including dates, times, and fees, call (865) 835-4662 or log onto www.mmcoakridge.com.



This is a
recyclable product.

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



Nothing can replace a great dance with your sweetheart.

Great thing the
Methodist Joint Replacement Center
can keep you on your toes.

The Methodist Joint Replacement Center's comprehensive program combines leading orthopedic physicians, the most advanced technology, team therapy, a supportive group environment and a club-like atmosphere. It's a combination proven to restore movement more comfortably, quickly and completely than old-style hip and knee joint replacement.

Life is too much fun to let sore joints slow you down. Call **865-835-4662** or visit methodistjointreplacement.com to find out how the Methodist Joint Replacement Center can help you get back to the activities you love.

 **METHODIST**
Joint Replacement Center

Because there's no replacement for you.

Brian Edkin, M.D.
Edward Kahn, M.D.
Michael MacKay, M.D.
Cletus McMahon, M.D.

Michael O'Brien, M.D.
Clifford Posman, M.D.
Jean-François Reat, M.D.
Randall Robbins, M.D.

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