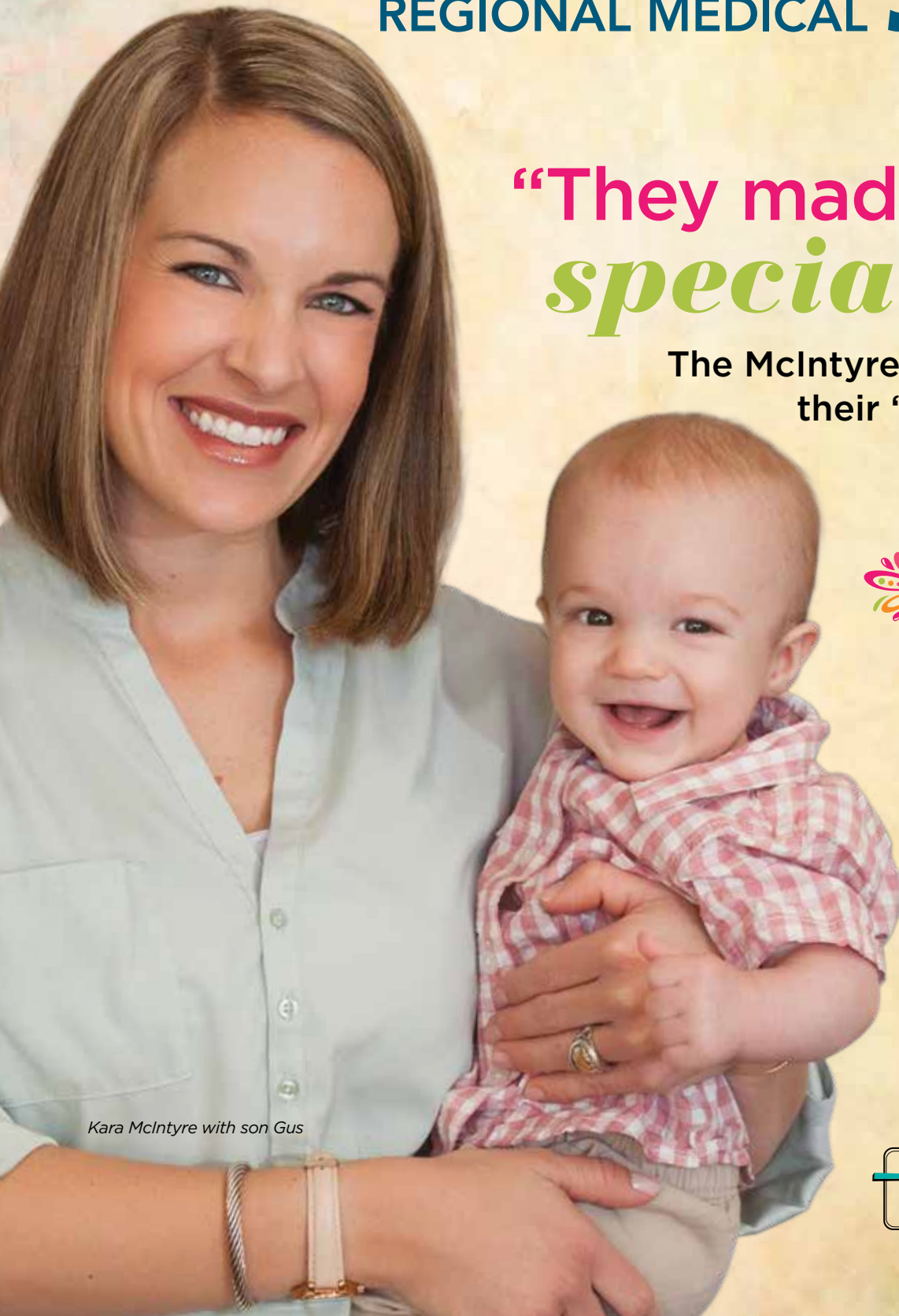


HEALTH NEWS *from*

SUMMER 2016

st. mary's

REGIONAL MEDICAL CENTER



Kara McIntyre with son Gus

“They made it truly
special for us”

The McIntyre family recounts
their “legacy birth” at
St. Mary's



Also inside:

**GET FIT
FOR SUMMER**
Smart workout
strategies

**NOTHING TO
SNEEZE AT**
Kids' summer
colds and
allergies

Compliments of



St. Mary's
REGIONAL MEDICAL CENTER

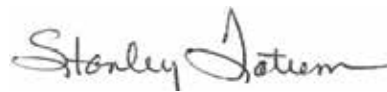


The BirthPlace at St. Mary's Regional Medical Center is dedicated to making every delivery a safe and special experience. For one young couple, the birth of their daughter, Ellie, was even more heartwarming when they learned she was born in the very same hospital room where her dad was born years earlier. Kara

and David McIntyre, who are now the proud parents of two children born at St. Mary's, share the story of their family's "legacy birth" on the adjoining page.

Also in this issue of *Health News*, we bring you a story about our collaboration with the Oklahoma Healthy Aging Initiative, which provides educational programs, screenings, fitness classes and disease management support to seniors and their caregivers. You can read more about this on page 10. We share information on page 6 about exercises to build strength and prevent injuries. And on page 4, Pediatrician Eve Switzer, MD, talks about kids' colds and summer allergies.

Last but not least, we wrap up our summer issue with an invitation to you, our readers, to join our team of dedicated volunteers. Here at St. Mary's, we define our care not just by the high quality of our services, but by our compassion and strong sense of community. We hope you can join us, and we wish you a happy, healthy summer!



Stanley Tatum
Chief Executive Officer

IN THIS ISSUE

4 KIDS' SUMMER
COLDS AND
ALLERGIES
How to tell them apart

6 THE BENEFITS
OF STRENGTH
TRAINING
Exercises to get
you started

8 JOINT
REPLACEMENT
SURGERY
Could this be right
for you?



New blood draw center OPENS IN ENID

St. Mary's Regional Medical Center is pleased to announce the addition of its third phlebotomy (blood draw) center in Enid. The newest center is located in the St. Mary's Healthy Living Clinic, 302 N. Independence, Suite 700 in Independence Tower. The draw center is open from 8 a.m. to 4:30 p.m. Monday through Friday and accepts signed orders from any physician. To utilize this service, all you need are your physician orders, two forms of ID and your insurance card.

FOR MORE INFORMATION, CALL 580-249-3431.



Kara McIntyre with Gus and Ellie

Surprise legacy birth

at The BirthPlace at St. Mary's Regional Medical Center

Delivery room holds a special place in the McIntyres' hearts

When Kara and David McIntyre decided to start a family, friends recommended St. Mary's Regional Medical Center. It wasn't long before the couple was expecting.

A special birth experience ... and a surprise

When she went into labor on April 30, 2013, Kara and David went to The BirthPlace at St. Mary's Regional Medical Center. Kara says the whole birth experience was great from start to finish. "The nurses and staff were compassionate and I felt like I was their only patient. They made it truly special for us," says Kara. "Our daughter, Ellie, was born right in our private suite, and it was a very calming environment."

But the big surprise for the couple was when David's mother visited and recognized it as the same room where she delivered David years before. "Talk about a legacy!" says Kara. "Hearing that made our experience so much more special, having a father and daughter born in the same hospital room!"

In good hands at The BirthPlace

Shortly after Ellie was born, Kara heard that her doctor was retiring. When she learned she was pregnant for a second time, she was referred to OB/GYN Kimberly Roark, MD. "Dr. Roark was very thorough during my second pregnancy. She walked me through the whole process, even though it was my second time," says Kara.

On August 16, 2015, Kara and David's son, Gus, was born. "We can't say enough about our wonderful experience, both times," says Kara. "It is such a caring, nurturing environment and the staff is so supportive, not just for the mother and baby, but they made my husband feel special, too. We highly recommend The BirthPlace at St. Mary's Regional Medical Center." ■

For more information about The BirthPlace at St. Mary's Regional Medical Center, visit www.stmarysregional.com/birthplace.



Achoo!

When your child's sneeze suggests an allergy

You just got back from the pool and your child has a runny nose for the fourth day in a row. Could it be seasonal allergies? Or is it just a cold? >





Eve Switzer, MD

“Distinguishing between a cold and an allergy is one of the hardest things for parents,” says Pediatrician Eve Switzer, MD. “It’s especially tough for children ages 3 and under because they get sick with colds more often.”

To help differentiate the two, Dr. Switzer notes that with colds, there tends to be more fever and a thicker, more discolored nasal discharge. “Children with allergies may look good overall, and the drainage coming from their nose tends to be clearer. One of the things I ask my young patients is if they have the runny, itchy, sneezies,” Dr. Switzer says. “If they do, this could suggest an allergy.”

If an allergy is suspected and the child is six months or older, Dr. Switzer generally recommends treating their symptoms with an over-the-counter antihistamine. (For children under six months, parents should consult their pediatrician.) “If you try an antihistamine and it doesn’t work, then it’s probably a cold,” she says.

Dr. Switzer is featured in a number of pediatric health videos on the St. Mary’s Regional Medical Center website. To view them, visit www.stmarysregional.com/childhealth.

“I only recommend allergy testing if we have trouble getting the symptoms under control with the medications we usually use,” Dr. Switzer says. Along with an antihistamine—which is usually the first recommended medication—a nasal steroid may sometimes be prescribed, or a leukotriene inhibitor may be recommended to further relieve symptoms.

“If a child has more than one condition at once—such as allergies, asthma and eczema (a condition that makes the skin red and itchy)—I might also recommend allergy testing sooner,” Dr. Switzer notes.

When allergy tests are positive, food sensitivities tend to be more common in children ages 4 and younger, whereas for older kids, allergies tend to be more environmental, Dr. Switzer says.

Finally, if allergies get worse during certain times, as with some seasonal allergies, Dr. Switzer says that switching the brand of medication can sometimes provide added relief. ■

Bug off!

Along with seasonal allergies, bug bites and rashes can be summertime problems for kids. If you see concerning skin reactions, here are some guidelines from Dr. Switzer.

BUG BITES

Antihistamines or topical treatments like hydrocortisone cream can help relieve itching at home. Seek medical help right away if your child is having trouble seeing or breathing. Also, if redness is expanding quickly, streaks are moving up an extremity, or if the bite is associated with a temperature over 101 degrees, see a doctor immediately.

RASHES

If the rash is “blanchable”—which means it gets lighter in color when you push on it—that’s a good sign. If it doesn’t fade under the pressure of your finger, especially if it’s accompanied by a fever, call the doctor. Also consult the doctor for rashes associated with blisters and pustules (small, fluid-filled bumps).

Is your *body* ready for

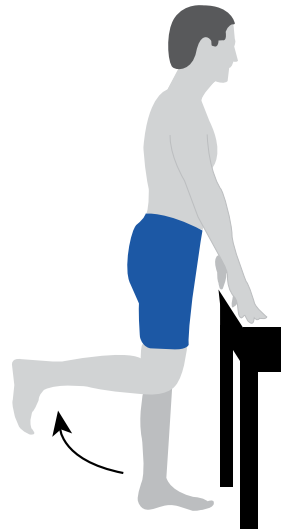
Summer activities like gardening or tennis can be great for your overall wellbeing. But they can also leave you a little sore or even injured if your body isn't ready.

"Building strength and flexibility through simple exercises can help you avoid injuries and maintain better health," says Kent Keithly, a Physical Therapist at St. Mary's Center for Rehabilitation. "You can start slowly and build from there."

If you exercise outside, remember to stay hydrated, avoid working out at the hottest times, limit the length and intensity of your training, and take frequent breaks. Three to four days a week of strength training is a good goal. Finally, check with your doctor before starting any new exercise program. The exercises at right are a good starting point.



St. Mary's Center for Rehabilitation offers physical and occupational therapy services and provides comprehensive patient evaluation, treatment and education for patients and their families. For information and to make an appointment, call 580-237-8278.

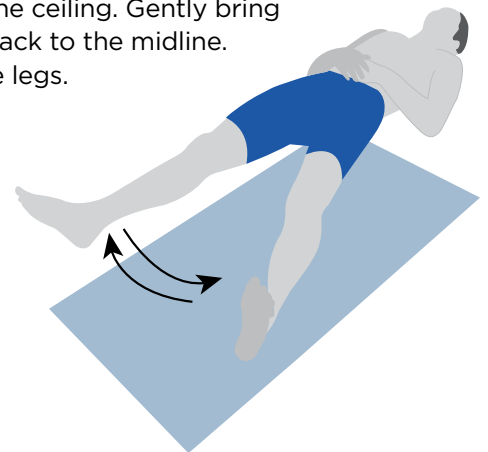


Standing Knee Flexion

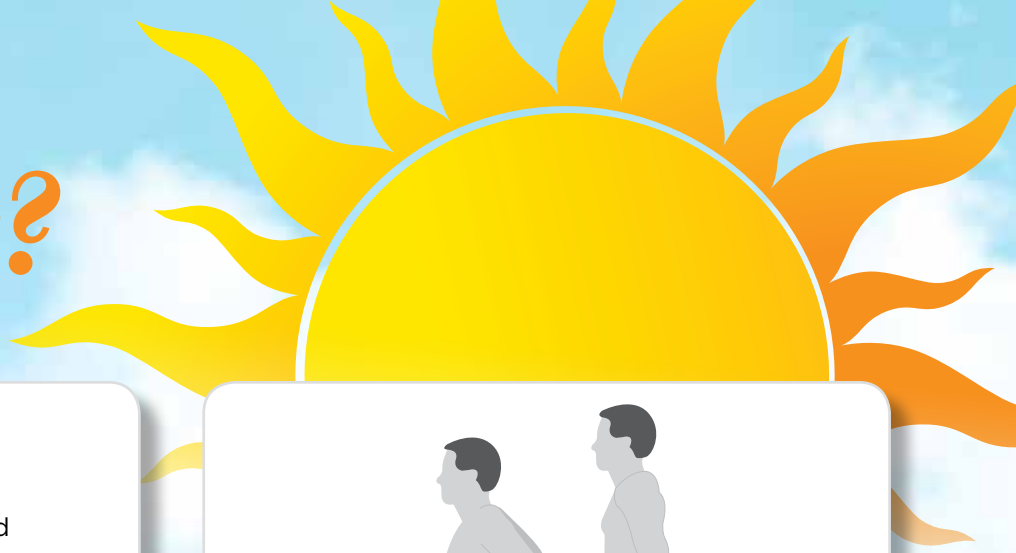
Holding onto an immovable surface, bend one leg up behind you. Then straighten to a full stand, with weight on both legs. Alternate legs. Note: Try to maintain a straight line from the shoulder to the knee.

Abduction and Adduction

Slide one leg out to the side, keeping the kneecap pointing toward the ceiling. Gently bring the leg back to the midline. Alternate legs.

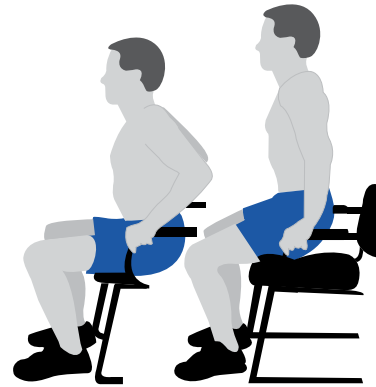


summer?



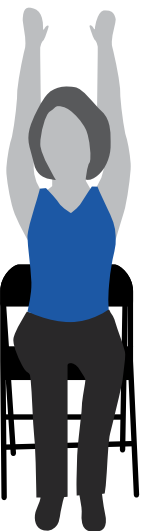
Trunk Twist

Sit facing forward and breathe in. Rotate your upper body to the side, breathing out through pursed lips. Grasp the back of the chair and hold, still breathing out. Return to the center while breathing in. Repeat on the other side.



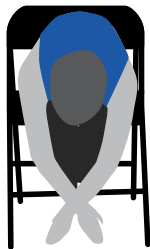
Armchair Push-ups

With your feet firmly placed on the floor, place your hands on the arm rests and push up until your arms are fully extended. Then slowly lower yourself back down to the chair.



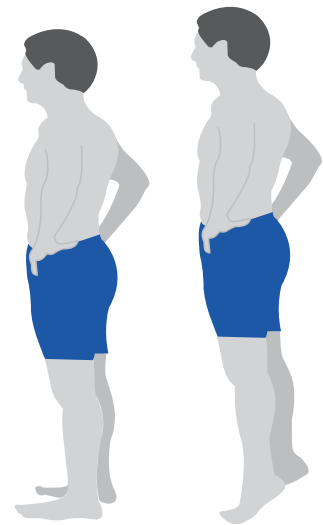
Shoulder Flexion

While sitting, breathe in through your nose. Raise your arms over your head with your thumbs up. Breathe out through your mouth, bend forward and cross your hands to touch the floor.



Standing Heel/Toe Raises

Holding onto an immovable surface, rise up on your toes slowly, then come back down. Now lift your toes from the floor, trying not to lean backward.



JOINT REPLACEMENT SURGERY

Is it right for you?



More than 1 million Americans have a hip or knee replaced each year,

according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. This procedure can relieve the chronic pain associated with osteoarthritis and help people return to the activities they enjoy. Here, **Edgar A. Fike, IV, MD**, an Orthopedic Surgeon with the Joint Replacement Institute at St. Mary's Regional Medical Center, answers some frequently asked questions.

Q: Should I have joint replacement surgery?

This is a very personal decision, and it's different for everybody. There are many non-surgical ways to treat joint pain, such as with medication or physical therapy. If you've tried all those and you're still not pain-free, you should talk with your doctor. Your decision should not be based on your age or what your X-rays show. Ultimately, it comes down to whether you can tolerate your discomfort and do the things you want to do.

Q: How has this procedure changed?

Over the years, it has changed dramatically. The length of hospital stay used to be up to a week. Today, the majority of patients go home one or two days after surgery. Most of their pain is well controlled, the implants are better and the medications are better. At St. Mary's, we place a big emphasis on preparing patients for the surgery and talking with them about what to expect. When their expectations are met, they do better.

Q: Will I be able to walk after the surgery?

You can expect to be up and walking shortly after your surgery. You will start out in the hospital using a walker, and you may be assisted by a nurse or physical therapist. The next step is to transition to a cane and then to walking unassisted.

Q: How long does recovery take?

This depends on a few things, including your overall health before the surgery, as well as the type of procedure you have. Usually, the healthier you are, the more quickly you'll recover. Typically, within the first two weeks, you'll be doing most things at home with a walker or cane. You can expect to return to work in about six to eight weeks. ■



Take a self-assessment for knee and hip pain at www.stmarysregional.com/joint. To make an appointment with Dr. Fike, please call 580-249-3468.

Smart **DOs** and **DON'Ts** to reach your weight-loss goals



Many of us would like to shed some extra pounds as we head into summer. But where do we start? And how do we make sense of the many diet plans out there? “The best diet is the one you stay on,” says St. Mary’s Dietitian Deirdre Postier. “Choose a diet that does not eliminate necessary nutrients by restricting or excluding entire food groups, and find a diet that can be sustained for a lifetime.” Stay on track with these tips.

DO:

- Find a diet that fits with your lifestyle; you’ll be more likely to stick with it.
- Set small weight loss goals for each week, rather than focusing on the end number.
- Incorporate exercise. “Adults should participate in at least 150 minutes of exercise per week,” Postier says.
- Limit your portions. If you’re dining out, put half your meal in a to-go box before you start eating, and at home, serve yourself half of your normal portion. Eat slowly and wait 20 to 30 minutes to see if you’re still hungry before having more.
- Seek support. Don’t be talked into “one little piece of dessert.”

DON'T:

- Keep tempting food in the house.
- Weigh yourself every day; instead weigh yourself weekly at most. Remember, if you’re working out with weights, results may show in your body measurements or looser-fitting clothes—and not necessarily on the scale.
- Set unrealistic expectations. “When people expect all of their extra pounds to be shed in a month and it doesn’t happen, they tend to give up,” Postier says. Commit to healthy eating for the long term. ■

To find a doctor for yourself or your family, please call our FREE Direct Doctors Plus[®] physician referral service at 580-249-3741.



Outsmart the Barbecue

Opt for chicken breasts or smaller hamburger patties (2 to 3 ounces) with whole-grain buns, and load up on mustard, onion, lettuce and tomato for big taste without big calories. Replace salty pickles with sliced cucumbers, regular chips with baked chips, and fattening salads with fresh vegetables and fruits.

Live well, age well

with free programs for
seniors and caregivers



Americans are living longer than ever before, according to the National Institutes of Health. To help seniors feel their best into their golden years, St. Mary's Regional Medical Center is collaborating with the Oklahoma Healthy Aging Initiative to support free health programs at St. Mary's and throughout the community.

No charge – just come and learn

The Oklahoma Healthy Aging Initiative was established several years ago to enhance the quality of life for older Oklahomans through health screenings and education, fitness and exercise programs, nutrition education and chronic disease management. It is a program of the Donald W. Reynolds Department of Geriatric Medicine at The University of Oklahoma and is supported by the Donald W. Reynolds Foundation. The collaboration with St. Mary's helps to link patients in the local community to classes and programs that are most beneficial to them.

Programs cover a wide range of topics – from managing a diabetes diagnosis or maintaining a healthy brain, to more hands-on classes like Tai Chi, which can be helpful in improving balance and flexibility. “The goal is to educate and empower participants, and promote better health and longevity,” says Melissa Graddick, an Education Specialist with the Oklahoma Healthy Aging Initiative.

The perfect complement



Jill Vilaythong, MD

Internal Medicine Physician Jill Vilaythong, MD, is Medical Director for the Oklahoma Healthy Aging Initiative at St. Mary's Healthy Living Clinic. She also provides input to the programs that are offered.

The curriculum is tailored to community members age 50 and older and their caregivers.

“Often, patients have questions about preventing a certain condition or dealing with a diagnosis they are facing,” says Dr. Vilaythong. “By offering free, accessible education and support, the Oklahoma Healthy Aging Initiative is complementing the care that doctors provide and encouraging healthy habits that can make a real difference in patients' lives.” ■

To learn more about Oklahoma Healthy Aging Initiative programs, go to www.ouhsc.edu/ohai. For a medical appointment, call St. Mary's Healthy Living Clinic at 580-249-3066.

Come join our VOLUNTEER TEAM!

See how rewarding volunteering can be at St. Mary's, where you can meet new people, enjoy flexible shifts and make a difference in patients' lives. "We just recognized the hospital's many fabulous volunteers at a celebration in April, and we are now working to expand our volunteer team," says Jana Bean, Manager of Volunteer Services.

"One of the biggest misconceptions is that volunteers need to have some kind of healthcare experience. But that's not true," Bean notes. "All we ask is that our volunteers be 18 or older and excited to help out. After they fulfill some simple requirements, including a background check, they are ready to start."

Volunteers at St. Mary's escort patients to their destinations, help in the gift shop and drive the "SaintMobile," which takes patients to and from the hospital parking lot. "If you like to be around people, there are lots of opportunities to do that as a volunteer," Bean says. "If you'd prefer to work in a quieter setting away from the hustle and bustle, you can do that, too."

Volunteer shifts at St. Mary's are four hours long, and are available between the hours of 8 a.m. and 4 p.m., Monday through Friday. Volunteers are needed throughout the year, and extra help is often needed in the summer.

As a volunteer at St. Mary's, you'll enjoy a complimentary cafeteria meal on each shift and discounts to the cafeteria and gift shop—plus the reward of helping others.

"It's a great way to get out and meet people and give back to the community," Bean says. ■



St. Mary's volunteers at the April recognition event



"Chester" the pet therapy dog



If you are interested in becoming a volunteer at St. Mary's, please contact Jana Bean at 580-249-3097 or go to www.stmarysregional.com/volunteer.



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