

HEALTH NEWS *from*

FALL 2018

st.mary's

REGIONAL MEDICAL CENTER

Pain relief *success!*

The unexpected therapy that
changed Gaye Lynn's life

Also inside:

BEATING BREAST CANCER

New services at
St. Mary's

PRE-HOLIDAY HEALTH TIPS

Managing stress
and more

*Gaye Lynn Chaney with
her physical therapist
Kent Keithly, PT, Cert. DN,
of St. Mary's Center
for Rehabilitation.*

Compliments of



St. Mary's
REGIONAL MEDICAL CENTER

FROM THE CEO



On behalf of the staff at St. Mary's Regional Medical Center, I'd like to thank the community for voting us "Best Hospital" and "Best Cancer Treatment Center" in *Enid News & Eagle's* 2018 Readers Choice awards. Receiving this recognition is very rewarding and shows us that we are making a positive difference for the people we serve. St. Mary's is also proud to hold

the highest possible five-star rating from the Centers for Medicare & Medicaid Services.

Our demonstrated commitment to quality helps us attract highly skilled providers and clinicians who can help us continue providing advanced and innovative care close to home. Recently, we were pleased to welcome orthopedic surgeon R. Trent Hulse, MD, to the medical staff. We also introduced a nurse navigator position to provide extra support for patients undergoing breast cancer treatment.

In this issue of *Health News*, you can learn more about dedicated breast care and advanced mammogram screening at St. Mary's. You'll also meet Gaye Lynn Chaney, who tells about her life-changing experience with an alternative pain relief therapy. As the stories in this issue reflect, we are committed to providing outstanding care right here in Enid. Thank you again for voting us among the community's best!



Krista Roberts

Chief Executive Officer

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"I want to tell everyone about it"

Get to know orthopedic surgeon R. Trent Hulse, MD



R. Trent Hulse,
MD

St. Mary's is pleased to announce the addition of R. Trent Hulse, MD, to the medical staff. His areas of specialty include total joint replacement of the hip, knee and shoulder, as well as arthroscopy of the shoulder and knee, ACL reconstruction, carpal tunnel release and ulnar nerve transposition. An Enid native, Dr. Hulse received his undergraduate degree from the University of Oklahoma and his Doctor of Medicine with Distinction from the University of Oklahoma Health Sciences Center. He completed his residency at OU Medical Center/McBride Orthopedic Hospital in Oklahoma City.

**Dr. Hulse is accepting new patients at his office on 900 W. Cherokee, Enid.
For an appointment, call 580-233-6707.**

The holidays: *A time for fun, not stress*

The challenges of entertaining guests, buying a mountain of presents or navigating difficult conversations can turn even the jolliest into a Grinch during the holidays. As we head into the festive season, now's the time to focus on developing healthy coping strategies for seasonal stress.

The American Psychological Association has a variety of techniques to manage holiday stress including finding areas of agreement during tense discussions, setting realistic gift-giving expectations (your mail carrier doesn't need a pony!) and keeping things in perspective. If your best strategies fall short, seek help from a healthcare professional.



Fun, friends and food: Enjoy all three this season

Think you need to sacrifice those family-favorite dishes in order to stay on track with your health goals? Think again! According to the Academy of Nutrition and Dietetics, Americans gain about one to two pounds during the holiday season, but you can avoid diet traps by making mindful eating choices:

- Eat from a smaller plate
- Fill your plate with salads and veggies before entrees or desserts
- Avoid second or third helpings, even if the food is considered healthy
- Don't skip breakfast or lunch—you may overeat if you come to a big meal ravenous
- Choose fruits, vegetables and whole grains—the fiber helps keep you full
- Take your time—chew thoroughly and savor every bite
- Get moving after a meal—take a walk or play a quick game of touch football



For more tips on managing diet and exercise, including healthy recipes perfect for your next gathering, visit our wellness portal at stmarysregional.com/staywell.

Simple steps to prevent the flu

Fall is here—that means flu season isn't far behind. Influenza, more commonly known as flu, is a contagious respiratory illness caused by a virus. But by taking simple precautions, you can help avoid it.

According to the Centers for Disease Control and Prevention (CDC), getting a flu shot each year is the most important step for prevention. Washing hands frequently, covering your mouth and nose when you sneeze or cough, and staying away from people who are sick will also help you avoid common infection sources.

Talk to your healthcare provider before getting your annual flu vaccine. Depending on your insurance, you may even receive your flu shot without a co-pay!

MAMMOGRAMS MATTER IN BEATING BREAST CANCER

3D mammography is available at St. Mary's to help detect cancer earlier, when it is more treatable.

Breast cancer is the most common cancer in American women, except for skin cancers, according to the American Cancer Society (ACS). Finding, diagnosing and treating cancer early are key to surviving this disease. According to the ACS, the five-year relative survival rate for women with stage 0 or stage I breast cancer is close to 100 percent; and for women with stage II breast cancer, the five-year relative survival rate is about 93 percent.

The Women's Imaging Center at St. Mary's Regional Medical Center offers a comprehensive range of services for the early detection of breast cancer, including 3D mammography, also called tomosynthesis digital mammography. This type of screening is different from a standard mammography because it takes multiple images of the breast at various levels and provides more detail. This can help make it easier to identify abnormalities, and is particularly useful for evaluating dense breast tissue. It can also reduce the number of callbacks for repeat testing.

Other services at the Women's Imaging Center include breast ultrasound, which is a noninvasive, non-radiation examination that uses sound waves to detect disease and locate possible abnormalities in breast tissue. It also may be used to help guide doctors during a breast biopsy. Breast biopsies



Ashley Hamlin, RT(R)(M)(ARRT), mammography tech at Women's Imaging, stands beside the new equipment.

are used to remove cells from suspicious areas to definitively tell if cancer is present.

Patients who receive a cancer diagnosis can receive supportive outpatient treatment at St. Mary's Cancer Center, which opened in 2017 to fill an essential need for care in the community. The compassionate and highly skilled team of physicians and staff at the Cancer Center provide diagnosis and consultation; medical oncology and hematology; personalized treatment plans; and infusions, transfusions and chemotherapy. From screening and diagnostic services to individualized cancer care, St. Mary's is committed to providing the resources patients need right here in Enid, close to home. ■



SCHEDULE YOUR MAMMOGRAM SCREENING. The St. Mary's Women's Imaging Center is located at 316 W Owen K Garriott Rd, Enid, OK 73701. Call us at 580-249-3931 to make an appointment, or to learn more about our services visit us at stmarysregional.com/mammo.

Introducing the nurse navigator

Coping with a breast cancer diagnosis can be overwhelming, and patients often have many questions. To provide education and reassurance throughout the treatment process, Weslie White, RN, works in collaboration with the Women's Imaging Center at St. Mary's as a nurse navigator.



"I educate patients about what's going to happen, their treatment options and the side effects they may have," says White, who is also director of oncology services. "I help them make informed decisions," she says, noting that decisions made early on regarding cancer care often affect the treatment patients may need down the road.

White explains that the navigator role has come about as a natural expansion following the opening of the Cancer Center at St. Mary's. Having this extra support gives people an opportunity to have someone with them when they're going through different emotions following a cancer diagnosis. "They may go home and talk with a friend or a sister and have more questions," White says. "We're a resource for them. If they need us, we're here."

The nurse navigator can also help with making appointments and can provide information about resources that are available through the hospital to help patients manage the different personal challenges and physical changes they may experience. Additionally, patients are invited to share their experiences and find encouragement through the hospital's Adults with Cancer Support Group.

"It's really a lasting relationship," says White, noting that many patients stay in touch even after their treatment is complete. Overcoming a cancer diagnosis can be one of the most difficult times in a person's life, and the team at St. Mary's is committed to making treatment and recovery as comfortable and positive an experience as possible. "It's nice when people come back and share that they're still cancer-free," White says. "We celebrate that." ■

The Adults with Cancer Support Group at St. Mary's meets the second Thursday of each month from 5:30 to 7 p.m. at Women's Imaging. For more information call 580-249-5504.

BEAUTY BOOST!



To help patients look and feel their best while they're going through cancer treatment, St. Mary's has an American Cancer Society Resource Room, where patients can choose from a selection of wigs, turbans, hats and other head coverings—free of charge. Brochures, pamphlets and other literature from the American Cancer Society are also available as an educational resource.





Alternative treatment for chronic pain *a success for a busy teacher*

“Dry needling changed my life.”

—Gaye Lynn Chaney

For two years, Gaye Lynn Chaney suffered with plantar fasciitis, a type of heel pain that occurs when the tissue spanning the bottom of the foot becomes inflamed. “When I got out of bed in the morning I could hardly walk, or if I sat for very long and then I tried to get up, it would hurt. I tried everything to get rid of it,” she says, but the pain persisted. Her sister-in-law then told her about dry needling at St. Mary’s Center for Rehabilitation, and she finally found the relief she was looking for. ➤

During outpatient sessions, therapists target deeper muscles and tissue to induce a natural response that stimulates healing.



This close-up view shows just how fine the needles are in a therapist's hand.

"I tell my friends that it's like acupuncture only the needle goes into the muscle tissue," Chaney says. "I could feel results right away."

St. Mary's physical therapist Kent Keithly, PT, Cert. DN, explains that dry needling enables therapists to target deeper muscles and tissue using extremely thin, sterile needles guided into very specific locations. It helps induce an inflammatory response with the goal of improving blood flow and relaxing the muscle.

Patients typically lie down for the treatment, and will feel a little sting when the needle enters their skin. There is some discomfort during the procedure, Chaney says, "but it's bearable and it's not nearly as bad as living with whatever you're living with."

Patients may need up to 10 or 12 sessions, depending on their condition, but sometimes the issue can be resolved in far fewer sessions. Keithly says therapists can usually tell early on if the treatment is going to be effective, and often patients feel a difference immediately.

As her foot began to feel better, Chaney was excited to return to her regular exercise routine and enjoy running without pain. Keithly notes that her active lifestyle, and the fact that she was already stretching her foot and doing the "homework" that is recommended in outpatient therapy, contributed to her positive results.

"Our bodies, no matter what age we are, function better with movement," Keithly says. To support the best possible outcomes, dry needling is offered in conjunction with traditional therapy and exercise, and patients are given activities they can do at home.

For Chaney, the relief she's found has made a big difference in all aspects of her life, including her active career teaching family and consumer sciences at Perkins-Tryon High School, where she is up and down on her feet all day. She says she feels so good now she almost forgets she ever had a problem.

She got a brief reminder when she began to experience symptoms of plantar fasciitis in her right foot, which hadn't been affected previously, and she immediately scheduled a dry needling appointment. "I caught it early," she says, and the pain went away quickly.

To people who may be considering this alternative treatment, Chaney says, "I would try it and just see what kind of results you get. I want to tell everyone about it," she says, "because it's one of those things that just affects your quality of life." ■

Dry needling is provided at St. Mary's Center for Rehabilitation in the Willow Plaza Shopping Center. To learn more, please call 580-237-8278.



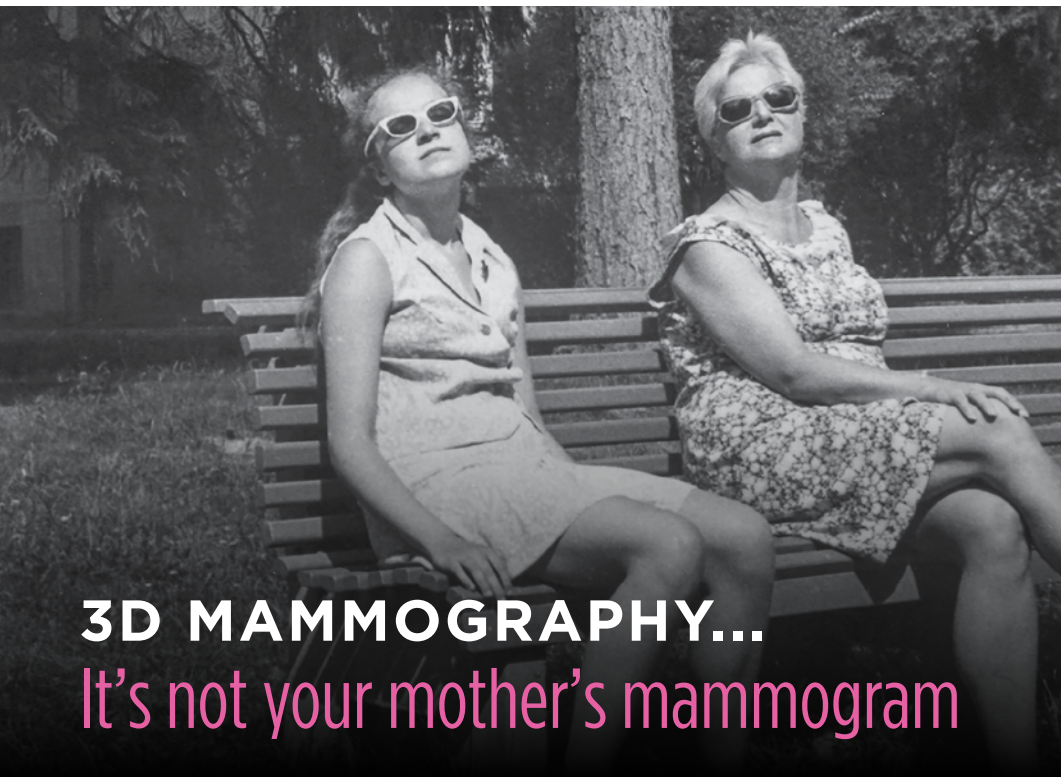
COULD DRY NEEDLING HELP YOUR PAIN?

Dry needling may help if you have:

- Plantar fasciitis
- Tennis/golfer's elbow
- Acute and chronic pain
- Tendonitis
- Shoulder pain
- Mild to moderate knee osteoarthritis
- Low back pain
- Carpal tunnel syndrome
- Headaches
- Hip and gluteal pain
- TMJ

If you're experiencing problems with pain that hasn't been relieved with other treatments, ask your doctor if dry needling may be an option for you. A physician prescription is required.

Individual results may vary.



3D MAMMOGRAPHY...

It's not your mother's mammogram

3D mammography screening offers:

- Advanced technology
- More detailed images
- Better evaluation of breast tissue
- Fewer unnecessary callbacks
- Greater peace of mind

Early detection is the most important factor in surviving breast cancer.

**So don't wait. Schedule your mammogram today.
Call 580-249-3931.**

St. Mary's Women's Imaging is pleased to offer 3D mammography - an advanced screening tool to detect early breast cancers sooner.

316 W. Owen K Garriott Rd., Enid, OK 73701 | stmarysregional.com



St. Mary's Regional Medical Center

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