

HEALTH NEWS *from*

SPRING 2020

# st mary's

REGIONAL MEDICAL CENTER



## *His new life* AFTER KNEE REPLACEMENT

The difference is  
“night and day,” says  
Todd Batchelder

### *Also inside:*

#### **LUNG CANCER SCREENING**

Now available  
at St. Mary's

#### **TAKING BACK CONTROL**

Help for bladder  
and bowel issues

Compliments of



**St. Mary's**  
REGIONAL MEDICAL CENTER

## FROM THE **CEO**



Being part of an environment where people feel positive and engaged can make a big difference – especially in a hospital setting where patients come to heal. Here at St. Mary's Regional Medical Center, we were excited to learn that for the third consecutive year, we were awarded a Top Workplaces honor by *The Oklahoman*. This special recognition reflects the feedback of

employees provided in an anonymous survey and affirms the strong sense of community and shared values at our hospital.

Also, for the third consecutive time, St. Mary's earned an 'A' Leapfrog Hospital Safety Grade in fall 2019. This national distinction is awarded twice a year to recognize achievements in protecting patients from harm and providing safer healthcare.

Looking ahead, we are committed to building on our services and tradition of excellence. To expand your access to specialized care close to home, we are pleased to welcome Dr. Timothy Jones, who has joined St. Mary's Physician Associates to provide advanced treatment for ear, nose and throat (ENT) conditions, as well as facial plastic surgery. You can learn more about Dr. Jones on the back page of this issue. Also, please visit our website and connect with us on social media to keep abreast of the latest news and services at St. Mary's.

Thank you for entrusting us with your care.



**Krista Roberts**  
Chief Executive Officer



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**Free**

## Join us for a lunch-and-learn program on **HIP AND KNEE PAIN**

Orthopedic surgeon **Trent Hulse, MD**, will be the guest speaker at this free event, which is open to the community. If you're struggling with hip and knee pain, come and learn about possible causes and treatment options that may help.

**When: Tuesday, April 14, at 12 p.m.**

**Where: St. Mary's Cafeteria Classroom, 305 S. Fifth Street, Enid 73701**

**A light lunch will be served. Reservations are required and can be made by calling 580-249-9339.**



# Detecting lung cancer earlier with a low-dose CT scan



Lung cancer is the leading cause of cancer death in the United States, says the U.S. Preventive Services Task Force. However, non-small cell lung cancer, which is the most common type, can sometimes be cured if detected early. St. Mary's now offers low-dose computed tomography (LDCT) screening for people who are at high risk.

## *Why earlier is better*

Screening is important because by the time symptoms appear, the cancer already will have reached an advanced stage. The scan is simple, painless and non-invasive, and recommended for those considered high risk based on their age, smoking history and other factors. Medicare covers screening for lung cancer, and private insurance may also cover screenings for high-risk individuals.

Cigarette smoking is the number one risk factor for lung cancer,\* so quitting smoking is critical. A doctor can help guide individuals who smoke to resources, such as nicotine replacements (including gums and patches), medications, behavior modification, community helplines and others. ■

**Learn more at [stmarysregional.com/ldct](http://stmarysregional.com/ldct).**

## Lung Facts

### **Lung screening is quick and easy**

The test takes a matter of minutes, and there is no prep required.

### **Talk to your doctor, even if you are not high risk**

Secondhand smoke kills about 7,300 people a year, according to the CDC. If you have had exposure to this or other substances like radon or asbestos, check with your doctor about getting scanned.

### **Vaping - no safer than cigarettes**

E-cigarettes expose the user to harmful chemicals like formaldehyde and nicotine.

## *Could you be a candidate for lung screening?*

- Are you a smoker or former smoker who has quit in the past 15 years?
- Are you healthy with no personal history of lung cancer?
- Are you between the ages of 55 and 70?
- Did you smoke the equivalent of "30 pack years" (one pack a day for 30 years, two packs a day for 15 years or any combination of years and packs that equals 30)?

If you answered **"yes"** to these questions, talk with your doctor to see if LDCT lung cancer screening is right for you.

\*Centers for Disease Control and Prevention (CDC)



# What you need to know about PNEUMONIA



Pneumonia is an infection in the lungs, and there are different types

of it. Anyone is susceptible. However, for babies, children and older adults, it can become very serious, even deadly.

**Lora Vaverka, APRN-CNP,** shares information on symptoms, causes and appropriate treatment.

## **Q: What are the different types of pneumonia?**

The most common type is community-acquired pneumonia. It is not something you would catch by being in a hospital and can be caused by bacteria, fungi or viruses. Healthcare-associated pneumonia occurs as a result of living in a nursing home or being hospitalized. This type can be more severe because your immune system may already be compromised and be more resistant to medications.

## **Q: What are the symptoms of pneumonia?**

In bacterial pneumonia, symptoms in healthy people 65 and younger can occur suddenly, often after an upper respiratory infection or cold. The person may have a cough with mucus, a fever, the chills, chest wall pain when breathing in or coughing, weakness and a rapid heartbeat. Viral pneumonia can be milder, and many people don't even realize they have it because they don't feel sick; however, they may have a cough with some mucus, a fever or shortness of breath.

## **Q: How is pneumonia treated?**

The treatment depends on the type of pneumonia you have, your health and your age. Antibiotics are usually prescribed for bacterial pneumonia, and over-the-counter cough medications, acetaminophen or ibuprofen can be taken as needed for relief. For those with compromised immune systems or other health issues, hospitalization may be required to prevent or address complications such as increased fluid buildup in the lungs.

## **Q: Is there any way to prevent pneumonia?**

Yes, if you smoke, stop since that can increase your risk of getting pneumonia. Limit contact with people who have respiratory tract infections, the flu or severe colds. If you are 65 and older, check with your doctor who may recommend two different pneumococcal vaccines, especially if you have a chronic health condition. Most importantly, wash your hands frequently as it can help prevent spreading bacteria and viruses. ■



**Lora Vaverka treats adolescents, adults and older adults at St. Mary's Complete Family Care, 500 N. Main Street in Hennessey. To make an appointment, call 405-853-6100.**

# BOOSTING bladder and bowel control



Jarrett Kruska, MD

In a procedure performed at St. Mary's Regional Medical Center, Enid urologist Jarrett Kruska, MD, was the first in the state to implant the FDA-approved Axonics® Sacral Neuromodulation System – an innovative therapy that uses nerve stimulation to treat bladder and bowel dysfunction.

For people who are experiencing problems like incontinence and the frequent urge to go, Dr. Kruska says, this therapy can provide relief of symptoms when other treatments, such as medication and behavior modification, fail. “This is a huge quality-of-life issue,” he says. “Many people feel they can’t get out of the house to go to church or the grocery store or travel, and if they do, they’re always looking for a bathroom.”



The size of the Axonics implant compared to a quarter.

## HOW DOES IT WORK?

The small neurostimulator implant is placed through a minimally invasive outpatient procedure and acts “like a pacemaker for the bladder,” says Dr. Kruska. “It sends an electrical stimulus to the bladder to reduce overactivity, including frequency and urgency of urination.” It also may be used to treat bowel incontinence or leakage, as well as urinary retention, which is the inability to empty the bladder.

\*Axonics Modulation Technologies/FDA  
Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

While this type of therapy has been used in the U.S. for about two decades, the Axonics implant is smaller in size, MRI-compatible and is also the first rechargeable system.

Recovery from the procedure is quick, and there is just a very small incision, Dr. Kruska says. “You’re back to normal activities the next day with some minor restrictions.” Results can be expected right away.

“We expect at least a 50 percent improvement of your symptoms,” and most times, the improvement is much greater, Dr. Kruska says. According to six-month study results reported by Axonics Modulation Technologies, 80 percent of treatment responders had greater than or equal to a 75 percent reduction in urgency leaks.\*

For patients who may be considering this therapy “we have the ability to test neuromodulation to see if they respond to it before we put the implant in,” Dr. Kruska says. This can help patients decide with their doctors if this may be right for them. ■

**This neuromodulation treatment is covered by most insurances, including Medicare. Inquire about your specific coverage, and talk with your doctor about what’s best for you. For help finding a doctor, visit [stmarysregional.com/find](http://stmarysregional.com/find).**

**According to the National Association for Continence, over 33 million Americans suffer from some type of urinary incontinence or bladder condition.**



# Getting healthy knees and his smile back with joint replacement surgery



David Keller, MD

Coping with knee pain used to be a way of life for Todd Batchelder. The problems started when he was a teenager and hyperextended his knee in a motorcycle crash. Next came years of football, baseball and physical work in his family's plumbing, heating and air conditioning business.

"You're on your knees, crawling, carrying around heavy stuff," says Batchelder, who continues to work as a mechanical contractor in the community.

After many years spent in hot attics doing physical and demanding jobs, he developed osteoarthritis in both knees. He had trouble taking time away from his life and work to get treatment, so he found ways to cope with the pain as best he could, but it was difficult.

"I wore out the cartilage, both knees were just bone on bone," he says. "There were days I couldn't go to work because it was just too painful."

Finally, in spring 2019, he made an appointment with board-certified orthopedic surgeon David Keller, MD, to discuss the possibility of knee replacement surgery at St. Mary's Joint Replacement Institute. ►

Todd Batchelder with Audrey Lousch, RN, of the Joint Replacement Institute.

He also got to know the people at St. Mary's Joint Replacement Institute, where patients get support preparing for surgery. "Those people are amazing," he says.

In meeting with Dr. Keller, he had a chance to see X-ray images of his knees and learn more about what surgery would entail. "He is very personable, just a really nice guy," Batchelder says. "I would recommend him for knee replacements every single day."

Dr. Keller explains that surgery should be the last alternative after trying other methods for relief, which Batchelder did. By the time he'd decided to pursue surgery, he was taking multiple ibuprofen and pain relief pills "just to get through the day," he says.

Eager to feel better, Batchelder decided to have joint replacement surgery on both knees. He started with the right side; about 10 weeks later he had surgery on the left.

***"It was the smoothest, easiest thing medically that I have ever done," he says.***

"My first surgery was at 7:30 a.m. I got there at 6, woke up at 10:30." By noon he was on his feet. Getting patients walking right away with a walker is one of the best practices in place at St. Mary's to support the best possible outcomes.

Batchelder's recovery from both knee surgeries went smoothly, and within a few weeks he was walking without the walker. Dr. Keller says his swift rebound was likely impacted by his determination, preparation and positive attitude, which can play a role.

The difference Batchelder feels today both physically and in his mood is "night and day," he says. "I smile a lot more, I enjoy my grandkids now."

His advice to others is not to wait to seek help. "Anybody that is experiencing knee pain and knows they have to get something done, go to your doctor, go to the Joint Camp at St. Mary's. I waited 10 years, way too long. I should have done it a long time ago." ■

**See a video of Todd's story at [stmarysregional.com/todd](http://stmarysregional.com/todd).**



**St. Mary's Regional Medical Center has earned The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement.**



## Are you considering joint replacement?

Dr. David Keller has performed over 1,000 hip and knee replacement surgeries and shared these insights:

- The surgery typically takes between one and two hours, and you can expect to be up and walking with a walker the same day. Most patients go home the day after surgery.
- "Prehab," to get patients physically prepared for their surgery, as well as exercising after surgery, both play a key role. Studies show that even a few weeks of exercise prior to surgery can make a measurable difference in recovery.
- It generally takes about six weeks before a person returns to work, but this timing may vary depending on an individual's health and other factors. Most people will continue to see improvements for an entire year after joint replacement surgery.

**Talk with your doctor about whether you may be a candidate for joint replacement, or for a free physician referral visit [stmarysregional.com/find](http://stmarysregional.com/find).**

# Introducing ENT/Facial Plastic Surgeon **TIMOTHY JONES, MD**

*Board-Certified Otolaryngologist and Plastic Surgeon*



St. Mary's Regional Medical Center is pleased to add Timothy Jones, MD, to the medical staff.

A Shawnee, Okla., native, Dr. Jones provides care for patients of all ages with a wide variety of medical and cosmetic concerns affecting the face, neck, ears, nose and throat.

He performs procedures including:

- Tonsillectomy
- Endoscopic sinus surgery
- Sleep apnea surgery
- Ear tubes
- Salivary gland surgery
- Thyroid surgery
- Skin cancer removal
- Rhinoplasty
- Face and neck lifts
- Ear shaping
- Browlifts
- Eyelid surgery

*Dr. Jones is accepting new patients.  
Most insurance plans accepted.*

Call for an appointment:  
**580-249-3898**

**St. Mary's General Surgery,  
ENT and Facial Plastic Surgery**

330 S. Fifth Street | Suite 401 | Enid, OK 73701



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