

HEALTH NEWS *from*

SPRING 2018

st mary's

REGIONAL MEDICAL CENTER



**“It’s totally
worth it”**

Laurie Price Blodgett tells
how hip replacement
relieved her pain

Also inside:

ASK THE DOCTOR

Managing your
urological health

**THE POWER OF
POSITIVITY**

How comforting
cancer care helped
Rosella Klierer

Compliments of



St. Mary's
REGIONAL MEDICAL CENTER

FROM THE **CEO**



Welcome to our spring issue! As the new CEO of St. Mary's Regional Medical Center, I appreciate this opportunity to stay connected. *Health News* gives us a great way to share updates about the hospital and provide information about our services from some of the people who know us best: our patients.

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In this issue, we introduce you to Laurie Price Blodgett, who tells about her experience with hip replacement surgery in our Joint Replacement Institute. You'll also meet Rosella Kliwer, who describes how the staff in our Cancer Center helped her stay positive through treatments for lymphoma.

In these and all of our services, we continually strive to elevate our performance. We were honored to be named a five-star hospital by the Centers for Medicare and Medicaid Services last December. This is the best possible rating and reflects high marks for quality in multiple categories. We also have been named a High Performing Hospital in Knee Replacement by *U.S. News & World Report* for 2017-18.

Finally, we were excited to be recognized among the Top Workplaces in Oklahoma, which you can read about below. Together, our staff and the providers at St. Mary's are dedicated to advancing care in the community and meeting the diverse needs of our patients right here, close to home.



Krista Roberts
Chief Executive Officer

Hooray for our **WINNING WORKPLACE!**

St. Mary's Regional Medical Center has been awarded a 2017 Top Workplaces honor by *The Oklahoman*. It is one of 80 companies from across the state that were selected.

The Top Workplaces list was based on the results of an employee feedback survey administered by Energage, LLC (formerly WorkplaceDynamics), a leading research firm that specializes in organizational health and workplace improvement. Several aspects of workplace culture were measured, including alignment, execution and connection.

St. Mary's is looking for exceptional people who share our vision and values. To learn about career opportunities, visit stmarysregional.com/jobsearch.



THE OKLAHOMAN

Why regular exercise matters

Engaging in regular physical activity* can have many health benefits, such as controlling your weight, reducing your risk of cardiovascular disease, reducing your risk for Type 2 diabetes and some cancers, strengthening your bones and muscles, and improving your mental health and mood, according to the Centers for Disease Control and Prevention (CDC).

For adults, a combination of aerobic activity, such as brisk walking or jogging, and muscle-strengthening activities, such as weight-lifting or yoga, is recommended to stay healthy. To learn more, visit the CDC website at [cdc.gov](https://www.cdc.gov).



Keeping your DIET ON TRACK

If you're trying to shed extra pounds, asking yourself these two questions can help you achieve success, according to [nutrition.gov](https://www.nutrition.gov).

- #1 Have you established realistic goals?
- #2 How are you going to track your progress?

While everyone's goals may be different, a reasonable rate of weight loss is one to two pounds per week, according to [nutrition.gov](https://www.nutrition.gov). Along with weighing or measuring yourself, keeping a personal journal, using a diet-related app or checking in regularly with a friend or family member can help you stay on track.



For helpful exercise and diet ideas, including healthy recipes, visit our wellness portal at stmarysregional.com/staywell.

**Before starting a new exercise routine, consult your doctor.*

Are you expecting?

Attending a childbirth education class at St. Mary's can help you and your baby get off to a healthy start by addressing topics such as: what to expect during delivery (including Cesarean); breathing and relaxation techniques; which anesthesia techniques are available; and newborn care and labor procedures. A tour of the BirthPlace is also included. For a class schedule, visit stmarysregional.com/childedu.

Also, St. Mary's has teamed up with Text4Baby to provide free informational text messages to help expectant and current mothers through pregnancy and baby's first year. Learn more about this and other childbirth services at stmarysregional.com/healthybaby.



“MY LIFE WAS SO *compromised before*”

“It’s totally worth it,” says Laurie Price Blodgett, 48, of her hip replacement at St. Mary’s Joint Replacement Institute.



David Keller, MD

Being active is a big part of Laurie Price Blodgett’s life. She teaches a fitness class at the YMCA and exercises regularly, so when joint pain began

to interfere with her routine, she knew she had to seek help.

The pain would shoot from her hip area through her groin to her knee. “It got progressively worse,” she recalls. “The two most difficult things were walking and sleeping,” she says.

At first, she thought the problem was with her knee, but X-ray images revealed that she had osteoarthritis in her hip. After meeting with orthopedic surgeon David Keller, MD, she scheduled joint replacement surgery for September 12, 2017, at the Joint Replacement Institute at St. Mary’s. ►



Participating in therapy helps to support optimal outcomes.

In the weeks leading up to her surgery, she participated in “prehab” which involved doing exercises recommended by her physical therapist to help strengthen the muscles around her joint. The goal, she explains, was to help alleviate the discomfort before the surgery and be better prepared for afterward. She also attended a pre-operative education class at St. Mary’s where she learned what to bring to the hospital and what to expect.

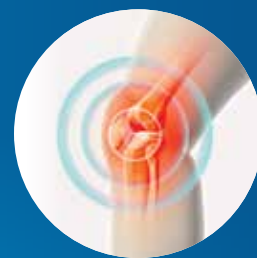
When the day of her surgery came, everything went very well, she says. “The groin pain was gone upon waking from anesthesia,” she recalls. “You could tell the difference right away.” The next challenge, she notes, was “learning how to manipulate this new body part.”

Patients usually have a one-on-one meeting with the physical therapist the morning after surgery and are up and walking that day, Dr. Keller explains. The next morning, they have breakfast with other patients and participate in group therapy. “With the group, we had that common bond and common empathy with each other,” says Blodgett. “I thought it was great.”

She spent just one night in the hospital, and was discharged the next day, after group therapy, to continue her recovery. She used a walker for the first five days, then transitioned to a cane. Three weeks after surgery she was back at work in her office, and two weeks after that she was back to teaching her class at the YMCA.

“She’s a great patient in great shape and is super-motivated,” says Dr. Keller. “Her exercise background helped her,” he notes. Also, all the things that take place around surgery, like prehab, early mobility and setting clear expectations, make a big difference in helping patients achieve optimal outcomes, he says.

“They will help you and guide you and do everything they can for you to have success,” says Blodgett of her experience at the Joint Replacement Institute. Today she’s pain-free and sometimes forgets she had surgery. “It’s like, oh yeah, I have a new hip,” she says. “To me, that’s the best feeling – being able to be me again.” ■



Are you a candidate for joint replacement surgery?

1. Are joint pain problems limiting your daily activities?
2. Are non-operative treatments ineffective?
3. Does joint pain interfere with sleep?
4. Have you been in pain for more than a year?

If you answered “yes” to these questions and have had an X-ray showing bone-on-bone in your joint, then you may be a candidate for joint replacement surgery.

Learn more about joint replacement and see videos of other patient stories at stmarysregional.com/jointcare.



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. It has also been named a High Performing Hospital in Knee Replacement by U.S. News & World Report for 2017-18.

Coping with kidney stones, incontinence and more



Dealing with certain urologic conditions can have a big impact

on your health and quality of life. If you have concerns, it's important to know that effective treatments are available. Board-certified urologist **James Colvert III, MD**, has been in practice for more than 14 years in Enid. Here, he addresses questions patients may have.



Q. What are kidney stones?

Kidney stones are hard deposits that can form inside your kidneys. Sometimes they may go unnoticed without symptoms; but problems can occur if they cause an obstruction, leading to severe pain in the back and side, sometimes moving into the lower abdomen and groin. If you experience these signs, go to the nearest emergency room right away. Doctors can determine if you have a kidney stone or another condition, such as appendicitis or a gall bladder issue, which can sometimes have similar symptoms.

Q. How are kidney stones treated?

It depends on where the stone is located. For those down low in the ureter, a scope may be inserted into the bladder and the stones may be broken up with a laser. In other cases, patients may be treated with extracorporeal shock wave lithotripsy, which uses shock waves to break the stone into small pieces. For larger stones, a minimally invasive procedure called percutaneous nephrolithotomy may be performed through a small incision in the back.

Q. What other conditions can affect men and women?

For men, a common condition is prostate enlargement that may cause bladder outlet obstruction and other symptoms, such as urgency and frequency going at night. For many patients with this condition, a five-minute outpatient UroLift® procedure can be an effective treatment. Among women, common urologic issues include stress incontinence and overactive bladder. A number of treatment options are available. ■

What should men know about prostate cancer screening?

Screening can help to detect cancer earlier, when treatment is more effective. According to the American Urological Association, men between the ages of 55 and 69 benefit the most from screening. Men younger than 55 with a positive family history or who are African American may be recommended for earlier screening. After 69, recommendations are based on a patient's overall health. Talk with your doctor about what is best for you.

For help finding a doctor, call 580-249-3741.

Finding strength and positive inspiration at St. Mary's Cancer Center

Seventy-year-old Rosella Kliwer is about one year out from her lymphoma diagnosis and is happily feeling stronger and better after receiving treatment at St. Mary's Cancer Center. "If you're going to get better, you need to put yourself in a positive place," she says. "They helped me do that."



She explains that the first sign something was wrong began with swelling in her neck, which led to difficulty breathing and swallowing. A CT scan revealed that she had cancer in her neck and chest, and her treatment immediately began. She spent six days in inpatient care at St. Mary's, where she had a chest tube inserted to drain the fluid that was contributing to her symptoms.

Once the swelling was relieved, that was a turning point, she says. "I thought, I can do this. The care I received at St. Mary's was just amazing."

Shortly after that, she began chemotherapy at St. Mary's Cancer Center. This entailed six treatments every three weeks over a period of several months. "They were always professional but also very kind," she says. "They kind of became my family."

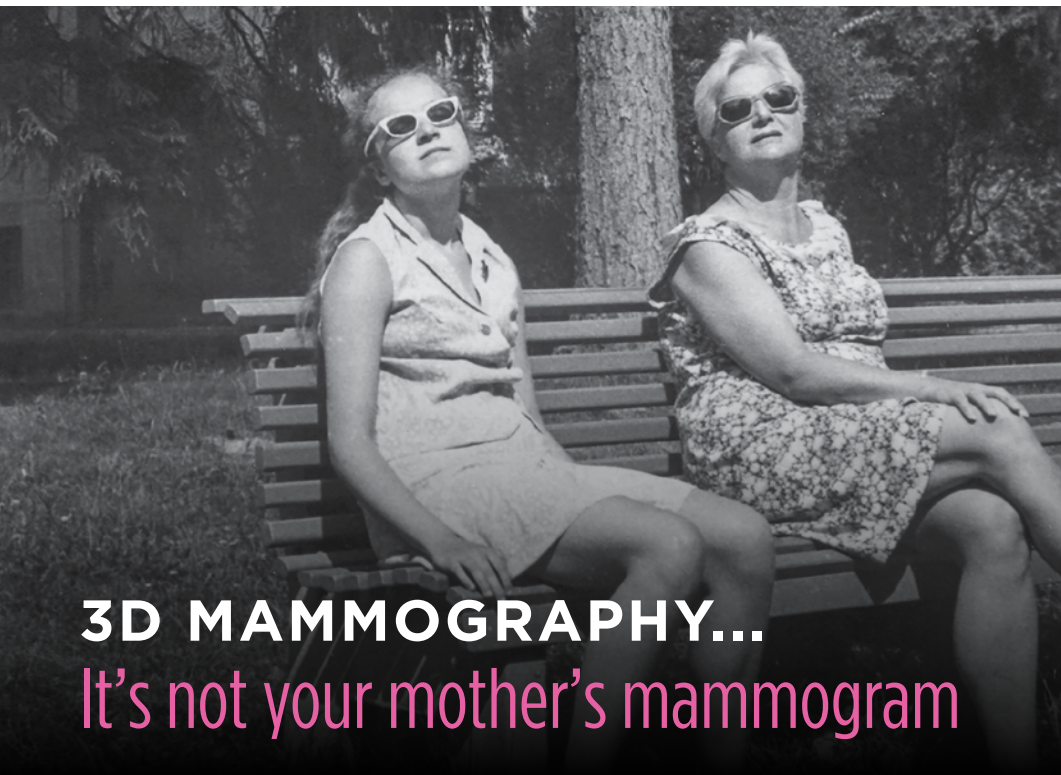
She recalls how one of the oncology nurses encouraged her to do as much as she could tolerate throughout her treatment. At first, just going to the grocery store was challenging, but later she joined a tai chi class, which has helped improve her strength and confidence.

She'd moved back to Enid from San Antonio, Texas, just months before her diagnosis to be closer to her brother and sister. Today, she is grateful to be able to spend more time with her family and thankful for the support she received at St. Mary's. Whether she was talking with one of the staff members, having lunch or just watching TV with a blanket, they made her feel comfortable. "I would definitely recommend St. Mary's Cancer Center to anyone who needs treatment," she says. ■

For more information, visit stmarysregional.com/cancercare or call 580-249-5504.



The Cancer Center at St. Mary's provides a comprehensive range of services, including: diagnosis and consultation; medical oncology and hematology; personalized treatment plans; and outpatient oncology services, including infusions, transfusions, chemotherapy and bone marrow biopsies. Plans are underway for a new Cancer Center location across the street from the hospital in Parkview Tower by the end of the year.



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- Better evaluation of breast tissue
- Fewer unnecessary callbacks
- Greater peace of mind

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

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St. Mary's Regional Medical Center

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