

Spirit of Health

WINTER 2022

A CHI Saint Joseph Health publication focused on building healthier communities.



The Women's Health Issue: Achieving Good Health at Every Age (and Stage)

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Gynecological Surgery at
CHI Saint Joseph Health
**IS FASTER AND
BETTER THAN EVER**
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Dear Spirit of Health readers,



As we begin a new year of renewed hope and optimism, we recognize that the changing and enduring nature of COVID-19 has taken its toll on our collective physical

and mental well-being. We also know that our communities rely on our talented team of health care professionals, clinics and hospitals to be there in times of need; this is our source of continued motivation of ensuring all have access to care who need it.

During 2021, we celebrated "A Year of Humankindness" to recognize the amazing kindness we have witnessed across our communities, and that has been provided to our health care heroes over the past two years. We are also proud of the humankindness our employees display regularly within the walls of our facilities as well as outside in the community. Sister Janet Carr, Mary Jefferson and Ed Lane are just three examples of how those called to serve our ministry continue to give back on a daily basis.

In this issue of Spirit of Health, we focus on women's health and the unique needs they have for care. Saint Joseph Hospital and Saint Joseph East are the only locations in

Lexington accredited as Centers of Excellence in Robotic Surgery for multiple specialties, including several gynecological procedures.

In addition to gynecological care, women face some unique needs with their health, including orthopedic issues as they remain active throughout their lives, heart health and the mental health issues that come through the years.

Finally, read about how our Foundations will once again celebrate the spirit of giving in our communities as they hold the second Evening of Hope. This innovative event — actually intimate dinner parties hosted by dedicated donors — allow us to support the needs of cancer patients and their families. It is a display of humankindness that inspires us in our work to serve our communities.

Thank you for your ongoing support of our health ministry. May you and your loved ones have a safe and healthy 2022.

Anthony (Tony) A. Houston, Ed.D., FACHE
Chief Executive Officer
CHI Saint Joseph Health

Cover

Amy Baker, DO, CHI Saint Joseph Medical Group – Obstetrics and Gynecology in Lexington, says gynecological care is not just necessary during the reproductive years.

Women need care from their adolescent years through menopause and beyond.

Photo by Allie Filley

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Spirit of Health Winter 2022

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A Robotic Revolution in Gynecological Surgery

Saint Joseph Hospital and Saint Joseph East are the only locations in Lexington to be accredited as a Center of Excellence in Robotic Surgery for multiple specialties by the Surgical Review Corporation.

Imagine undergoing surgery and being back on your feet in a couple of days. Patients at CHI Saint Joseph Health don't have to imagine. Robotic gynecological surgery makes these noninvasive procedures a reality.

A Bevy of Benefits

The term "robotic surgery" is a bit misleading since robots do not perform any surgery. Rather, a surgeon uses robotics to conduct the procedure with greater precision. CHI Saint Joseph Health uses the da Vinci surgical robot, which provides 3D imaging of the patient's anatomy during surgery. This enables the surgeon to work with much greater precision and range of motion to improve surgical outcomes.

Adopted by CHI Saint Joseph Health in 2013, the da Vinci system has resulted in more accurate diagnoses, shorter operations, small bandage-sized incisions, less postoperative pain and fewer opioid prescriptions.



Larry Butler, MD

"Robotic surgery affords a minimally invasive approach to make complicated procedures easier," said **Larry Butler, MD, FACOG**, CHI Saint Joseph Medical Group – Obstetrics & Gynecology in Lexington. "Using this technology, difficult cases are resolved safely and more completely, and patients can return to an active, normal life sooner."

Am I a Candidate for Robotic Surgery?

Many patients, including those who have had previous abdominal or reproductive surgery with poor results, may consider robotic surgery. Dr. Butler says advancements in robotic procedures now provide better outcomes than surgeries that involve large incisions or longer recovery time. At CHI Saint Joseph Health, robotic technology is used to perform several gynecological procedures, including:

- C-section repair
- Endometriosis
- Pelvic pain diagnostics
- Hysterectomies
- Pelvic prolapse

Patients with complicated cases may also consider robotic technology. Dr. Butler says vaginal or abdominal prolapse repair used to have a 40% recurrence rate, but with robotic technology, recurrence happens only 10% to 15% of the time.

"The robotic technology makes it safer to treat those difficult conditions," Dr. Butler said. "Using the da Vinci system allows us to diagnose and treat complicated cases in ways we couldn't before."

Ask for Options

"Patients need to know the option for robotic surgery is there," Dr. Butler said. "If they've had poor outcomes before, the robotic technology is an advantage to potentially bring them to the next level of healing. They just need to ask."

Dr. Butler suggested speaking with your provider about your level of activity, previous medical history and sexual functioning to determine your best gynecological treatment method.

"Robotic procedures may not be for everyone," Dr. Butler said. "Yet it's important to ask the questions and find a provider with expertise in all surgical options."

CHI Saint Joseph Health has multiple women's health locations that provide leading-edge treatment closer to home. To find your nearest provider, visit [CHISaintJosephHealth.org/lexington-gynecologic-care](https://www.chisaintjosephhealth.org/lexington-gynecologic-care).



A Lifetime of Gynecological Care

CHI Saint Joseph Health offers care for women at every stage in life.

Women of all ages need regular OB-GYN care to stay healthy. Whether you're in your teens, your early 30s, approaching menopause or beyond it, visiting an OB-GYN is essential to good health.

"We see people from adolescence through perimenopause, post-menopause and beyond, not just through the reproductive years," said **Amy Baker, DO**, CHI Saint Joseph Medical Group – Obstetrics & Gynecology in Lexington.

"Gynecologic care is important at every stage of a woman's life," said **Hannah Hall, MD**, FACOG, CHI Saint Joseph Medical Group – Obstetrics & Gynecology in Bardstown. "Sometimes I hear people say, 'I'm past that point in my life,' but you never get past that point."

Care in Your Teens

Most young women should have their first appointment with a gynecologist before the end of their teen years, although the exact age depends on the person.

"There are a number of problems that could develop long before becoming sexually active," Dr. Hall said. "It's good to establish a

relationship with your doctor early, so if a problem does come up, you know who to go to."

Some teens experience problems with irregular menstrual cycles, cramps or yeast infections. A gynecologist can help diagnose and treat those and other issues and answer questions about what is and isn't normal as they journey into puberty.

Your 20s and 30s

Whether you're ready to have a baby or choose to delay pregnancy, your gynecologist can help you find your best family planning options.

"Most visits during these ages include questions about sexual health," said **Anthony Smith, MD**, CHI Saint Joseph Medical Group – Obstetrics & Gynecology in Lexington. "But this is also a time to address painful menstruation, pain during intercourse and emotional changes associated with the menstrual cycle."



Anthony Smith, MD, OB-GYN

Amy Baker, DO, CHI Saint Joseph Medical Group – Obstetrics and Gynecology, delivers babies at the Women's Hospital at Saint Joseph East, but stresses care is needed beyond a woman's reproductive years.



By age 21, women should also begin regular Pap smears, or Pap tests, to screen for cervical cancer. Pap smears are recommended every three to five years if results are normal, but an annual pelvic exam and breast check is still advised.

“A physician may notice breast abnormalities long before it’s time to start getting mammograms,” Dr. Hall said.

If you’re ready to start a family, your OB-GYN can help you navigate fertility issues. Dr. Baker recommends women take a prenatal vitamin before and during pregnancy. Other key factors to a healthy pregnancy is diet and weight management before and during pregnancy, and lifestyle changes, such as quitting smoking, and getting the proper vaccines, including the COVID-19 vaccine.

“We are absolutely recommending that our patients who are considering pregnancy or are currently pregnant get their COVID-19 vaccine,” she said. “It is safe and it is effective and it is what is keeping our moms healthy during the pandemic.”

After giving birth, your physician can ensure your recovery is proceeding normally.

“One of the most important things we can do is identify patients with postpartum depression and provide emotional support, whether that’s getting them into counseling or prescribing medication if needed,” Dr. Smith said.

Your 40s and Early 50s

Middle age is a time of transition for most women. Hormonal changes can affect your mood. Physical changes can affect your health. And life changes can affect your emotions.

In addition to starting annual mammograms and discussing signs of perimenopause, your gynecologist can discuss other concerns at your annual visit. Uterine fibroids often begin or increase during middle age, causing heavy periods and pain. Other women may experience urinary incontinence, especially after a vaginal childbirth. But incontinence, bleeding or pelvic pain can also be symptoms of other problems a gynecological screening could detect.

“For instance, we see a lot of women with pelvic pain, and about a third of them actually have gastrointestinal problems,” Dr. Hall said. “We then get them to the right specialist for help.”

Menopause and Beyond

Even after your childbearing years end, your gynecologist can help you adjust to this new phase of life.

“We can provide services to help deal with decreased sex drive, vaginal dryness, hot flashes and emotional issues like depression,” Dr. Smith said. “Also, it’s important to begin screening for osteoporosis and continue screenings for breast and cervical cancer.”

Most women who develop ovarian cancer get it after menopause, and a pelvic exam can detect masses that need further examination.

“I don’t think there’s a point where it’s ever OK to just dismiss gynecologic care,” Dr. Smith said.

Many women also see weight gain during menopause. “We talk about lifestyle changes, how the metabolism changes after menopause and give different lifestyle modifications that people can make during that transition,” Dr. Baker said. One such change she



Hannah Hall, MD, said a woman never gets past the point of needing gynecologic care.

What You Need to Know About the HPV Vaccine

Did you know the HPV vaccine isn’t just for adolescents?

While the vaccine provides the most protection against cervical cancer and HPV-related oral cancers when received by children before they become sexually active, older people can benefit as well.

The Centers for Disease Control and Prevention now recommends some adults between 27 and 45 who are not vaccinated to get it, although the vaccine may be less effective. Women and men at high risk of cervical or oral cancer or those who have multiple sexual partners should talk to their doctor about the HPV vaccine.

recommends is including weight-bearing exercises, not just aerobics, in your routine.

Another benefit of consistent gynecological care is having a doctor you can trust, someone who has gotten to know you and may detect issues beyond your reproductive health.

“I think that women often feel more comfortable talking to us about things they don’t talk about with their regular doctors — not just about sex, but also intimate partner violence, emotional problems and life changes,” Dr. Hall said. “I think gynecologists are really good at identifying different problems.”

Whether you’re just getting started with your gynecological care, overdue for a Pap smear, or have questions about menopause, CHI Saint Joseph Health is here for all your women’s health needs. Visit [CHISaintJosephHealth.org](https://www.chisaintjosephhealth.org) to make an appointment.

High-Risk Prenatal Care Close to Home

The Women’s Hospital at Saint Joseph East offers leading-edge, high-risk prenatal care to families throughout the Commonwealth of Kentucky.



Kristine Lain, MD

The Women’s Hospital at Saint Joseph East is a labor and delivery unit with staff specifically trained to treat mothers with a variety of pregnancy complications. Whether

high-risk complications demand urgency or consistent monitoring, the team at CHI Saint Joseph Health provides compassionate care in a smaller, more personal setting.

Streamlined Services for Families

The CHI Saint Joseph Medical Group – Maternal Fetal Medicine and Imaging Center offers inpatient and outpatient consultations and ultrasound imaging for current or past maternal, fetal or obstetric complications.

“We assist the primary OB-GYN provider as opposed to taking over management of care, so patients can deliver closer to home if they choose,” said **Kristine Lain, MD, MS**, director of women’s services at Saint

Joseph East. “The availability of our services to OB providers here at Saint Joseph East avoids the transfer of patients to a higher-level facility.”

The Women’s Hospital offers ongoing management for medical complications, routine and higher-level obstetrical imaging, fetal echocardiography and genetic screening/testing. The experienced sonography team at The Women’s Hospital provides the highest level of imaging for all pregnancies.

Comprehensive Prenatal Services

Dr. Lain stressed that not all high-risk prenatal cases are considered an emergency. A patient may be monitored to prevent a pregnancy from becoming high-risk.

Monitoring medical conditions such as hypertension, diabetes, lupus or fetal complications such as multiple gestations or fetal growth delay are common, she said. The Women’s Hospital team also is skilled at monitoring past obstetric complications such as prior preeclampsia or preterm

delivery. While this type of monitoring may feel worrisome, Dr. Lain emphasizes the team’s focus on prevention to keep families feeling secure.

“We monitor patients and their babies closely,” Dr. Lain said. “Our goal is always to prevent the emergency situation and provide support.”

CHI Saint Joseph Health has multiple OB-GYN locations to provide leading-edge treatment close to home. Visit [CHISaintJosephHealth.org/lexington-gynecologic-care](https://www.chisaintjosephhealth.org/lexington-gynecologic-care).

Signs of a High-Risk Pregnancy

The Women’s Hospital recommends speaking with your OB-GYN provider if you experience any of the following:

Advanced maternal age — pregnancy risk increases for women over 35

Tobacco or alcohol use — smoking cigarettes or consuming alcohol while pregnant

Maternal health problems — high blood pressure, diabetes, heart or thyroid issues, or obesity

Mental health — feelings of depression or thoughts of self-harm should be reported to your provider immediately

Multiple pregnancy — risk increases for women carrying more than one baby

Pregnancy complications — abnormal placenta position or fetal growth problems

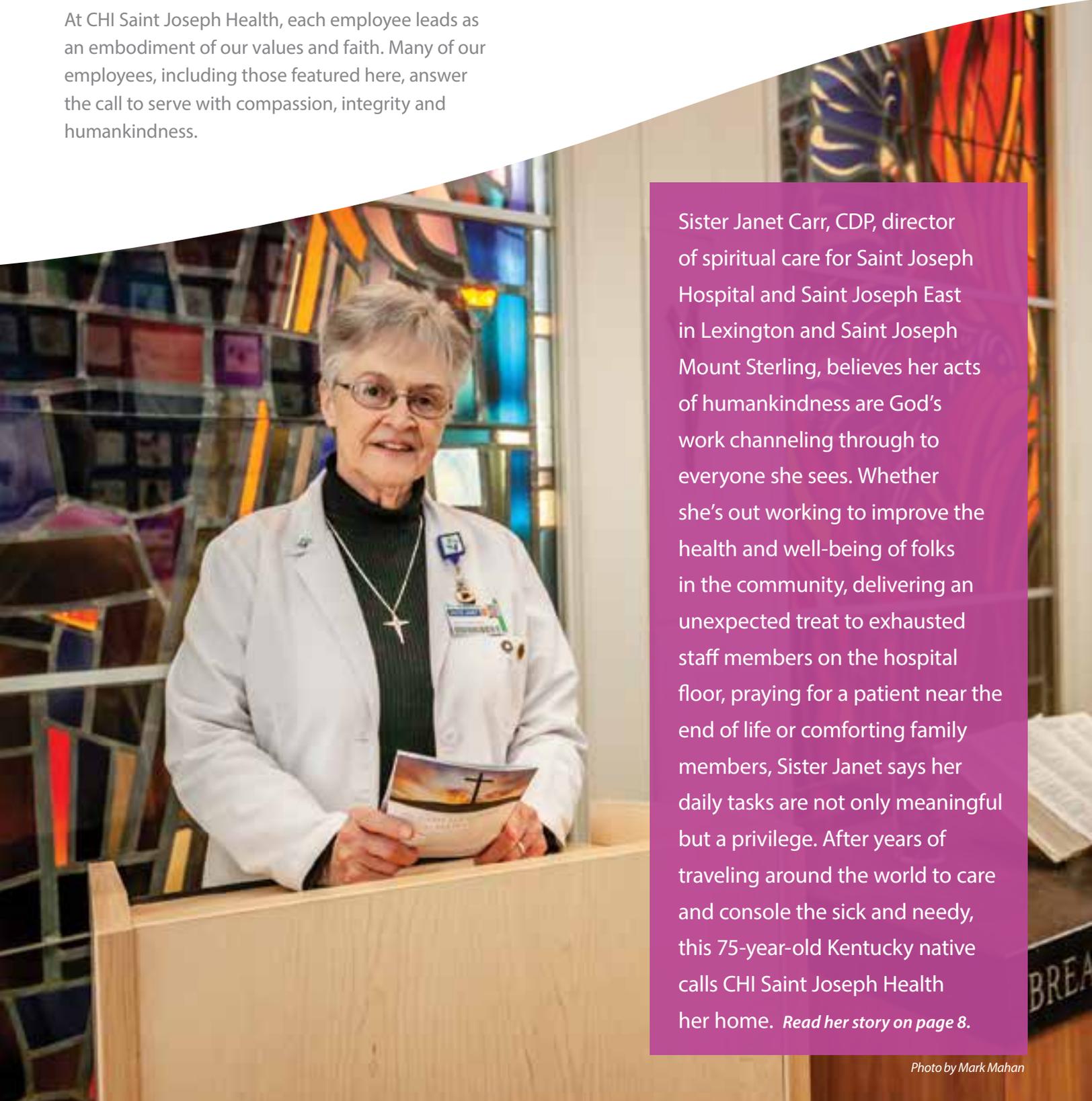
Pregnancy history — hypertension conditions such as preeclampsia or premature birth

Unexplained illness — severe headache, dizziness, painful urination, fever, changes in vision or sudden swelling of the extremities should be reported to a provider immediately



Our Spirit of Service

At CHI Saint Joseph Health, each employee leads as an embodiment of our values and faith. Many of our employees, including those featured here, answer the call to serve with compassion, integrity and humankindness.



Sister Janet Carr, CDP, director of spiritual care for Saint Joseph Hospital and Saint Joseph East in Lexington and Saint Joseph Mount Sterling, believes her acts of humankindness are God's work channeling through to everyone she sees. Whether she's out working to improve the health and well-being of folks in the community, delivering an unexpected treat to exhausted staff members on the hospital floor, praying for a patient near the end of life or comforting family members, Sister Janet says her daily tasks are not only meaningful but a privilege. After years of traveling around the world to care and console the sick and needy, this 75-year-old Kentucky native calls CHI Saint Joseph Health her home. *Read her story on page 8.*

Photo by Mark Mahan



Living With Sacred Purpose

From Kentucky to Madagascar, Sister Janet Carr inspires hope, joy and faith.

Sister Janet Carr, CDP, director of spiritual care for Saint Joseph Hospital and Saint Joseph East in Lexington and Saint Joseph Mount Sterling, has held quite a few different professional roles over the last 50 years, but one thing never changed — her faith and devotion to sharing the light and comfort of Jesus with everyone she meets.

Born in January 1946, the native Kentuckian grew up in Woodlawn with eight siblings before entering the convent to become a Sister in the Congregation of Divine Providence. She then worked as a first-grade teacher, director of religious education at the parish and diocesan levels and many other leadership roles throughout her ministry.

“I have often said that the most rewarding thing about my ministry is also where I feel most privileged — to be allowed to be with another person or family when they are at their most vulnerable, to be welcomed and accepted into their intimate space when they are experiencing their most profound emotions,” Sister Janet said.

Channeling Care Across the Globe

Once a congregational leader in France for 10 years, Sister Janet said traveling the world to bring compassion and healing to others was a her mission, which included memorable sojourns throughout Europe, West Africa, Ecuador and Madagascar.

“I have had wonderful opportunities to visit places where our Sisters are living and working, often in places of great beauty but also abject poverty,” she said. “The poverty and life I have witnessed in many of these countries gives me a perspective and appreciation for hospitality, simplicity and a resiliency that I will always hold in my heart.”

Eager and confident that she could use her skills in new ways, Sister Janet said hospital chaplaincy was calling, so she enrolled in a two-year residency of clinical pastoral education in the Fetal Care Center at Cincinnati Children’s Hospital. Soon after, in 2010, The Women’s

Hospital at Saint Joseph East in Lexington opened, and Sister Janet became the new chaplain there before accepting another role as mission leader and chaplain at the new Saint Joseph Mount Sterling facility a year later. She also stayed involved in community health coalitions while promoting and upholding the Catholic identity and social teachings of the hospital.

“Locally and on-site, I would say simply my role is to be available to patients, families and staff to provide a rooted, steady, calming and reassuring presence during the precious and vulnerable moments of their lives, exemplifying the healing ministry of Christ,” Sister Janet said.

Providing Peace and Prayers Through the Pandemic

COVID-19 has been a very challenging time for all, but perhaps more so for the patients and families directly affected by it who are unable to be together and must use tablets and cellphones to connect. It is during moments like these that Sister Janet is greatly appreciated.

“Families of COVID-19 patients at the end of life are allowed a limited visit, and it can be a very emotional time for them,” Sister Janet said. “Understanding and sensitivity is needed in accompanying them through this already traumatic experience. It is holy ground, it is sacred space, and I am witness. I also find this the most challenging because I believe I am there representing something much greater than myself and how do I let that Spirit flow through me without getting in the way?”

Sister Janet also pours her energy and goodwill into the staff who work around the clock caring for their patients — a gift that helps them through some of the tough spots.

“Every day our coworkers have shown up and given so much of themselves while they personally may be dealing with losses and uncertainties,” she said. “As Pope Francis said recently, ‘we are on the same boat, all of us fragile and disoriented, but at the same time important and needed. All of us called to row together.’”

On a Mission to Heal

Whether she's assisting a surgeon at Saint Joseph Hospital or at a clinic in a far-flung corner of the world, Mary Jefferson pours her heart into her work.

A 16-year employee of CHI Saint Joseph Health, Mary Jefferson is a surgical first assistant at Saint Joseph Hospital — and plays an important role in surgery from beginning to end.

"Before a procedure starts, I assist the nurse with patient positioning and help prepare the patient to receive anesthesia," Jefferson said. "During surgery, my role is hands-on as I assist the surgeon with opening and closing the surgical area and stopping bleeding. Cardiothoracic is my main focus, but I also participate in robotic, gynecologic and general surgeries."

Ministering Beyond Borders

Passionate about serving others, Jefferson says that spirit comes, in part, from her father, who exemplified a willingness to do anything to help someone else. That's the attitude she brings to her job and a related form of ministry: overseas medical mission trips.

"I went on my first mission trip with the University of Kentucky in 2003 when I was a dental assistant," Jefferson said. "I fell in love immediately. It's so humbling to go into an area of poverty and sickness, and whether we're able to do a little or a lot, the patients we care for are so grateful we're there."

During the past 19 years, Jefferson has participated in medical mission trips to Mexico, Haiti, Guatemala and, in September 2021, Kenya.

Restoring Hope

Delayed nearly a year by the COVID-19 pandemic, Jefferson's 13-day Kenya trip took place through Kenya Relief, a nonprofit organization that runs a school, orphanage and medical clinic in the community of Migori. She was part of a surgical team that cared for more than 50 people with facial tumors and goiters (abnormal growths of the thyroid gland).

"In the U.S., surgeons usually remove facial tumors and goiters when they're small," Jefferson said. "In Kenya, people may live for decades with facial abnormalities that keep growing and can put pressure on the airway or blood vessels. These individuals can also face discrimination in their communities."

For Kenyan patients, the removal of a facial tumor or goiter can open new doors in life.

"To see the relief and joy of people who have lived with a growth on their face or neck for so long is incredible," Jefferson said. "It changes their lives forever."

Jefferson also noted how grateful she was for the support of the Saint Joseph Hospital Foundation, which provided some financial support for her travel expenses. Like every medical mission, the Kenya trip changed Jefferson, too — and she looks forward to returning to Migori this year.

“ Medical mission trips remind me how much we take for granted in the U.S., and they make me resolve to be more grateful for and resourceful with what we have.”

— Mary Jefferson, surgical first assistant at Saint Joseph Hospital



A Second Calling

After a decades-long career in the U.S. Army and law enforcement, Ed Lane found another way to serve — as one of four chaplains at Flaget Memorial Hospital.

A 28-year Army veteran, Ed Lane never had much interest in ministry, despite growing up in a church environment. That changed when his local Episcopal bishop noticed something in him.

“I lost a good friend whom I’d served with in the Army,” Lane said. “In his last days, he didn’t have a spiritual adviser, and I performed the last rites of the church for him when he passed. That led to some attention from my bishop’s office, and the bishop said, ‘You might have a calling.’”

Three years later, in 2010, Lane got ordained in the Episcopal Church at age 61. After ordination he participated in a clinical pastoral education program at the Louisville VA Medical Center, which sparked his interest in serving in health care.

“When I was considering assisting at Flaget Memorial Hospital, I walked in and looked around, and the feeling was different from any other hospital I’d visited,” Lane said. “I don’t know what it was, but it felt welcoming, and it put me at ease. I hope patients and family members feel that same welcoming warmth when they arrive.”

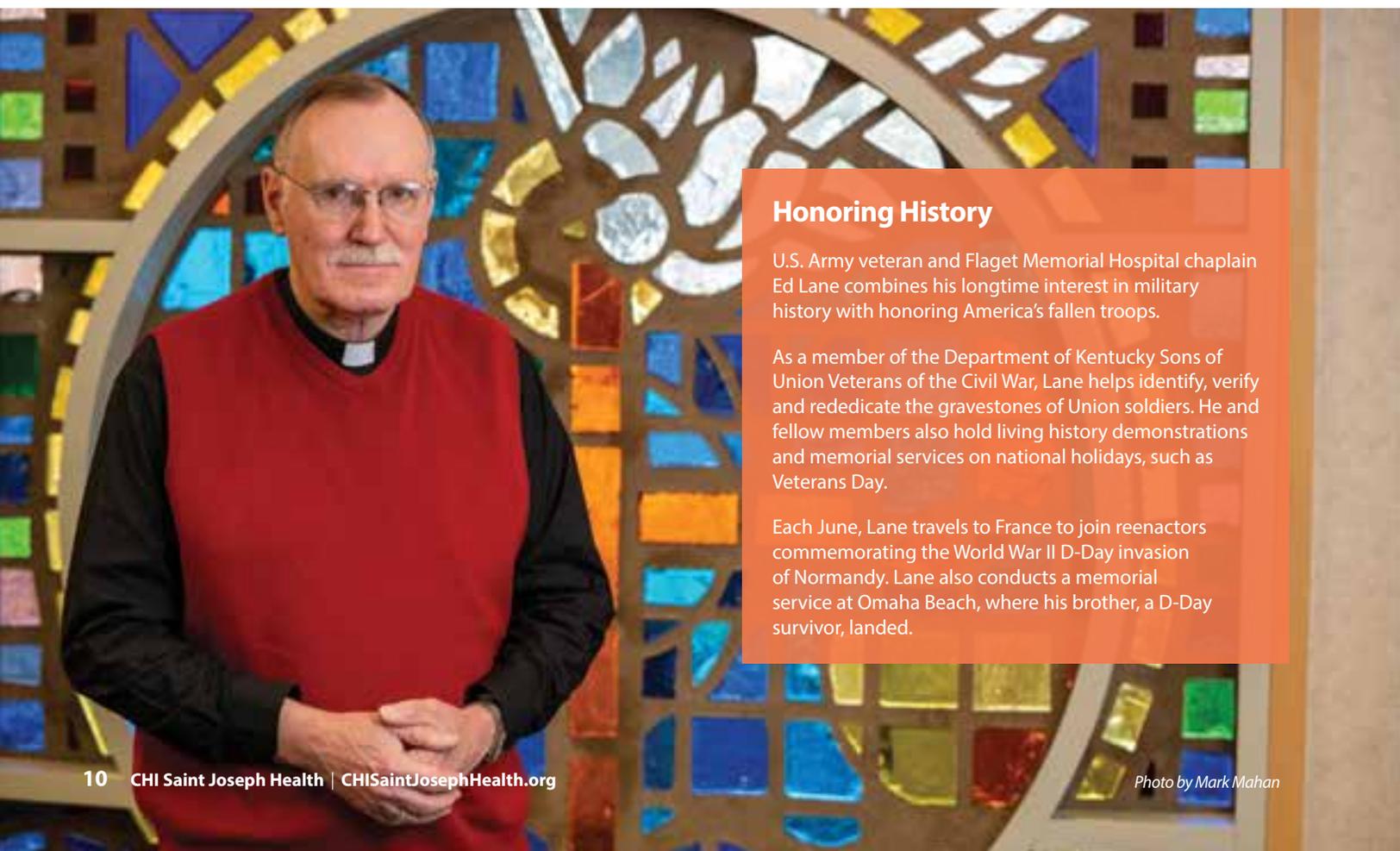
Small Gestures, Big Impact

Lane has served as a chaplain at Flaget Memorial Hospital for the last seven years, first in an as-needed role and now as part-time staff. He visits each inpatient floor to talk with patients, learn about their needs and help them feel comfortable. He also checks in with the employees of each department to see how they’re doing. Every day is different — just the way Lane likes it — which makes his previous life experiences especially valuable.

“If you’re going to be successful as a police officer or in the military, you have to work with people from all walks of life,” he said. “That equipped me to meet people from all sorts of backgrounds in the hospital.”

Simple words of thanks are what Lane finds most rewarding about his work.

“Every once in a while, a colleague will say, ‘Thank you, chaplain,’ for something I did for him or her or someone else and had forgotten. That tells me what the chaplains do makes an impact.”



Honoring History

U.S. Army veteran and Flaget Memorial Hospital chaplain Ed Lane combines his longtime interest in military history with honoring America’s fallen troops.

As a member of the Department of Kentucky Sons of Union Veterans of the Civil War, Lane helps identify, verify and rededicate the gravestones of Union soldiers. He and fellow members also hold living history demonstrations and memorial services on national holidays, such as Veterans Day.

Each June, Lane travels to France to join reenactors commemorating the World War II D-Day invasion of Normandy. Lane also conducts a memorial service at Omaha Beach, where his brother, a D-Day survivor, landed.



Stay in the Running

Female athletes are at higher risk for certain injuries. Learn how to keep yourself going strong.



Kevin Magone, MD

Whether you are a basketball player, a gymnast, or someone who never misses a daily run, if you are a female athlete, it's important to take extra steps to protect yourself from injury. This is because women seem to be more prone to specific injuries than men.

Studies have shown that women are up to six times more likely to suffer ACL damage in the knee and three times more likely to experience stress fractures. Injuries such as ankle sprains, rotator cuff problems and plantar fasciitis are also more common in female athletes.

"I see overuse injuries more often in female athletes than in males," said **Kevin Magone, MD**, a shoulder, elbow and sports medicine surgeon at Saint Joseph London. "Athletes who train all year in only one sport seem to be most at risk."

Male vs. Female

Many experts believe a higher occurrence of female sports injuries may come down to simple anatomy. In general, women have less muscle mass and more flexibility than men. Women also have a wider pelvis, which affects the alignment of the body.

Some women may also be putting themselves at greater risk by not eating healthily, particularly not eating enough. Low calorie intake can lead to a lack of nutrients, such as calcium and vitamin D, that the body needs to build strong bones and muscles. Nutrient deficiency can cause weakness and fatigue, increasing the chance of injury.

"Nutrition is key for female athletes," Dr. Magone said. "Getting the proper intake of calories is essential to maintain a healthy weight."

The Female Athlete Triad

When women go to extreme measures to maintain a low weight, including unhealthy eating habits and obsessive exercise, it can lead to a serious condition that has become known as the female athlete triad. The condition has three components:

- **Abnormal eating:** This can take the form of excessive dieting or eating disorders such as anorexia and bulimia.
- **Menstrual problems:** Lack of nutrition combined with high energy demands can lead to irregular or missed periods.
- **Weak bones:** Low bone mineral density resulting from poor eating habits and missed periods can increase the risk of broken bones and osteoporosis.

Putting Your Health First

In addition to eating a balanced diet, giving your body some downtime is essential to maintaining good health *and* good performance.

"Be sure to allow your body to rest between sports seasons," Dr. Magone said. "And once you start up again after a period of rest, slowly reintroduce the activity to allow your body to properly warm up."

To learn more about orthopedic care at CHI Saint Joseph Health, visit chisaintjosephhealth.org/lexington-orthopedic-care.

Heart Health Matters

Keeping your heart healthy should be at the top of your to-do list.

Some women often don't worry about heart disease as much as men, but it's vitally important to take heart health seriously. According to the American Heart Association, 90% of women have at least one risk factor for heart disease at some point in their lives.

"The biggest misconception women have about heart health is that heart disease occurs mostly in men," said **Suzanne Michelle Morton, MD**, CHI Saint Joseph Medical Group – Cardiology in Lexington. "In fact, heart disease affects more women than men."



Suzanne Michelle Morton, MD

Understand Your Risk Factors

Many risk factors for heart disease are under your control. By being mindful of your risks and taking steps to protect your heart health, you can lower your chances for heart attack and other conditions. This is especially true as women get older.

"Postmenopausal women are especially prone to developing cardiac risk factors that can lead to coronary artery disease and congestive heart failure," Dr. Morton said. "The cessation of estrogen can escalate the production of LDL, or bad cholesterol, upping the risk for blockages in arteries."

To help keep your heart healthy, follow these tips:

- Eat a healthy diet by limiting fats, sugar, and sodium, and drinking plenty of water.
- Exercise for at least 30 minutes five days a week.
- Get at least seven hours of sleep each night.
- Manage stress.
- Steer clear of smoking and drinking too much alcohol.

To learn more about heart and vascular care, visit chisaintjosephhealth.org/lexington-heart-vascular-care.



A Woman's Journey

Take care of your mental health throughout life's ups and downs.

Women face unique transformations at different stages of their lives, but facing issues alone shouldn't be one of them. When feeling depressed or overwhelmed, help is available.

"As we get older, we face challenging life changes, many we did not expect or plan for," said **Brian Kelty, MD**, a psychiatrist with CHI Saint Joseph Health – Behavioral Health.

"It's important to reach out to others and not struggle alone."



Brian Kelty, MD

Through the Years

While emotional unrest is common during the teenage years, and after giving birth, many women also experience "the baby blues." Hormonal changes can cause mood swings, loss of appetite and trouble sleeping. While this usually lasts only a few days, 1 in 9 new mothers develops postpartum depression, a much more serious condition that requires treatment.

"If you are feeling depressed during pregnancy or after having a baby, you don't have to suffer alone," Dr. Kelty said. "Reach out to a loved one and your health care provider."

As women get older, menopause can also bring on depression and mood swings. These symptoms often subside over time, but if you are struggling, your provider can discuss treatment options with you.

Dr. Kelty stresses that taking good care of yourself can help your mental health at any age.

"Eating right, exercising, getting enough sleep, practicing mindfulness, expressing gratitude, doing things you enjoy, and staying connected with friends and loved ones are all good for your mental health," he said. "But if you are having mental health challenges, you should seek help and support."

For behavioral health services at CHI Saint Joseph Health, call 502.451.3333.



How We Serve



Christmas Partners: Each year, CHI Saint Joseph Health employees buy gifts for families in the communities we serve. The project is led this year by Jessica Hoskins and Barb Baumgardner, both with Healthy Communities.



Community Screening: Nurses from CHI Saint Joseph Health Partners had a great time teaming up with Flaget Memorial Hospital and Heaven Hill Distillery to get employees back to work safely by providing drive-through COVID-19 testing.



Filling God's Pantry: Saint Joseph London employees (and family members) gathered to help God's Pantry at Thanksgiving. Pictured are Barbara Cuniga, Rachael Coffey, Debbie Moore and daughter Maggie Moore, and Catina Desurne.

Celebrating Volunteers: Jennifer Nolan, president of Saint Joseph Mount Sterling, and staff members celebrated hospital volunteers over the Christmas holidays.



Veterans Day: Saint Joseph Mount Sterling recognized Veterans Day with a ceremony at the flagpole.



Monty Metcalfe, MD, B. Alex Williams, MD, and Scott Pierce, MD, are part of the cancer care team at CHI Saint Joseph Health – Cancer Care in Lexington.

An Evening of Hope Helps Patients Cope



A new type of fundraiser brings hope and community to cancer care at CHI Saint Joseph Health.

Despite a challenging couple of years, the CHI Saint Joseph Health Foundations consider fundraising for cancer care in Kentucky a top priority. The Foundations report more than 30,000 new cases of cancer will be diagnosed across the Commonwealth this year.

To unite the community and carry on the mission of providing advanced and compassionate cancer care, the Foundations created a new event last year called, Evening of Hope. This year's event will be held on June 18. Evening of Hope will make it possible to give much-needed support to cancer survivors and their care teams.

"The financial impact of fighting cancer is so great," said Leslie Smart, CFRE, president of CHI Saint Joseph Health Foundations. "Through the past year we have remained

immensely motivated as a foundation team to support our patients as well as our clinical teams at the bedside."

Real Impacts From Evening of Hope

Smart says Evening of Hope will bring together donors across the state with intimate dinner parties. Last year's inaugural Evening of Hope events were hosted at local distilleries and in homes with themes like a Hawaiian luau. World-renowned gardener and landscaper Jon Carloftis opened his historic home, Botherum, for the cause. More than 700 guests and 42 sponsors came together that night to raise \$370,000 for cancer care at Saint Joseph Health. Smart said, "This year we hope to exceed that number."

These funds make it possible for CHI Saint Joseph Health to offer the best care available to help patients like Kelly Terry, a

SAVE THE DATE

Second Annual
Evening of Hope

June 18, 2022

young mother diagnosed with advanced colon cancer who was not eligible for the cancer screening that may have caught her disease early. Terry was recovering from major surgery and had anemia when she met **Scott Pierce, MD**, an oncologist at CHI Saint Joseph Health – Cancer Care Center in Lexington.

“Kelly was faced with terrible circumstances on the day we met,” Dr. Pierce said. “Yet she had a miraculous outcome from her treatment and is now disease-free.”

Stories like these are central to the Evening of Hope cause. More than just a fundraiser, Evening of Hope is focused on prevention and accessibility to screening for patients like Terry. Dollars raised have been used to support the cost of screenings and diagnostic services, comfort items for patients receiving oncology treatment, integrative medicine and financial support services.

“We know a critical component to battling cancer is early screening and detection,” Smart said. “Through events like Evening of Hope, we’ve been able to expand upon the lifesaving screening programs like Yes, Mamm! Yes, Cerv!”

A Community Makes Early Detection a Priority

Founded in 2012 and expanded this year to include cervical cancer screenings, the Yes, Mamm! and Yes, Cerv! programs provide mammograms and cervical cancer screenings to low-income or underinsured patients. So far, the program has served over 2,850 patients and provided over 6,600 breast care services. The generous donations received through Evening of Hope make these benefits possible for people in need.

The community is now rallying behind the success of Evening of Hope to create local fundraising events throughout the year. Both Moe’s Southwest Grill locations in Lexington held donation drives. The Cotton Patch of Kentucky women’s apparel boutique and Lexus of Lexington have hosted successful fundraisers and sporting events such as the Lexington Challenger Tennis Event. The Bardstown Oral Surgery & Dental Implants football fundraiser also contributed to the cause.

“The creativity that goes into these important third-party community events and the Evening of Hope are so appreciated,” Smart said. “The critical dollars are important to our ministry and for the patients we serve.”

For more information about Evening of Hope, visit CHISaintJosephHealth.org/eveningofhope or call 859.313.1705.

SUPPORT SERVICES AT EVERY STAGE

To help cancer survivors and their families, CHI Saint Joseph Health offers comprehensive support and survivorship services so patients can focus on getting well.

“Our nurse navigation model puts us at the forefront of support services,” said Natalie Cooper, market manager of oncology support services at CHI Saint Joseph Health. “Our program gives our patients the tools to focus on their health and not insurance or finances.”

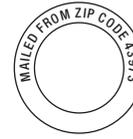
Services provided include:

- Billing specialists
- Chemotherapy preparation clinic
- Genetic counselors
- Nurse navigation including financial, tumor specific or lung program support and more
- Nutrition counseling
- Support groups for current and former patients
- Survivorship program for all patients
- Transportation support

To learn more about the cancer care services at CHI Saint Joseph Health, call 844.940.HOPE or visit chisaintjosephhealth.org/Lexington-cancer-care.

Compassion is a cornerstone of the cancer care team at CHI Saint Joseph Health – Cancer Care. Sherrie Bonarigo, APRN, is a part of that team.





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

Hello Humankindness

When situations come across your path, remember that you're there for a purpose. Take every opportunity to be the best human you can be and use humankindness every step of the way.

Flaget Memorial Hospital

“Our sincere appreciation for all you do in serving the Bardstown-Nelson County area and beyond. All of you are an asset to our community, and we commend you for taking care of everyone before, during and after the pandemic. God has richly blessed us with your talents and care.”

Flaget Memorial Hospital

“Know there are many people who respect and pray for you daily. Keep up the great work that each of you do.”

Saint Joseph East

“Andrew is truly the shining example of a nurse. He was thorough and compassionate, and he always had a smile or kind word for me. He seemed like he loved his job, and I couldn't have made it through my stay without him. He is a five-star nurse!”

Saint Joseph London

“Nicole befriended a patient (in the Emergency Department for an extended period) and sat patiently with him and fed him. She also took him outside for fresh air. Nicole always provides the best care to all her patients.”

From Our History

“In July of 1946, the Sisters of Charity of Nazareth of Kentucky purchased what was then called Pennington General Hospital in London, Kentucky, which included equipment, land, three cows, one mule and chickens. Renamed Marymount – Our Lady of the Mountain, the mission of the sisters was to extend the healing ministry of Christ bringing quality health care to the poor and underserved of rural Kentucky.”