

Spirit of Health

SPRING 2022

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

Helping Young
People Prevent
JOINT ISSUES
p6

Managing Pain
**WITH AND
WITHOUT
SURGERY**
p11

THE
ORTHOPEDIC
ISSUE

Joint Surgery:

*What You Need to
Know About Hip and
Knee Replacement* p4



CHI Saint Joseph
Health

Dear Spirit of Health readers,



Spring is the time when we can once again enjoy the warm Kentucky sunshine and the activities that abound in our beautiful home state. As we begin to forge ahead, very mindful

of the many learnings from the pandemic, we are beginning to again enjoy more in-person activities in our communities, a blessing and something that is so energizing.

We know that you, our patients and communities, rely on our team at CHI Saint Joseph Health to help maintain your optimal levels of activity, and we are honored to support your overall health and wellness.

In this issue of *Spirit of Health*, our physical therapy experts offer tips on resuming those spring and summer activities with guidance on how to avoid injury. Our orthopedic doctors provide insights into when to seek care and what level of care is helpful.

We are proud to introduce you to three members of our incredible team from across the state. Aqeel Mandviwala, MD, a pulmonologist in London, was recognized as the CHI Saint Joseph Health physician of the year; Shelly Sanders, APRN, FNP-C,

a cancer practitioner and the manager of our cancer center at Saint Joseph Mount Sterling, is our advanced practice provider of the year; and Lynn Howard, RN, a critical care nurse at Flaget Memorial Hospital, is our employee of the year.

Our dedicated coworkers, providers, patients and our ministry as a whole, are also supported in many ways through the CHI Saint Joseph Health Foundations. We know there are many reasons people give, and CHI Saint Joseph Health is blessed to have many benefactors who give of their time and their treasure — for this we are so very grateful.

Lee and Julia Hall have been active on the Saint Joseph Hospital Foundation board for several years – Lee is a former chair and Julia is currently on the board. In 2018, they honored the giving legacy of their parents and provided funding for a new surgery waiting room at CHI Saint Joseph Hospital. You can read more about their inspiring story in this issue.

May we all have a healthy and peaceful spring season. Thanks to each of you for your continued support of this ministry, and for entrusting us as your partner in health.

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

Cover

Patrice Beliveau, MD, and Jean-Maurice Page, MD, have served southeastern Kentucky as orthopedic surgeons for decades. They are part of a team that has seen Saint Joseph London recognized by both The Joint Commission and Anthem Blue Cross and Blue Shield as a Blue Distinction Center for Knee and Hip Replacement.

Photo by Mark Mahan.

CHI Saint Joseph Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see the link on our homepage at CHISaintJosephHealth.org.

CHI Saint Joseph Health cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.859.313.1000.

注意：如果您说中文，可为您提供免费的语言援助服务。拨打 1.844.513.7037 路易斯维尔市场，1.844.540.1781 中部/东部市场。

CHI Saint Joseph Health 遵守适用的联邦民权法，不因种族、肤色、国籍、年龄、残疾或性别而歧视他人。

In This Issue

- 3 Train Smart to Stay in the Game
- 4 Does Hip or Knee Pain Affect Your Daily Life?
- 6 You're Never Too Young to Take Care of Your Joints
- 7 Our Spirit of Service
- 8 Hometown Hero
- 9 Driven to Care
- 10 Nurturer by Nature
- 11 A Variety of Options for Managing Joint Pain
- 12 Is It Time for Foot Surgery? Healing With Dry Needling
- 13 How We Serve
- 14 The Spirit of Giving Learned From a Young Age
- 16 Hello Humankindness

Spirit of Health is a quarterly publication produced by the Marketing and Communications division of CHI Saint Joseph Health for communities throughout central and eastern Kentucky and these facilities: Continuing Care Hospital at Saint Joseph Hospital, Flaget Memorial Hospital, Saint Joseph Berea, Saint Joseph East, Saint Joseph Hospital, Saint Joseph Jessamine, Saint Joseph London, Saint Joseph Mount Sterling, Women's Hospital at Saint Joseph East and Taylor Regional Hospital. If you have questions about the content of the publication or would like to stop receiving it, please email us at contactus@catholichealth.net.

Spirit of Health Spring 2022

Jeff Murphy
Vice President
Marketing and Communications

Mary Branham
Communications Director

Chris Schmitt
Marketing Director

Train Smart to Stay in the Game

The physical therapy experts at CHI Saint Joseph Health offer tips to keep athletes healthy and active.

Spring weather brings a surge of athletic activities, including running, golf, baseball and soccer. Sports can be an important part of a healthy lifestyle when played smartly. Stay active long-term with suggestions from our physical therapists.

Running

Running is a popular exercise that requires no equipment, but injuries — knee pain, shin splits, Achilles tendonitis, bursitis, plantar fasciitis, hamstring strains, stress fractures and ankle sprains — can happen if you're not careful.

"Injuries occur without proper recovery time or when an athlete tries to increase their distance, frequency or speed without proper training," said Jennifer Burus, PT, NCS, CHI Saint Joseph Health – Outpatient Rehabilitation. "I see people trying to progress too quickly, instead of giving their bodies time to adapt to new challenges."

- Strengthen your core through cross training. Strengthening your core and lower body can help you run more efficiently and reduce risk of injury.
- Replace running shoes every 350 to 500 miles of training or every six to nine months.



Golf

Golf is a low-impact sport, but it is not without risk. Repetitive movements and poor posture can lead to overuse injuries and knee, back and shoulder strains. Golfer's elbow — inflammation of tendons along the inside of the elbow — is also common.

"Body awareness is very valuable when exercising to determine if the full body is participating in each movement," said Lauren Lunsford, PT, DPT, Saint Joseph Berea. "Core strengthening and body awareness are key for any athlete, particularly golf."



Baseball

Overuse injuries of the shoulder and elbow are common and typically occur when a player throws too many pitches in one day or does not rest between sessions.

"Baseball players at high risk for injury include those who play more than eight months out of the year, pitch on multiple teams, don't follow recommended league pitch counts or rest days, and have improper throwing mechanics," said Will Montgomery, PT, DPT, Saint Joseph Hospital, Lexington. "Young athletes looking to advance frequently specialize in a single sport. Yet these athletes are more likely to be injured, are limited to the skill set developed with one sport, and are more likely to develop burnout."

Montgomery recommends physical therapy to help reduce pain, improve range of motion, build strength and identify abnormal or asymmetrical movement patterns.



Soccer

Soccer athletes are prone to injuries such as heel and knee pain and lower extremity strains and sprains. Warm-ups, physical therapy and proper footwear are important for soccer players.

"Soccer players benefit from dynamic stretching before play," Lunsford said.

"It is also important to get appropriate sleep, nutrition and hydration outside of training."



**Ready for a therapy program made for you?
Find the nearest physical therapy provider at
[CHISaintJosephHealth.org/physical-therapy](https://www.chisaintjosephhealth.org/physical-therapy).**

Does Hip or Knee Pain Affect Your Daily Life?



Advanced hip and knee replacements are available close to home.

Severe joint pain in the knees and hips can take a heavy toll on your life, but it doesn't have to. Joint replacement surgery is a safe and effective solution that has given millions of people the freedom to move and enjoy their favorite activities again.

Fortunately, residents of central and eastern Kentucky don't have to travel far to receive the highest level of care. The board-certified orthopedic surgeons at CHI Saint Joseph Health are specially skilled in using the most up-to-date technology to perform advanced hip and knee replacements.

"We're proud that Saint Joseph London has been recognized as a center of excellence for advanced total hip and knee replacement by The Joint Commission," said **Jean-Maurice Page, MD**, orthopedic surgeon at Saint Joseph London. "To get this certification, a facility has to prove that they have excellent care, fewer complications and infections, and quicker rehab. Those are things that patients look for, and that's what we do."

Saint Joseph London and Saint Joseph Hospital in Lexington are also Anthem Blue Cross and Blue Shield Blue Distinction Centers for Knee and Hip Replacement, so you can feel confident knowing you will receive exceptional care at CHI Saint Joseph Health.

Why Choose Joint Replacement?

Arthritis, injuries and other conditions that affect the joints can cause severe joint pain.

"There are many reasons why joint replacement might be a good option," Dr. Page said. "For hips and knees, arthritis is the most common condition that leads to joint replacement. But patients with fractures or injuries that don't heal properly can also benefit from hip or knee replacement."

If you experience pain and stiffness that affect your daily activities, inability to move the joint certain ways, or pain that doesn't improve with over-the-counter pain relief, see an orthopedic surgeon who can determine the cause of your symptoms and discuss your options, such as a partial or total joint replacement, joint repair or joint reconstruction.

If you decide to have a joint replacement, **Patrice Beliveau, MD**, orthopedic surgeon and chief of staff at Saint Joseph London, said all patients must be evaluated to ensure they are healthy enough to have the surgery.

"Patients with certain medical conditions, such as diabetes, must have the condition well controlled before surgery," Dr. Beliveau said. "If a patient has a body mass index over 40, they may need to lose weight first. We also have patients see a cardiologist to ensure their heart is in good condition."

Surgical Excellence

During a knee or hip replacement, the surgeon removes all or part of the damaged joint and cartilage and replaces it with a state-of-the-art artificial joint. This can be done through different types of procedures, including advanced, minimally invasive surgery.

For example, the direct anterior total hip replacement allows the surgeon to replace the joint through a smaller incision in the front, which avoids causing damage to muscles and tendons. This type of procedure results in less pain and scarring, a shorter hospital stay, and easier, faster recovery, with less risk of complications.

"We use 3D, computer-guided navigation systems, which greatly increase precision," said

James R. Rollins, MD, orthopedic surgeon at Saint Joseph Mount Sterling and Saint Joseph East in Lexington. "The artificial joint then lasts a lot longer."

No matter which location you visit for a hip or knee procedure, the experienced team of orthopedic providers will support you throughout your journey.

"We have a compassionate team that cares about our patients," Dr. Rollins said. "Most of us have been doing this for a long time, and we want to help people have a better quality of life."



James R. Rollins, MD

Visit [CHISaintJosephHealth.org/joint-replacement](https://www.chisaintjosephhealth.org/joint-replacement) to learn more.

“Some people worry they are too old for joint replacement surgery, but this type of surgery benefits older people — it gives them their mobility and independence back.”

— Patrice Beliveau, MD, orthopedic surgeon and chief of staff at Saint Joseph London



“We do everything we can to minimize risk and achieve good outcomes.”

— Jean-Maurice Page, MD, orthopedic surgeon at Saint Joseph London



The Joint Academy: Preparing for Your New Joint

Before having joint replacement surgery, patients at CHI Saint Joseph Health enroll in the Joint Academy, which helps them get ready before and after surgery.

“It’s an educational class designed to help patients prepare for their surgery,” said Liz Lyons, BSN, RN, CRRN, ONC, OMS, orthopedic nurse navigator at Saint Joseph Hospital. “An orthopedic nurse navigator, occupational therapist and physical therapist share information that helps our patients and their caregivers know what to expect every step of the way.”

The two-hour online class includes:

- Pre-op exercises and home care planning
- What to expect while in the hospital directly after surgery
- How to have a successful recovery, including nutritional needs and physical therapy

“The timeframe for recovery varies with each person, but most are able to walk and do basic tasks soon after surgery,” Lyons said. “Patients typically return to their regular functional activity within 4-6 weeks. At the same time, studies show that improvements can be made for 12-18 months postoperatively.”

Your personal nurse navigator is there to assist you every step of the way, answering your questions and helping to coordinate all aspects of your care before and after surgery.

“It’s rewarding to walk with patients on a journey to ‘get their lives back,’” Lyons said. “This surgery is a path toward being able to do the things they haven’t been able to do.”

For more information about the Joint Academy, visit CHISaintJosephHealth.org/joint-replacement, then click on your facility to find the link for the Joint Academy at that location.

You're Never Too Young to Take Care of Your Joints

There are plenty of steps active people in their teens, 20s and 30s can take to reduce their risk of long-term joint pain.

“Kids are trying to compete at a higher level than they ever have in the past, and are pushing their bodies further than they've ever pushed them before. But that is precipitating more injuries, which has the potential to cause more long-term issues with the major joints.”

— Mark Duber, DO, chief of orthopedic surgery at CHI Saint Joseph Medical Group – Orthopedics in Bardstown and Lebanon

Joint care isn't something only older people need to think about. Young men and women, particularly those who are athletic, should protect their joints now to help avoid problems later.



Mark Duber, DO

“People are more active today than they've ever been, and sports are bigger than they've ever been,” said **Mark Duber, DO**, chief of orthopedic surgery at CHI Saint Joseph Medical Group – Orthopedics in Bardstown and Lebanon. “But a lot of injuries can happen from playing too hard while younger, which can turn into a situation that requires something like a knee replacement down the road when you're older.”

Prevention Is the Best Pain Relief

Sometimes injuries are not preventable, but working out properly can make a big difference.

“We have multiple programs to help decrease the risk of ACL tears in the knees,” Dr. Duber said. “That entails therapy programs to improve the biodynamics of jumping so that when we jump and we come down, we're coming down in a more biomechanically sound fashion.”

Combining low-impact exercise and strength training also helps build up muscles and increase flexibility, which protect your joints.



Adam Franson, DO

“Weight-bearing activity is good for bones and joints, and so is maintaining a healthy weight,” said **Adam Franson, DO**, orthopedic surgeon at CHI Saint Joseph Medical Group – Orthopedics in London and Somerset.

“If an injury does occur, we have very modern surgical and nonsurgical ways to help patients improve and get them back into the game, but there's nothing better than prevention,” Dr. Duber said. “I highly recommend that people work with a physical therapist or a personal trainer at a well-reviewed gym to help set up a training program that works for their body to prevent injuries.”

When to See a Doctor

Experiencing some temporary discomfort while working out is normal. But if you're having pain that affects your ability to engage in daily activities, talk to a doctor.

“Pain, instability and swelling are worrisome when they linger for a long time,” Dr. Franson said. “But there are many nonsurgical options to consider before assuming surgery is your only option.”

Symptoms to watch out for include:

- Joint instability
- Pain that goes beyond normal muscle soreness
- Pain when squatting or using the stairs
- Swelling

“Always listen to your body,” Dr. Duber said. “If your pain doesn't improve after limiting activity or taking anti-inflammatory medications, you should see a doctor to prevent further injury in the future.”



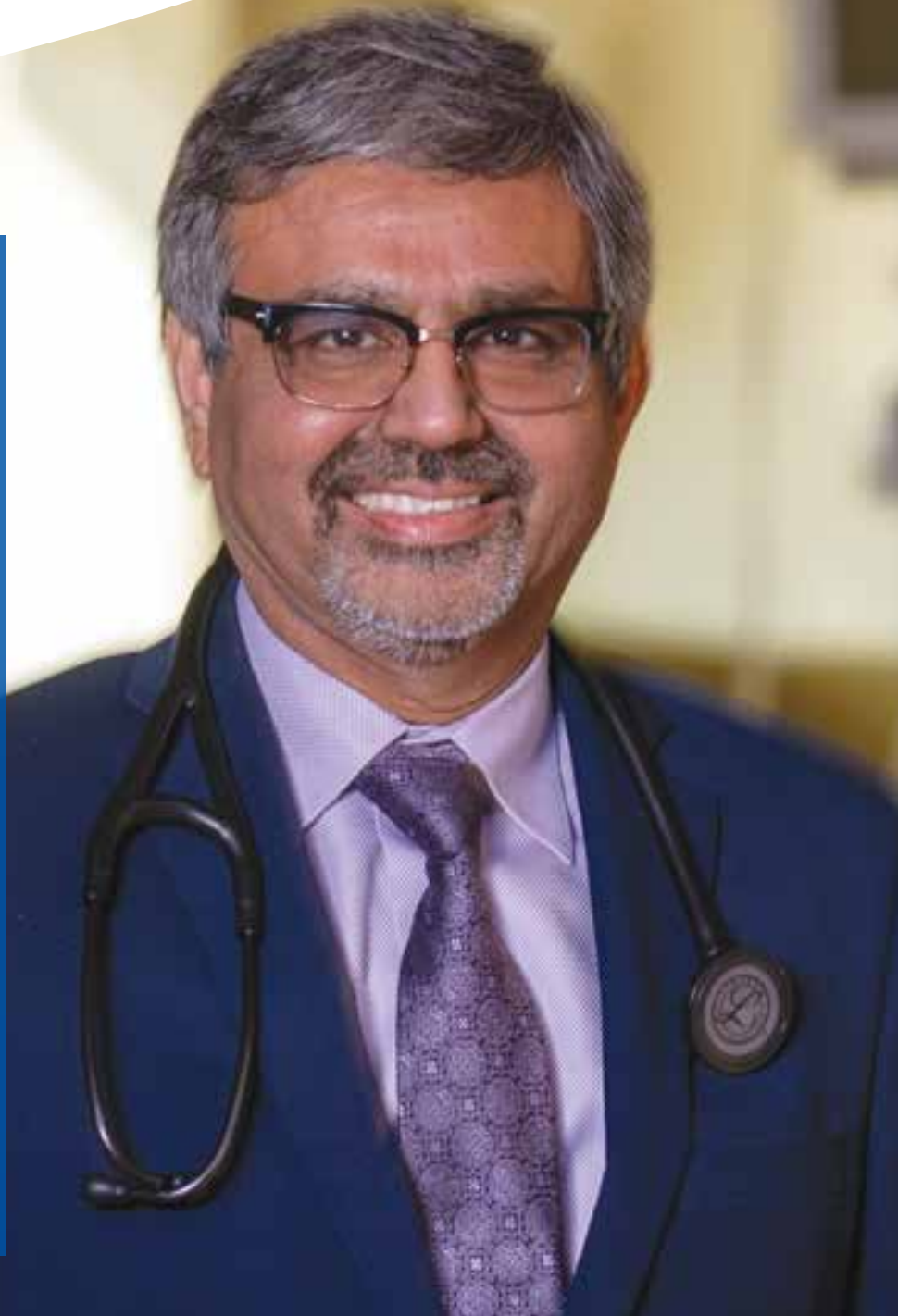
Our Spirit of Service

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.

Aqeel Mandviwala, MD, a pulmonologist, critical care and sleep medicine specialist at CHI Saint Joseph Medical Group – Pulmonology, is well-known and highly regarded for his tireless dedication to helping patients heal, particularly during extreme circumstances. When COVID-19 struck, for example, and hospital beds in the intensive care unit were filling up faster than ever before, Dr. Mandviwala was there with a prompt, unwavering commitment to every patient who needed him, including those he cared for at the outpatient clinic each day. Through it all, Dr. Mandviwala remained calm, focused and steadfast in his effort to deliver high-quality, compassionate care.

Read his story on page 8.

Photo by Mark Mahan



Hometown Hero

Born and raised half a world away from his adopted hometown of London, Kentucky, **Aqeel Mandviwala, MD**, has dedicated nearly half his life to caring for the residents of Laurel County and beyond.

“The community and Saint Joseph London administration have been amazing. If I had to do it again, I wouldn’t think twice.”

— Aqeel Mandviwala, MD, pulmonary, critical care and sleep medicine specialist at CHI Saint Joseph Medical Group – Pulmonology, reflecting on more than 25 years of service (and counting) in London, Kentucky. Dr. Mandviwala is the 2021 Physician of the Year for CHI Saint Joseph Medical Group and CHI Saint Joseph Health.

Aqeel Mandviwala, MD, talked with Garrett Napier, RN, in the ICU at Saint Joseph London.

Photo by Mark Mahan

For Dr. Mandviwala, the journey to practice medicine took him from his native Pakistan, where he graduated from medical school, to the United Kingdom, where he trained to become a pulmonologist. Later, he came to the U.S. and, after completing a two-year residency, joined CHI Saint Joseph Health. A pulmonary, critical care and sleep medicine specialist at CHI Saint Joseph Medical Group – Pulmonology, Dr. Mandviwala has been part of the Laurel County community, where he and his wife raised their three children, since 1996.

“I’ve always received the utmost respect from the people I’ve taken care of, and that’s a wonderful feeling,” Dr. Mandviwala said. “I’m just a drop in the ocean, but I feel like I’ve made a difference in this community.”

Dr. Mandviwala’s impact was more than just a drop in the ocean during the COVID-19 pandemic, when cases were spiking and health care providers were desperately needed.

Doubly Devoted

In the spring of 2020, Dr. Mandviwala was often the only pulmonologist available at Saint Joseph London to care for patients in the intensive care unit (ICU) with COVID-19. In addition to managing the sickest patients in the hospital, Dr. Mandviwala continued to see patients in the outpatient clinic.

Balancing those responsibilities was especially challenging during the pandemic’s delta variant surge last year, when Saint Joseph London had to open 12 additional ICU beds to supplement the 14 beds it already had. At one point, more than 20 patients were on ventilators. During the busiest times, Dr. Mandviwala performed the work of two pulmonologists.

“The days were long, and the biggest challenge was time,” he said. “There were so many patients in the ICU, and they needed intubation and other procedures to help them breathe.”

All Together Now

The pulmonology team at Saint Joseph London has since expanded with two more specialists to share the load with Dr. Mandviwala. His quiet devotion to patients earned him the 2021 Physician of the Year Award from CHI Saint Joseph Medical Group.

Grateful for the recognition, Dr. Mandviwala is quick to praise the ICU nurses, respiratory therapists and other providers who worked by his side, as well as fellow pulmonologists from Lexington. He also credits the flexibility of Kathryne Blair, MD, and Don Moring, MD, who transitioned from general surgery to serve as intensivists caring for ICU patients during the height of the pandemic, as well as Neil Patil, APRN, who also stepped up to help in the ICU.

“The nurses and respiratory therapists are also heroes,” Dr. Mandviwala said. “I was just a small part of the team.”

He also gives a heartfelt thank you to his wife, Shahnaz, who was “always supportive” during the toughest months of the pandemic.



Shelly Sanders, APRN, FNP-C, is the 2021 Advanced Practice Provider of the Year for Saint Joseph Mount Sterling and CHI Saint Joseph Health.



Driven to Care

When a tragedy upended life for Shelly Sanders, APRN, FNP-C, she poured her heart and soul into building a bright future for her family. Now, she does the same when caring for patients at the cancer center she's helped to grow.

Mount Sterling native Shelly Sanders, APRN, FNP-C, manager of the CHI Saint Joseph Health – Cancer Care Center at Saint Joseph Mount Sterling, decided as a high school sophomore that she wanted to be a nurse, but not because of something she learned in a classroom.

“A good friend’s mom was a nurse,” Sanders said. “When I would stay at my friend’s house, her mom would come home from work and tell stories about what she did that day. That intrigued me.”

A Challenging Path

After Sanders became a nurse, she joined Saint Joseph Mount Sterling in 1998. Since then, she has served in a variety of clinical and managerial roles. Her professional journey also included considerable adversity.

“Eleven years ago, my husband died suddenly, and I had four kids to raise while working on my bachelor’s degree,” Sanders said. “I finished my degree, waited a couple of years and then decided to go back to school to become a nurse practitioner. I had great support from family and friends, and I give all glory to God for getting me to where I am now.”

Sanders has been caring for patients with cancer since 2017, shortly after she became a nurse practitioner.

Local Cancer Care Expands

Saint Joseph Mount Sterling has been home to an oncology clinic for

10 years, but cancer services have expanded since Sanders began. The Cancer Care Center, which features chemotherapy, hematology services, social services, dietary consultations and genetic counseling, hosts a medical oncologist three days per week.

Sanders said she really enjoys building relationships with patients — she sees them for follow-up appointments and chemotherapy education — and delivering care that takes the whole person into account. Her commitment to the people in her care earned her the 2021 Advanced Practice Provider of the Year awards for Saint Joseph Mount Sterling and all of CHI Saint Joseph Health.

“I was surprised and humbled by the recognition, but I don’t do this job for awards,” Sanders said. “I do it because I love my work, hospital and community. The awards were icing on the cake, and I’m so appreciative. I’ve worked hard to get to this position.”

Some Well-Deserved Personal Time

Traveling and spending time with family, including her two young grandchildren, are favorite pastimes for Sanders, and this summer, she’ll do both during one special trip. In June, Sanders will wed her fiancé, with whom she shares a farm — and a love of exploring new places.

“I love to spend my free time traveling and going to the beach, when I get the opportunity, especially with my family,” she said.

The newlyweds will spend their honeymoon in Puerto Rico, and a dozen family members will be by their side.

Nurturer by Nature

Caring for others comes naturally for Flaget Memorial Hospital intensive care unit (ICU) nurse Lynn Howard, RN.

“One of the reasons I went into nursing is because I’ve always been a nurturer,” said Lynn Howard, RN, ICU nurse at Flaget Memorial Hospital in Bardstown. “I’ve always enjoyed taking care of others when they need help.”

Sixteen years ago, a need for nurses in the Flaget Memorial Hospital ICU led Howard to accept a role caring for the sickest patients, and she never looked back.

“I’ve stayed an ICU nurse because it’s fast-paced, interesting and challenging,” Howard said. “There’s always something new to learn or see.”

Howard monitors and assesses patients’ conditions and adjusts their care, if necessary. Some patients may receive mechanical ventilation or intravenous medication, and Howard helps manage these treatments. Importantly, she collaborates with physicians and other providers to deliver and advocate for the best care possible.

Leaning on Each Other

Serving in the transitional care unit as well as the ICU, Howard relishes the close-knit nature of the hospital and community.

“I value working in the community where I grew up,” she said. “I also love the family atmosphere at Flaget Memorial Hospital. There’s terrific teamwork among the different departments and health care disciplines.”

That cooperative spirit helped sustain and inspire Howard during the COVID-19 pandemic, which she called the most challenging stretch of her career. During the delta variant surge last year, the ICU cared for a record number of patients on ventilators and high-flow oxygen.

“It was overwhelming to care for such a large number of patients at once,” Howard said. “I got through that time because I work alongside an awesome group of people.”

Honored for Exceptional Care

Howard’s value is not lost on her fellow employees either. Her organization, positivity, empathy and can-do attitude are just some of the qualities that earned her the 2021 Employee of the Year awards for Flaget Memorial Hospital and CHI Saint Joseph Health. In addition, *Louisville Business First* magazine honored her as part of a select

group of frontline health care heroes at a reception and awards ceremony in February.

“I was surprised to receive the awards and also honored and appreciative of the recognition,” Howard said. “It’s important to have a great group of co-workers around you, and I have that at Flaget Memorial Hospital.”

Howard spends her free time with family and is looking forward to spending warm summer days with them and relaxing by the pool with a good book. She’s certainly earned it.

“ During the COVID-19 pandemic, I’ve been inspired by the strength of my patients and their families. They motivate me to give more and try harder to do a better job.”

— Lynn Howard, RN, intensive care unit nurse at Flaget Memorial Hospital

Photo by Mark Mahan



A Variety of Options for Managing Joint Pain



Whether surgical or nonsurgical, there are many effective ways to help relieve your joint pain.

New Opioid Prescribing Guidelines on the Horizon

The Centers for Disease Control and Prevention (CDC) is in the process of revising its guidelines for prescribing opioids. While still in draft form, the new guidelines would allow for opioid tapering instead of the strict caps recommended now.

“The new guidelines are aimed at helping people who truly need opiates maintain access to them,” said **Benjamin Sloop, MD**, medical director at CHI Saint Joseph Health – Pain Management Center in Lexington. “They also suggest that providers start with a conservative treatment plan, and if that can serve patients, we don’t need to prescribe opiates.”

For joint pain, the CDC also suggests medication-free treatments, such as massage, physical activity and heat therapy.

If joint pain makes it difficult for you or a loved one to move and participate in the activities you enjoy, don’t face it alone. Expert, compassionate help is available at CHI Saint Joseph Health Pain Management Centers in Lexington, Bardstown and Berea.

“I hate to think that there are people who live in pain every day thinking there’s nothing that can help them,” said **Benjamin Sloop, MD**, medical director at CHI Saint Joseph Health – Pain Management Center in Lexington. “We are here to help. We make an individualized plan for each patient. We take all of the patient’s concerns and personal needs into account when we make a treatment plan.”

Traci Cooke, supervisor at the CHI Saint Joseph Health – Pain Management Center in Lexington, explained how pain management programs are carefully selected and individualized because everyone’s needs are unique.

“There are many people who live with chronic pain that affects their quality of life,” Cooke said. “Here at CHI Saint Joseph Health, we have a variety of different treatment options for patients with all different types of pain.”

Available Treatment Options

A variety of conditions can cause joint pain, including arthritis, injuries, cancer and more. At CHI Saint Joseph Health Pain Management Centers, treatment options include:

- Anti-inflammatory medications
- Injectable therapies, including steroid injections
- Pain medication programs
- Radiofrequency ablations
- Referral programs for surgery or physical and occupational therapy
- Spinal cord stimulators
- Trigger point injections, which are injections into the muscle

Advanced treatment options, including radiofrequency ablation and spinal cord stimulators are also available when appropriate. Radiofrequency ablation is a procedure most often used to treat larger joints, such as the knees. High-frequency energy passes through a needle inserted next to a nerve near the joint to interrupt pain signals and provide relief.

Spinal cord stimulators provide a mild electric current to the spine to block nerve impulses. Patients are first fitted with a trial stimulator. If it provides relief, a permanent stimulator is implanted during a short outpatient surgery.

Learn more at [CHISaintJosephHealth.org/lexington-pain-management](https://www.chisaintjosephhealth.org/lexington-pain-management).



Is It Time for Foot Surgery?

Some podiatry issues can be treated with rest and over-the-counter pain medication, while others may need surgical treatment to ease pain and regain mobility.

If your feet hurt — from injury, genetics or daily habits — relief is possible.



Jan Veloso, DPM

“The best thing anyone can do for their feet is to be proactive,” said **Jan Veloso, DPM**, podiatrist at CHI Saint Joseph Health. “If you start having any new pain, lumps or bumps, get it checked out.”

Some podiatry issues can be prevented by avoiding high heels and easing into new exercise routines to avoid injuries. Wearing orthotic inserts can also help. But conditions such as bunions and hammertoes can be more complicated.

Bunions

A bunion happens when the big toe moves out of alignment. Symptoms include a bony bump at the base joint of the big toe, difficulty wearing regular shoes and redness along the bony formation. Surgery can involve removing the bony bump, realigning the joint, and balancing the tendons and ligaments around the joint.

Hammer Toe

Hammer toe is a bone deformity, usually on the second toe, that makes the toe face downward. It can be painful and reduce mobility. Birth defects and wearing high heels or shoes that are too small are some of the causes. Surgery involves shifting the bones and realigning the tendons and ligaments around the joint.

Dr. Veloso urges people with foot pain to seek help.

“We can find out if it is something we should take care of immediately or if it is something we can monitor,” he said. “At the very least, we can help with the pain or keep it from getting worse.”

Make an appointment with a podiatry specialist at
CHISaintJosephHealth.org/find-a-provider.

Healing With Dry Needling

Some patients with pain find relief with a physical therapy treatment called dry needling.

If you experience acute or chronic pain, dry needling might be a solution. The procedure involves the insertion of thin, medication-free needles — hence the name “dry” needles — into areas of muscle called trigger points to lessen pain and improve range of motion.

“Dry needling can help treat many types of discomfort, including headaches and pain in the neck, shoulders, arms, back and legs,” said Michael Milanoski, DPT, supervisor of rehab therapy services at Saint Joseph Mount Sterling.

Good Points

Specially trained physical therapists perform dry needling at CHI Saint Joseph Health – Outpatient Rehabilitation locations in Mount Sterling, Berea and Flemingsburg. The procedure is available as a standalone treatment or as part of a longer physical therapy session.

Prior to treatment, patients undergo a physical exam to determine where to insert the needles and how many to use. Milanoski said the number of dry needling treatments prescribed varies and is based on several factors, including age and whether the pain is acute or chronic.

“Importantly, the needles don’t hurt while going through the skin, although some individuals may experience a mild burning sensation or muscle twitching,” Milanoski said. “Dry needling is a great tool for improving acute or chronic conditions as part of a physical therapy program.”

To learn more about CHI Saint Joseph Health Outpatient Rehabilitation and find a location near you, visit
CHISaintJosephHealth.org/otptspeech.



How We Serve



National Wear Red Day: Facilities throughout CHI Saint Joseph Health, including Saint Joseph Berea and Saint Joseph Mount Sterling, pulled out the red on Feb. 4 to recognize American Heart Month by wearing red on National Wear Red Day.



Health Care Heroes: To recognize the important contributions National Guardsmen have played at Saint Joseph Hospital throughout the pandemic, CHI Saint Joseph Health CEO Anthony Houston, EdD, FACHE, and Lewis Perkins, RN, vice president of patient care services and chief nursing officer at Saint Joseph Hospital, presented them with Health Care Hero pins.



SOUper Bowl: Saint Joseph Mount Sterling held its Sixth Annual SOUper Bowl food drive in February and set a record with 901 cans collected to benefit the local food pantry, the Sterling Community Food Coalition.



An A for Flaget: Flaget Memorial Hospital last fall received an A safety grade from Leapfrog. Staff members came together to celebrate the achievement — it was the fourth time in three years Flaget has received an A. The Leapfrog Group assigns a letter grade to hospitals across the country based on over 30 national performance measures.



Volunteers at the Gift Shop: Volunteers now operate gift shops at all CHI Saint Joseph Health facilities. The gift shops at Saint Joseph East and Saint Joseph Hospital reopened in February under the management of the Volunteer Guild.



The Spirit of Giving Learned From a Young Age

Stephanie Hall, left, Lee Hall, Pearce Hall, Bob Hall, Robert Hall, Julia Hall and Helen Hamilton were among those cutting the ribbon on the new Bob and Bonnie Hall waiting room at Saint Joseph Hospital in 2019.

Photos are by Abby Laub

The Hall family spreads goodwill from one generation to the next.

People have different reasons for giving back to an organization. Siblings Lee and Julia Hall learned it at a young age, just by seeing the spirit of giving of their parents, Bob and Bonnie Hall. The Lexington couple set the example for unselfish giving whenever they attended church.

“Julia and I were always taught through demonstration the importance of giving,” Lee Hall said. “They (their parents) demonstrated that by doing without things they would have liked to have to give to the less fortunate or to somebody doing a service or ministry important to them.”

So when Lee Hall was asked to join the Saint Joseph Hospital Foundation board of directors, he could not say no. He’s a former chair of the board.

“I’m Catholic, so being able to serve on the board of Lexington’s preeminent hospital, but also Lexington’s Catholic hospital, was something that was important to me ... to see that type of Christian care extended through the ministry,” he said.

Over the years, both Bob and Bonnie Hall had had life-saving surgeries and procedures performed at Saint Joseph Hospital, Lee and Julia said. Bonnie Hall died in 2017. In 2018, Lee and Julia, inspired by their parents, wanted to do something for the hospital in their honor.

Extending Hospitality

In discussions with the Saint Joseph Hospital Foundation, Lee and Julia settled on something that mirrored what their family did well — hospitality.

“The waiting room was where we had spent countless hours. We believed that could be a good way to provide hospitality to people in a hospital setting,” Julia Hall said.

The siblings liked that the renovated surgery waiting room would serve people from throughout Kentucky, and searched for photographs that would relate to Kentuckians from not only central Kentucky, but also from other parts of the state. “I wanted people, no matter where they’re from, to be able to find a little corner in



Humankindness Havens Help Patients in Need

CHI Saint Joseph Health hospitals are offering Humankindness Havens to provide assistance to patients in need who are being discharged from the hospital. The resource room at each facility will offer a box containing food for two to three days, some basic articles of clothing and an informational card with local resources to help meet patients' long-term needs.

Humankindness is woven into CHI Saint Joseph Health's values of Compassion, Inclusion, Integrity, Excellence and Collaboration, and the Havens are another way CHI Saint Joseph Health is committed to demonstrating humankindness in every key aspect of service provided to our communities.

The Humankindness Havens are a joint project of the CHI Saint Joseph Health Healthy Communities program and the CHI Saint Joseph Health Foundations. To donate to the program, visit CHISaintJosephHealth.org/waystohelp, select a foundation, click Donate Today and choose Humankindness Havens from the dropdown menu.

Top left: Lee Hall with his sons Robert and Pearce in the foreground.

Top right: Robert Hall with his grandfather, Bob Hall, during the celebration.

Lower: Artist Bill Shipley, pictured with Bob Hall, with one of his photos that hang in the Bob and Bonnie Hall waiting room.

Photos by Abby Laub

there," she said, "to provide a few minutes of escape or comfort to be surrounded by in that room."

The Bob and Bonnie Hall waiting room opened in October 2018.

"It's a way we honor two people who have been just perfect examples of selfless giving over the course of my lifetime," Julia said. "For us to do something that provides someone else a source of comfort honors my mom and dad."

The Halls believe being a part of a philanthropic organization is more than just attending meetings — you should fully participate, Julia said. She's now a member of the Saint Joseph Hospital Foundation board.

A New Way to Help

When the pandemic turned philanthropy upside-down, canceling many big events like the Saint Joseph Hospital Foundation Gala in 2020, Foundation staff launched a new fundraiser to help patients of

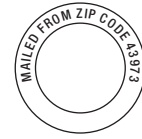
CHI Saint Joseph Health facilities. The Evening of Hope, first held in May 2021, offers an opportunity for donors to gather at small dinner parties to get together and hear about the work of, and patients served by, the Foundation.

Lee Hall and his wife, Stephanie, were among the hosts for the inaugural event last year and plan on participating in some way this year. "It had a more intimate, casual experience to talk about the mission of the Foundation," he said.

Julia will host a dinner party this year. She said the Evening of Hope, "really lends itself to more meaningful conversations."

"Giving back is important to us," Lee Hall said. "Seeing the example set by our parents, it was just something that osmotically took off on its own within our own lives."

To learn more about the event, visit CHISaintJosephHealth.org/eveningofhope.



This is a
recyclable product.

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

Humankindness is the one word for the connection we share, the healing power in each of us.

Flaget Memorial Hospital

“... If you're understaffed, I never knew it. If you're overstressed, I never knew it. If you are overworked, overwhelmed and exhausted, I never knew it. Every doctor, nurse, nursing assistant, surgeon, housekeeper, receptionist, security officer, etc. – every single staff member we encountered was very nice, cheerful and often times bubbly, singing or even dancing.”

Saint Joseph Mount Sterling

“This is for the amazing Outpatient Surgery staff at Saint Joseph Mount Sterling ... I had the privilege of being taken care of by your above and beyond staff. Each and every one of you deserves a Gold Medal of Excellence!”

Saint Joseph Berea

“The third-floor team is there even if I just need a shoulder to cry on. I think they go beyond their duties, and I feel very important when they are all around. They are awesome!”

From our History

“You know how Dr. Rankin felt towards the Sisters of Saint Joseph Hospital ... During his years, of illness their loving attention and prayers meant so much to both him and me.”

— Letter from Edith May Rankin, widow of Dr. Fred Rankin, following his death in 1954