

SPIRIT *of* HEALTH

WINTER 2019

A CHI SAINT JOSEPH HEALTH PUBLICATION FOCUSED ON WELLNESS, HEALING AND HOPE



A NEW NAME
for a Bright Future *p4*

Growing
**CLOSER
TO YOU** *p3*

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STATION *p8*

Taking health
TO HEART *p10*

 **CHI Saint Joseph
Health**

Dear *Spirit of Health* readers,

I am very pleased to share this edition of *Spirit of Health* (formerly *One Health*) with you. This is an exciting time for our ministry, as we recently announced that our corporate name has changed from KentuckyOne Health to CHI Saint Joseph Health.

This transition represents so much more than a name change for us. Saint Joseph Hospital was Lexington's first hospital, established in 1877 by the Sisters of Charity of Nazareth. At the time, they had a singular purpose to provide care for those in need. For more than 140 years, we have continued to honor the ongoing legacy and mission of the Sisters. They were, and remain to be, pioneers of compassion and innovation well ahead of their time. That pioneering approach is what set us apart then, what makes us unique today and what we're renewing our commitment to for the future.

CHI Saint Joseph Health includes Saint Joseph Hospital, Saint Joseph East, Saint Joseph Berea, Saint Joseph Jessamine, Saint Joseph London, Saint Joseph Mount Sterling, Flaget Memorial Hospital, Women's Hospital at Saint Joseph East, Continuing Care Hospital, and many more clinics, express care and physician practice locations across central and eastern Kentucky. More than 6,000 employees and physicians have been called to serve as we carry on our founding Sisters' legacy. We deliver on that call by providing high quality, compassionate care in settings



that are convenient for our patients and communities.

Throughout this issue of *Spirit of Health*, you will learn more about our history, our future, and how we are reinvesting in our communities by opening new locations, expanding services and making it easier for you to maintain a healthy life and lifestyle.

We are honored to be your health care provider and look forward to serving you for another 140 years.

Bruce Tassin
Chief Executive Officer of
CHI Saint Joseph Health
President of Saint Joseph Hospital

COVER

PICTURED, RIGHT:
MICHELLE DAWSON, RN,
WOMEN'S HOSPITAL AT SAINT JOSEPH EAST

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Spirit of Health Winter 2019

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Growing Closer TO YOU

CHI SAINT JOSEPH HEALTH IS EXPANDING ITS OUTPATIENT PRESENCE IN CENTRAL KENTUCKY SO PATIENTS CAN GET THE CARE THEY NEED CLOSE TO HOME.

CHI SAINT JOSEPH HEALTH is creating centers with primary and specialty care under one roof in communities throughout central Kentucky.

“These strategically located destination centers are designed to bring express care, primary care and specialty care under one roof while adding common diagnostic testing for patients’ convenience,” said **Kathy Love**, market vice president for strategy and business development at CHI Saint Joseph Health. “We recognize our patients’ time is valuable and we want to make access to our growing network as easy as possible.”

An All-in-One Outpatient Center in Lexington

A three-story ambulatory care center recently opened at 3581 Harrodsburg Rd. in Lexington. Located approximately three miles from Saint Joseph Hospital, the center’s first floor features CHI Saint Joseph Health – Palomar Express Care, a walk-in clinic for minor injuries and illnesses that offers extended weekday and weekend hours.

“In addition, the center is home to primary care, and we’re in the process of placing specialty services on the third floor,” Love said. “X-ray and laboratory services are also available. Patients appreciate the convenience.”

A New Health Care Landscape in Winchester

This winter, workers will break ground on an ambulatory care center at the Winchester Bypass. The one-story, 25,000-square-foot center is scheduled to open in spring 2020. With primary care, cardiology, orthopedic surgery, imaging and a laboratory, patients will not have to travel far for preventive services or chronic disease management.

Bardstown Build-Outs

At Flaget Memorial Hospital, part of CHI Saint Joseph Health in Bardstown, construction of an expansion is planned for the Sisters of Charity of Nazareth Medical Office Building for primary and specialty care providers. When the building opened, the hospital left 60 percent of its space for expansions.

“The Sisters of Charity of Nazareth Medical Office Building houses Flaget outpatient rehabilitation, a primary care office and an orthopedic office,” said Jennifer Nolan, president at Flaget Memorial Hospital. “The build-outs will be on both floors. Primary care is our biggest need in this area, and the extra space on the second floor will allow us to bring in up to



CHI Saint Joseph Health – Palomar Express Care

COMING SOON: A MEDICAL OFFICE BUILDING AT SAINT JOSEPH LONDON

In 2020, residents of London and the surrounding area will have a one-stop destination for primary and specialty care when a two-story, 60,000-square-foot medical office building opens on the campus of Saint Joseph London.

“The medical office building will be home to primary care, cardiology, pulmonology, general surgery, imaging services, a laboratory and cardiac rehabilitation,” said **Carmel Jones**, CPA, chief operating officer at CHI Saint Joseph Medical Group. “This will be more convenient for patients, as well as physicians who work in the hospital, as they’ll be able to walk next door for appointments and consultations.”

four additional primary care providers. General and bariatric surgery offices are planned for the first floor.”

A laboratory is also slated for the new space. The Medical Office Building project should begin this year.

More to Come

Plans are underway to increase Express Care options in and around Lexington.

“All of our projects throughout central Kentucky have the goal of bringing care closer to patients,” Love said. “We want to make it as easy as possible for them to manage their health.”

Visit [CHISaintJosephHealth.org/lexington-express-care](https://www.chisaintjosephhealth.org/lexington-express-care) to keep up with the latest news and find the care location nearest you.



Nicole Nzesila is one of the many team members at CHI Saint Joseph Health who strives daily to take care of patients.

A New Name **for a Bright Future**

KENTUCKYONE HEALTH IS NOW CHI SAINT JOSEPH HEALTH — A NAME THAT REFLECTS THE RICH HERITAGE OF LEXINGTON'S FIRST HOSPITAL AND THE RENEWAL OF A COMMITMENT TO THE CARING AND INNOVATIVE LEGACY OF THE SISTERS OF CHARITY OF NAZARETH.

IN LATE JANUARY, Saint Joseph Hospital, Saint Joseph East, Saint Joseph Jessamine, Saint Joseph Mount Sterling, Saint Joseph London, Saint Joseph Berea, Women's Hospital at Saint Joseph East, Continuing Care Hospital and Flaget Memorial Hospital announced that the new name of their health system is now CHI Saint Joseph Health. Each facility will retain their individual name. The move from KentuckyOne Health to CHI Saint Joseph Health for these facilities signifies a return to a focus on central and eastern Kentucky, while continuing to deliver the high quality care that is synonymous with the Saint Joseph brand.

"We had three options: retain the KentuckyOne Health brand, create a new one or return to the Saint Joseph name," said **Jeff Murphy**, vice president of marketing and communications at CHI Saint Joseph Health and southeast division vice president of

marketing and communications at CHI. “Our research revealed the Saint Joseph name remained a strong brand in central and eastern Kentucky, thanks to Saint Joseph Hospital’s history of medical firsts in the region and outstanding reputation for quality and safety.”

Health system leaders settled on CHI Saint Joseph Health — and it has proved to be a popular choice with the people who give life to the brand.

Grounded in Faith

In 2017, the statewide KentuckyOne Health organization announced that it would transition ownership of most of its Louisville operations and refocus efforts to central and eastern Kentucky. When it became clear the health system was facing a change in identity, Murphy and other leaders began receiving slightly different versions of one question from physicians and employees: “Now that we’re changing who we are, when can we return to the Saint Joseph name?”

“Our physicians and employees missed the legacy and heritage associated with the Sisters of Charity of Nazareth and the Saint Joseph name,” Murphy said.

“We are the only Catholic health system in Lexington and the surrounding area, and that connection to the purpose and mission of the Sisters has always resonated with our communities. The people who are part of the CHI Saint Joseph Health family feel that same sense of connection to serving our patients.”

Much of the affection for the Saint Joseph name is tied to what the name represents. For decades, Kentuckians have associated it with the ideal blend of what medicine can offer: warm, compassionate service and leading-edge programs and treatments.

“As we create a brand that honors our history, we are moving forward in a new direction so we can continue to advance medicine and deliver the care and services our patients and communities have come to expect,” Murphy said. “This winter is an appropriate time to start a new chapter in our relationship with CHI because it coincides with CHI’s merger with Dignity Health, another large, multistate health system with Catholic history. Being part of CHI connects CHI Saint Joseph Health to more resources and expertise from our partner facilities across the country.”

Renewal of Purpose

In 2017, what is now CHI Saint Joseph Health launched a three-year strategic plan called Renew — a word that perfectly describes the goal of the new brand.

“Our rebrand is about renewal of who we are as an organization with history that dates back more than a century, and it’s also about moving forward in this new era of health care,” Murphy said. “Patients and their families expect more convenience and access. Now, more than ever, that is what we’re prepared to deliver as CHI Saint Joseph Health.”



“Our physicians and employees feel called to serve others. That is the theme of our rebrand as CHI Saint Joseph Health — a reconnection to that purpose.”

— JEFF MURPHY, VICE PRESIDENT OF MARKETING AND COMMUNICATIONS AT CHI SAINT JOSEPH HEALTH AND SOUTHEAST DIVISION VICE PRESIDENT OF MARKETING AND COMMUNICATIONS AT CHI



Jeff Murphy



MORE THAN A LOGO

The new CHI Saint Joseph Health logo — a star and cross created by the coming together of four distinct shapes — isn’t just an organizational emblem. It is also a visual representation of CHI Saint Joseph Health’s ministry and mission.

The four shapes represent trust, confidence, integrity and energy. The indispensable role each unique shape plays in forming the star and cross speaks to the strength CHI Saint Joseph Health derives from its diversity, which also contributes to the vibrancy of the communities the health system serves. The formation of the star and cross by the shapes signifies the integration of CHI Saint Joseph Health into the CHI family, and the way one shape seems to flow into the next evokes continuous transformation in pursuit of improving health.



Visit CHISaintJosephHealth.org to learn more.

We Are Called to Serve

Guided by Our Values

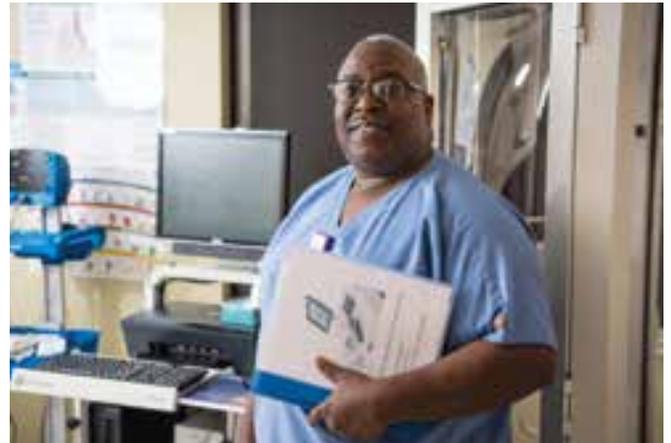
IT'S BEEN NEARLY 38 YEARS SINCE **CLEVELAND SMITH, SUPERVISOR, RESPIRATORY CARE**, WALKED INTO SAINT JOSEPH HOSPITAL AS A FLOOR TECH IN RESPIRATORY.

THAT WASN'T THE original path he had chosen in high school. Originally, he had an interest in radiology, but the program at Madisonville Vocational-Technical School was full. He saw the respiratory path as a way to migrate, eventually, into radiology when an opening occurred.

That was 1977. Now, Smith says he would like to encourage young people to go into the field he's worked in for more than 40 years. As supervisor, respiratory care, Smith is part of a team that provides patient care at the bedside, working closely with nurses and physicians.

"That allows a lot of growth and opportunity to serve and help patients and their families," Smith said.

He's been able to grow in his vocation and credits the emphasis of his department structure and CHI Saint Joseph Health on continuing education. When Smith began with Saint Joseph Hospital in 1981, many of the Sisters of Charity of



Nazareth were still on-site regularly "walking the floors every day." He appreciates the "values that they kept before the staff and those values we still operate under today."

Smith said the RICE principles – Reverence, Integrity, Compassion and Excellence – guide his work and inspire the service he provides, not only as a support arm for his manager, but also for staff.

"I do consider it a calling or ministry because I'm helping people, and I believe you really cannot help people if that's not where your heart is," he said.

A Ministry of Care



KATHLEEN MARTIN, MD, STRIVES TO PROVIDE A CULTURE OF QUALITY CARE.

DR. MARTIN remembers nuns at her Catholic school taking her under their wings after her father died. They would often tell her, "you should be a doctor when you grow up."

"Becoming a doctor was ingrained in me when I was a little girl," said Dr. Martin, now a gastroenterologist with CHI Saint Joseph Medical Group.

While she considered engineering, her love for biology pulled her into medicine.

When Saint Joseph East was looking for a gastroenterologist several years ago, Dr. Martin contacted **Laurie Haas, MD**, about opening a practice. They approached the administration with the idea and eventually opened a practice on that campus.

While medicine is a serious business, Dr. Martin believes it is important to lighten situations. In addition to asking about medical problems, she said it is vital to open with an icebreaker question to calm people down when they are getting a procedure done.

"It's so affirming to find that, just by listening to people and trying to understand what their challenges are, I can really make a difference in their lives," she said.

That attitude extends to other team members, and Dr. Martin credits a range of colleagues at Saint Joseph East — surgeons, nurses and radiologists, to name a few — as key to the ministry of care she strives to provide.

"It's a culture of, if somebody is sick, we're going to take care of them," she said. "We're going to do it efficiently, skillfully and with a pleasant attitude. It really makes my job rewarding when I have good people I can depend on to help treat patients well."

While Dr. Martin says being a physician means she's almost always on call, if she weren't, "I wouldn't get the satisfaction of knowing I'm taking good care of people."

Living by Faith

FROM THE MOMENT SHE WAS BORN, **KATHY MATTONE'S** LIFE STORY HAS BEEN INTERWOVEN WITH THAT OF SAINT JOSEPH HOSPITAL.



Kathy Mattone, RN, left, director of spiritual care, Scott Buck, chaplain, pastoral care, and Peggy Brooks, RN, in the chapel at Saint Joseph East.

"I AM A WIFE and mother by vocation, a nurse and an educator by profession and a chaplain by the grace of God," Mattone said.

Mattone has found her life journey interwoven with Saint Joseph Hospital. She was actually born at Saint Joseph, and while her career includes nursing, teaching and running a bed and breakfast, she kept hearing the call to serve at Saint Joseph Hospital.

While studying theology at Saint Meinrad Seminary and School of Theology in Indiana, she was a clinical instructor for first semester nursing students at Saint Joseph Hospital. During a moment of prayer in the chapel, there was a sense of call to chaplaincy. Mattone learned during her clinical pastoral education internship and residency at Saint Joseph Hospital that chaplains extend holistic patient and staff spiritual care with emphasis on finding meaning and purpose in life.

Once her seminary and chaplain training were complete, there were no positions open. So she worked as a hospice nurse at the University of Kentucky and as a night chaplain at Baptist Health Lexington. As a Catholic, she was awaiting the call to return home. That call came four years ago, when a chaplain position opened up at Saint Joseph East in Lexington.

"I had this longing to be back in Catholic health care, to be able to live and share the richness of my faith tradition," Mattone said. "I felt called to be a part of the healing ministry of Jesus Christ brought to Lexington by the Sisters of Charity of Nazareth over 140 years ago."

Mattone is now the director of spiritual care for CHI Saint Joseph Health.

A Familiar Face in Our Halls

LISA SMITH, RN, WAS WORKING WITH PATIENTS AS A CERTIFIED NURSING ASSISTANT (CNA) AT THE HOSPITAL IN CORBIN WHEN IT HIT HER: "I THOUGHT RIGHT THEN AND THERE, 'THIS IS WHAT I SHOULD BE DOING.'"

LINCOLN MEMORIAL UNIVERSITY began offering a CNA to RN program at the hospital, so Smith followed her heart down the path leading her to nursing. She moved to Lexington soon after finishing nursing school, but something felt off.

"I was a little bit disheartened when I came out of nursing school," she said. "I wasn't sure if it was me or the environment, but something wasn't right."

That changed the minute she came into Saint Joseph Hospital, she said. "It was a different world — the warmth, the compassion — everybody made me feel like I was already a part of it. That was a totally different feeling from what I had in my previous position."

That was 24 years ago. Smith has worked on the floors, with cardiology patients and in the emergency room at Saint Joseph Hospital. Today, she is a medical/surgical float nurse, which gives her the opportunity to work in many different areas of the hospital and learn more about nursing care.

"I never thought that after 24 years in nursing I'd be able to continue to learn, but there is still so much to learn out there," Smith said.

And Saint Joseph Hospital is where she wants to do just that. She has many friends who are part of the nursing team and have also been there a long time.



Jill Clark, RN, with Flaget Memorial Hospital, Lisa Smith, RN, with Saint Joseph Hospital, Todd Linley, a volunteer with Saint Joseph Hospital, and Norris "Chip" Hollon, PharmD, a pharmacist with Saint Joseph Hospital, are among the staff members who participated in a new television commercial for the new CHI Saint Joseph Health.

"Walking the halls, people know your name, you know their names," she said. "The atmosphere is totally different than any other hospital. And it's not a small hospital; we're pretty big. To be able to have that still is pretty amazing."

CIRCULATION Station

STAYING ACTIVE CAN KEEP YOUR BLOOD FLOWING PROPERLY.

A SEDENTARY LIFESTYLE can cause weight gain and conditions such as Type 2 diabetes, but did you know it can also lead to problems with blood circulation?

Peripheral artery disease (PAD) and deep vein thrombosis (DVT) affect the way blood flows through your body. Complications from PAD and DVT can reduce the amount of oxygen your muscles receive and can also result in dangerous blood clots.

You can prevent the development of PAD and DVT, however, with simple lifestyle changes and advice from your primary care provider.

Go With the Flow

PAD occurs when plaque builds up in your peripheral arteries, which move blood and oxygen from your heart to your limbs. This plaque can narrow your arteries and interfere with blood flow. Pain and cramps, particularly in your legs, are symptoms of PAD.

“Lifestyle is the biggest contributing factor to PAD,” said **Nick Abedi, MD**, regional medical director and general and vascular surgeon at CHI Saint Joseph Medical Group. “Poor dietary habits can lead to plaque buildup early in life, and other risk factors, such as tobacco use, can also lead to accelerated plaque buildup.”

These same risk factors also contribute to DVT, which is a blood clot that forms within a vein and is often the result of an extended hospital stay or long trips on airplanes and in cars —

circumstances that restrict movement. Varicose veins can also raise your risk for DVT, but they are easily treated with an outpatient procedure.

“Movement helps circulate blood in the veins,” Dr. Abedi said. “When people aren’t active, they have an increased risk for developing blood clots in their legs. If a clot moves upward, it can become lodged in the lung, a potentially deadly condition known as a pulmonary embolism.”

The most common symptoms of DVT are pain and swelling in the arms or legs. You should seek immediate medical attention if you notice these symptoms.

Get Moving

Though DVT requires medical treatment with blood thinners to dissolve the clot, surgical treatment to remove it or an implant to hold it in place, treatments for PAD are usually unsuccessful without long-term lifestyle changes.

“Diabetes management and tobacco abstinence need to happen before medical intervention,” Dr. Abedi said. “We like our patients to do 30 minutes of intentional walking every day to start their exercise regimen.”

Exercising, avoiding tobacco and eating a balanced diet that is low in fat and sodium can help reduce your risk of PAD.

Minor PAD symptoms cannot be permanently resolved without a heart-healthy lifestyle, and advanced symptoms, such as ulcers or infections, may require urgent or emergency treatment.

Visit [CHISaintJosephHealth.org/heart-vascular-care](https://www.chisaintjosephhealth.org/heart-vascular-care) to learn more about heart health at CHI Saint Joseph Health.

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“We have four board-certified vascular surgeons at Saint Joseph Hospital, and at least one is available 24 hours a day for emergencies. There’s always one of us here.”

— **NICK ABEDI, MD, REGIONAL MEDICAL DIRECTOR AND GENERAL AND VASCULAR SURGEON AT CHI SAINT JOSEPH MEDICAL GROUP**



Nick Abedi, MD

”

Code Stroke: EVERY SECOND COUNTS

LEARN HOW TO RECOGNIZE AND REACT TO A STROKE.

WHEN “CODE STROKE” is announced over the hospital loudspeaker, a designated health care team immediately moves the patient for a CT scan to confirm the diagnosis.

“It is the staff’s first step in managing a stroke,” said **Jennifer Chism**, MSN, RN, director of nursing at Saint Joseph Mount Sterling. “We have to act fast because every 15 minutes of stroke symptoms can equal one month of disability.”

The clock starts ticking at the first sign of a stroke, which is why it is important to know what to do if a stroke is suspected. The acronym F.A.S.T. can help you remember how to identify and react to the symptoms so potential brain cell loss is minimized.



Act F.A.S.T.

- + **Face:** The person may experience facial weakness. Ask him or her to smile and check to see if his or her face appears uneven or droopy.
- + **Arms:** One or both arms may feel weak, numb or paralyzed. Ask the person to try to raise his or her arms and observe whether either arm drifts.
- + **Speech:** Determine if the person has slurred speech, difficulty speaking or trouble repeating simple phrases.
- + **Time:** There is a limited time frame to treat an ischemic stroke, which is caused by a blockage of a blood vessel to the brain — the case for about 87 percent of all strokes. If a person exhibits any symptoms, note the time the symptoms started and call 911 immediately.

Managing high blood pressure can help reduce stroke risk. Make an appointment with your primary care provider to have your blood pressure checked. Need a provider? Visit CHISaintJosephHealth.org/provider-directory.

STEMI Alert

TIME IS MUSCLE.

IMAGINE HOLDING your breath underwater. Now imagine that you couldn’t return to the surface. This is similar to what the heart experiences during an ST-segment elevation myocardial infarction (STEMI).

STEMI is a type of heart attack that prevents a large portion of the heart muscle from receiving blood due to a blocked coronary artery. At a certain point, the lack of blood and oxygen will cause parts of the heart muscle to die.

“The longer the heart is starved for oxygen, the more muscle will be affected by the heart attack,” said **Paula Fox**, director of heart and vascular care at CHI Saint Joseph Health.

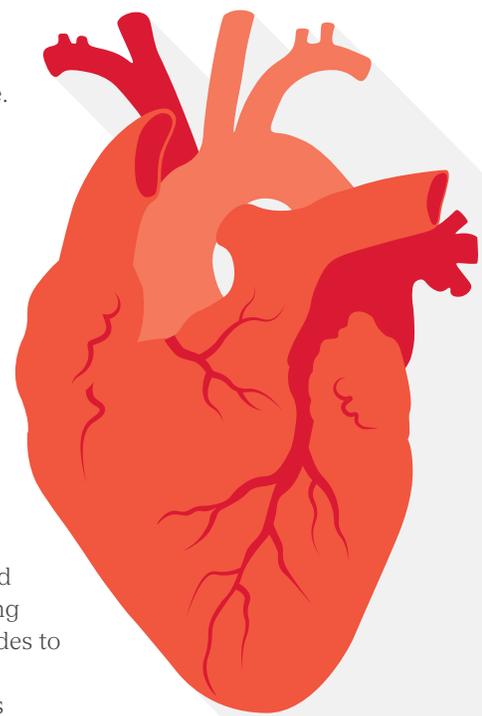
Quick treatment for STEMI to unblock arteries can help prevent lasting damage to the heart and result in better outcomes for patients. That’s why CHI Saint Joseph Health took part in the Regional Systems Accelerator II Project, led by Duke Clinical Research Institute and the American Heart Association.

Minutes Matter

As part of the project, CHI Saint Joseph Health implemented a STEMI alert system that helped streamline the process for recognizing and treating STEMI cases. It also required extra training for emergency medical services providers so they could administer care during ambulance rides to the hospital.

Since the system was implemented, the average time for patients to complete treatment has decreased from 78 minutes after arriving at the hospital to only 43 minutes after arriving.

Education initiatives have also helped the community recognize signs of heart attack, the importance of calling an ambulance and how to administer hands-free CPR during emergencies.



Visit CHISaintJosephHealth.org/heart-vascular-care to learn more about heart and vascular care at CHI Saint Joseph Health.



Taking Health to HEART

CHI SAINT JOSEPH HEALTH AND GO RED FOR WOMEN WORK TO PROMOTE WOMEN'S HEART HEALTH THROUGH EDUCATION AND SCREENINGS.

HEART DISEASE is the leading cause of death in women. Despite this, the false notion that heart attacks and strokes are more likely to affect men still prevails — a stereotype that Go Red for Women, a national movement led by the American Heart Association (AHA), is trying to fight.

“Historically, all research was done around men and their risk factors,” said **Stephanie Sarrantonio**, MBA, marketing director at CHI Saint Joseph Health. “Driven by the AHA, people are only recently becoming aware that women do not necessarily have the same symptoms, such as crushing pain in the chest.”

While women having a heart attack may feel chest or arm discomfort, they may also experience lesser-known symptoms, such as shortness of breath, nausea or vomiting and back or jaw pain.

“We tend to put it off and think we are just fatigued, which is why we have a higher mortality rate,” Sarrantonio said. “It is important to remember that it does happen to women, and the best defense is to get screened.”

A Heartfelt Partnership

CHI Saint Joseph Health began working with Go Red for Women in 2008 when the AHA first brought the campaign to Kentucky hospitals and has since been recognized by the AHA for its commitment to the campaign year-round.

“The campaign really aligned with our mission,” Sarrantonio said. “We now go out, educate women and take a more preventive health approach rather than only interacting with these women after they have had a heart attack or stroke.”

CHI Saint Joseph Health promotes heart health in women throughout the community through a variety of local events, including:

- + **Go Red for Girls** — A collaboration with the Girl Scouts that enables Scouts to earn badges by learning and participating in activities to promote heart health in women
- + **Go Red for Women Lunch and Learns** — Free, regional lunches featuring physicians from CHI Saint Joseph Health



Laura Babbage, director of mission for CHI Saint Joseph Health, spoke during the Go Red for Women luncheon in Lexington last fall. Staff with Saint Joseph Hospital provided screenings and information during the annual event.



who educate women on how to prevent heart disease and offer screenings on-site

- + **Go Red Night with the Lexington Legends** — Screenings and education offered before the game
- + **Have Faith in Heart** — Education and screenings offered at local churches in underserved areas
- + **Go Red Day at Keeneland** — Screenings and education offered
- + **Wear Red Day** — A national event CHI Saint Joseph Health honors by offering education and screening at Macy's in Fayette Mall

Your annual well-woman visit is a great opportunity to receive the screenings recommended to prevent and detect heart disease. Visit CHISaintJosephHealth.org/services-screenings to learn more.





Laying the Foundation

FOR A

Successful Joint Replacement

PREPARING FOR a knee or hip replacement in the weeks and months before surgery can go a long way toward determining the speed of your recovery and overall success of the procedure. Here's a look at some of the steps you can take.

Improve Your Health

You want to be as healthy as possible by the time your surgery day arrives, so work with your primary care physician and others to manage chronic conditions, especially diabetes. Stable blood sugar levels can help prevent postoperative infections, according to **Liz Lyons**, RN, orthopedic nurse navigator at Saint Joseph Hospital. Smokers are more likely to experience poor wound healing and other complications after surgery, reports the American Academy of Orthopaedic Surgeons, so if you smoke, kick the habit.

Lean in to Prehab

Ask your surgeon if prehabilitation — an exercise or physical therapy program that takes place prior to surgery — is appropriate for you. The fitter and stronger you are before joint replacement, the easier recovery is likely to be. Prehab can help patients have shorter hospital stays and courses of outpatient rehabilitation, according to the Arthritis Foundation.

Make Your Home Recovery Friendly

“When patients return home, safety comes first,” said **Tammy Fugate**, RN, orthopedic nurse navigator at Saint Joseph East. “Before surgery, it’s important to remove area rugs, which can be tripping hazards, install benches and handrails in the shower and bathroom, and ensure walkways throughout the home are clear and well-lit. Have gates or a crate on hand to keep pets from getting underfoot.”

To find an orthopedic surgeon who can tell you about nonsurgical ways to relieve joint pain or help you decide if joint replacement surgery is right for you, visit [CHISaintJosephHealth.org/provider-directory](https://www.chisaintjosephhealth.org/provider-directory).

AFTER LETTING JOINT PAIN KEEP YOU FROM THE ACTIVITIES YOU LOVE, YOU CONSULT WITH YOUR ORTHOPEDIC SURGEON AND DECIDE TO HAVE JOINT REPLACEMENT SURGERY. NOW IT'S TIME TO GET READY.

GET READY TO MAKE THE GRADE

For patients preparing to have joint replacement at Saint Joseph Hospital, Saint Joseph East, Flaget Memorial Hospital, Saint Joseph London or Saint Joseph Mount Sterling, an important milestone is attending Joint Academy, a class the hospitals host for patients two weeks to one month prior to their surgeries.

Led by an orthopedic nurse navigator, Joint Academy educates patients about every aspect of joint replacement, from pre-admission testing and what to expect on the day of surgery, to discharge planning and how to navigate their return home. Classes often feature presentations by professionals who provide or arrange for care during the joint replacement process, including a physical therapist and home health liaison.

“We encourage patients to bring their joint coach, usually a family member or close friend, with them to Joint Academy,” said **Liz Lyons**, RN, orthopedic nurse navigator at Saint Joseph Hospital. “The more ears in the room, the better.”

Helping Your Anxious Child

IS IT MORE THAN TEENAGE ANGST? HELP CARE FOR YOUR CHILD'S MENTAL HEALTH BY LEARNING TO SPOT THE SYMPTOMS OF ANXIETY.

NEARLY A THIRD of adolescents have experienced an anxiety disorder. Untreated, this can lead to poor performance in school, substance abuse and avoidance of vital social experiences. Recognizing the signs is the first step in helping your child get the support he or she needs.

According to **Kelly Gillooly**, MEd, LCADC, director of behavioral health outreach at Our Lady of Peace, these symptoms can involve changes to their everyday behavior and physical ailments, including:

- + Avoidance or clinginess
- + Difficulty concentrating
- + Headaches
- + Irritability
- + Muscle aches
- + Restlessness or difficulty sleeping
- + Upset stomach (nausea or diarrhea)

If your child is exhibiting physical symptoms of anxiety, make an appointment with his or her pediatrician, who can determine if the child's symptoms

are the result of a physical health issue. After physical triggers have been ruled out, Gillooly recommends consulting an outpatient therapist, licensed clinician or psychiatrist for diagnosis and treatment.

"Therapy is almost always the answer. It provides a safe space for children and adolescents to learn healthy coping skills," Gillooly said. "Cognitive behavioral therapy can work really well, especially for older adolescents. For younger children who are unable to verbalize their feelings, art and play therapy can be effective tools."

Gillooly advises working with your child's therapist to reinforce the skills he or she learns in therapy at home, in addition to practicing positive reinforcement, fostering normalcy through daily routines and striving to be an active, patient source of support in your child's life.

Does your child need a behavioral health specialist? Visit CHISaintJosephHealth.org/behavioral-health-care to learn more.



NIPPING SEASONAL ALLERGIES IN THE BUD

ALLERGY SEASON IS RIGHT AROUND THE CORNER. LEARN HOW TO MANAGE THE SYMPTOMS OF THE SEASON, INCLUDING STUFFINESS AND SNEEZING.

"**SPRING ALLERGIES** can often lead to a variety of ear, nose and throat problems," said **Ron Shashy**, MD, an otolaryngologist with CHI Saint Joseph Health – Ear, Nose and Throat Care. "Your body reacts to environmental triggers, causing inflammation and drainage that can then close off your sinuses and lead to a sinus infection or that general stuffiness we associate with spring."

Devising a Spring Allergy Plan

The simplest way to combat allergies is to avoid triggers. If you do not already know your triggers, an otolaryngologist can conduct tests to identify them. If circumvention does not work for you, Dr. Shashy recommends starting an over-the-counter antihistamine regimen.

"It is easier to get ahead of the problem by getting medication in your system now," Dr. Shashy said.

"Most of these medications are taken once per day, so taking them regularly is not cumbersome."

If antihistamines and other over-the-counter remedies, such as neti pots or nasal sprays, do not provide relief, make an appointment with your primary care provider or an otolaryngologist.

"Some people require allergy shots or higher doses of medication, while others need a round of antibiotics because the symptoms are from an infection and not allergies at all," Dr. Shashy said. "Talking to a physician will help ensure you are on the right track."

For allergy diagnosis and treatment, call CHI Saint Joseph Health – Ear, Nose and Throat Care at 859.629.7140 or visit CHISaintJosephHealth.org/ear-nose-throat-care.



Ron Shashy, MD



Your Colorectal Cancer Screening

CHEAT SHEET

COLORECTAL CANCER is the second leading cause of cancer death in the United States, according to the American Cancer Society (ACS). Fortunately, colorectal cancer is preventable with lifestyle changes, such as a healthy diet and regular exercise, and staying up to date on cancer screenings.

The ACS recommends adults age 45 and older get regular colorectal cancer screenings, which fall under two main types: visual tests, such as colonoscopies, and stool-based tests. **Kathleen Martin, MD**, gastroenterologist at CHI Saint Joseph Medical Group Gastroenterology, recommends a colonoscopy for most of her patients.



Kathleen
Martin, MD

“A colonoscopy provides the best visualization for the provider,” said Dr. Martin, who adds that a doctor uses a miniature scope to examine the colon from within. “It allows us to detect and remove precancerous lesions, called polyps, so we can both prevent and diagnose cancer.”

While she most often recommends a colonoscopy, Dr. Martin said that the best choice of screening varies from patient to patient. For patients who are anxious about going under anesthesia, Dr. Martin recommends a CT colonography, also called a virtual colonoscopy.

“It’s a good alternative to a traditional colonoscopy,” Dr. Martin said. “We also use it for people who have scar tissue that may prevent passage of the scope.”

A stool-based test is another option for patients, offering its own benefits in identifying colorectal cancer.

“Stool-based tests are for patients who are on certain medications or have compromised pulmonary function, making it difficult to perform a colonoscopy,” Dr. Martin said. “The best one is the multitargeted stool DNA test. It checks for secretions from tumors and dangerous polyps.”

Whichever test you choose, both Dr. Martin and the ACS agree that regular screenings are crucial to reduce the risk of colorectal cancer.

To schedule a colonoscopy, visit
CHISaintJosephHealth.org/colon-cancer
or call 855.345.9663.

FIND OUT WHICH COLORECTAL CANCER
SCREENING IS RIGHT FOR YOU.

WHICH TEST IS BEST?

Learn more about the different types of colorectal cancer screenings as described by the American Cancer Society (ACS), and decide which option is best for you.

- **Colonoscopy** — a provider uses a scope — a tube with a small camera — to look for and remove precancerous polyps and cancer. This test requires general anesthesia and must be done every 10 years.
- **CT Colonography** — Also called a virtual colonoscopy, this uses an X-ray machine to look for polyps and cancer. This test must be performed every five years.
- **Fecal Immunochemical Test** — Done once a year, this test requires you to take a stool sample using an at-home kit your provider gives you. You mail your sample to a lab where it is checked for blood in the stool.
- **Multitarget Stool DNA Test** — This test is done every three years. You collect a stool sample using a kit your provider sends to you. The sample is mailed to a lab and tested for blood, as well as abnormal DNA from polyps or cancer.

Managing Menopause

IF LIFESTYLE CHANGES HAVEN'T BROUGHT RELIEF FROM YOUR MENOPAUSE SYMPTOMS, MAYBE IT'S TIME TO CONSIDER HORMONE THERAPY.



Amy Farrell, MD, FACOG

MENOPAUSE IS NOT a disease, reminds the National Institutes of Health (NIH). Hot flashes, mood changes, trouble falling asleep and other common menopause symptoms, however, can be frustrating. The NIH recommends women do the following to help alleviate menopause symptoms:

- + Eat a healthy diet with whole grains, fruits and vegetables, and maintain a healthy weight.
- + Do weight-bearing exercises three times a week for healthy bones.
- + Make sure you are getting enough vitamin D and calcium.

If you are still bothered by menopause symptoms, hormone therapy is an option available to you through your provider.

What Is Hormone Therapy?

Lower levels of the hormone estrogen cause menopause symptoms, and **Amy Farrell, MD, FACOG**, of CHI Saint Joseph Health Obstetrics and Gynecology, says hormone therapy is the most effective treatment for menopausal symptoms despite potential health risks.

"The benefits of hormone therapy may outweigh the risks if you are healthy and experience moderate to severe hot flashes or other menopausal symptoms or transitioned through menopause prematurely — before age 40," Dr. Farrell said. "Your age, menopausal symptoms, and time since menopause all play a role in determining if hormone therapy is right for you."

There are two main types of hormone therapy: estrogen-only therapy and estrogen plus progesterone therapy. Women who have had a hysterectomy may be prescribed estrogen-only therapy; progesterone is added to estrogen for women with a uterus to prevent endometrial cancer. (See "Types of Hormone Therapy" to learn more.)

If you decide hormone therapy is the best choice for you, your provider will start you on the lowest effective dose and for the least amount of time you need it.

Hormone therapy has been shown to have multiple benefits, including:

- + Lessening hot flashes and night sweats
- + Providing relief from vaginal symptoms, such as vaginal dryness, thinning vaginal tissue and painful intercourse
- + Preventing bone fractures
- + Helping prevent Type 2 diabetes
- + Potentially lowering your risk of heart disease, if hormone therapy is started within 10 years of menopause

Hormone therapy has been shown to have some risks, though, including stroke, breast cancer or blood clots, so talk with your provider about the best option for you.

Looking for an OB-GYN? Visit CHISaintJosephHealth.org/womens-care to find the one who's right for you.



WHAT IS THE PRIMARY CONSIDERATION FOR WOMEN IN DECIDING WHETHER TO HAVE HORMONE REPLACEMENT?

"Women should avoid hormone therapy if they have had breast cancer, ovarian cancer, endometrial cancer, blood clots in the legs or lungs, stroke, liver disease or unexplained vaginal bleeding. If menopausal symptoms are not bothersome and you started menopause after age 45, you do not need hormone therapy to stay healthy. You should discuss strategies to address menopausal symptoms with your doctor."

— **AMY FARRELL, MD, FACOG, OF CHI SAINT JOSEPH HEALTH OBSTETRICS AND GYNECOLOGY**



TYPES OF HORMONE THERAPY

Hormone therapy can be taken in two ways: systemically and locally.

Systemic products go into the bloodstream and reach every part of the body. They can be taken as oral tablets, patches, gels, injections, emulsions or sprays. These products will provide relief from all menopause symptoms, from hot flashes to mood swings.

Local products affect a specific area of the body and are used to treat vaginal symptoms, such as dryness or pain during intercourse. These can be given as creams, rings or tablets.

The North American Menopause Society states that women who begin hormone therapy close to menopause, usually between ages 51 and 59, will see the most benefits and have the lowest amount of risk. Every woman is different, however, so talk with your provider about the best option for you.



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SAINT JOSEPH MOUNT STERLING

“ Our family cannot thank you enough for the love and care you gave our mother and the support you gave each of us in her last days. Everyone was so helpful, supportive and caring. We will never forget what you did for her.”

FLAGET MEMORIAL HOSPITAL

“ I gave birth to my first child, a son, at Flaget Birth Center. Everything about the birth of my son was perfect and I largely attribute that to the nursing staff, aides and Dr. [Carmen Y.] Folmar. Their presence, patience and compassion truly gave me a wonderful birth experience.”

SAINT JOSEPH HOSPITAL

“ To ‘my’ health care team, we could not thank you enough for the care and many kindnesses shown to me. You all helped a difficult time be more bearable!”