

HealthLines

New MRI is first in Indiana

Margaret Mary Community Hospital has recently installed new digital broadband magnetic resonance imaging (MRI), making us the first hospital in the state of Indiana to offer this advanced technology.

MRI uses a magnetic field, radio waves and a computer to create a detailed image of the inside of your body. This technology is used to examine soft tissues in areas like the brain, spine, breast, abdomen, pelvis and joints. Compared to other imaging techniques, MRI generates far more detailed three-dimensional images of the body, greatly improving the ability of doctors to diagnose brain and bone tumors, Multiple Sclerosis, early-stage strokes, injuries of the joints and spinal conditions. The new digital broadband MRI offers a number of advantages over other MRI technology, including:



- Advanced software for both breast and prostate MRI.
- The ability to accommodate a wider range of patients with different ages, sizes and physical conditions. (The patient weight limit has increased from 300 to 550 pounds.)
- A 30-percent larger opening, providing patients more space and reducing anxiety.
- Automatic planning capabilities, reducing retakes and increasing consistency and speed.
- The need for less patient repositioning, reducing exam times.
- Less noise for patients during the exam.

“While patient comfort is certainly one of the benefits of the new MRI, the most important advantage is our ability to diagnose medical conditions more accurately,” said MMCH Radiologist James Browne, MD. “This translates to earlier treatment and better outcomes for our patients.”

At Margaret Mary, all MRI scans are reviewed by one of our board-certified, on-site radiologists, ensuring a quick and consistent response to both patient and physician needs.

Construction UNDERWAY

Despite the rainy weather we had earlier this winter, construction has begun on Margaret Mary’s new Physician Center located just off State Road 229 near The Hansen Center. Construction crews have been busy at work building the stone base of the parking lot and working on the footings and foundations of the building. The structural steel is scheduled to arrive in February. When finished, the center will house pediatric, surgical, OB/GYN and family practice office space. Expected completion is November 2012.



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Scan with smartphone

For
the Whole
Family

2012 Calendar of Events



Like us on Facebook!

Mark your calendars! Below is a list of many of the classes, screenings and events scheduled in 2012! For a complete list of other classes, including childbirth, diabetes and nutrition, visit our Events section at www.mmch.org.

Special Events

Safe Sitter – Babysitting preparation designed for 11-13 year olds (no exceptions). May 19, June 6, Oct. 27. MMCH Auditorium. 9 a.m. -3:30 p.m. Cost is \$15.

Registration required. (812) 933-5257.

Girls on the Run 5K – Walk/run held to honor girls who complete the Girls on the Run program. Public invited. Liberty Park, Batesville, May 12 at 9 a.m. \$15 to register. (812) 933-5482.

National Cancer Survivors Day – Community-wide celebration for cancer survivors and their loved ones. Activities include speakers, music, door prizes, food and kid activities. June 3. The Hansen Center. (812) 933-3741.

Forever Fabulous – An inspirational ladies' night out. March 20 at 6:30 p.m. (See back of newsletter.)

Wellness Expo – Health fair offering free cholesterol screenings, flu shots, health information and more. Nov. 3. (Stay posted for more details.)

Ripley County Relay for Life – Held from 8 a.m. -8 a.m. on June 16-17. Batesville High School track.

Hospice 5k – Annual walk/run to raise money for the hospice program at MMCH. April 28. MMCH Parking Lot. (812) 933-5257.

Diabetes Awareness Dinner – Special dinner presentation on diabetes topics. Nov. 29. (812) 933-5000.

Get Your Rear in Gear – Annual walk/run to raise money for colon cancer awareness. Sept. 8. The Hansen Center. Registration begins at 8 am and the race starts at 9 am. (812) 933-5257.

CPR Classes

Basic CPR – Held from 9 a.m.-12:30 p.m. Administrative Conference Room. Cost is \$15. Registration required. March 10, May 12, June 9, June 23, July 14, July 28, Aug. 11, Aug. 25, Sept. 8, Oct. 13, Nov. 10 and Dec. 8. (812) 933-5115.

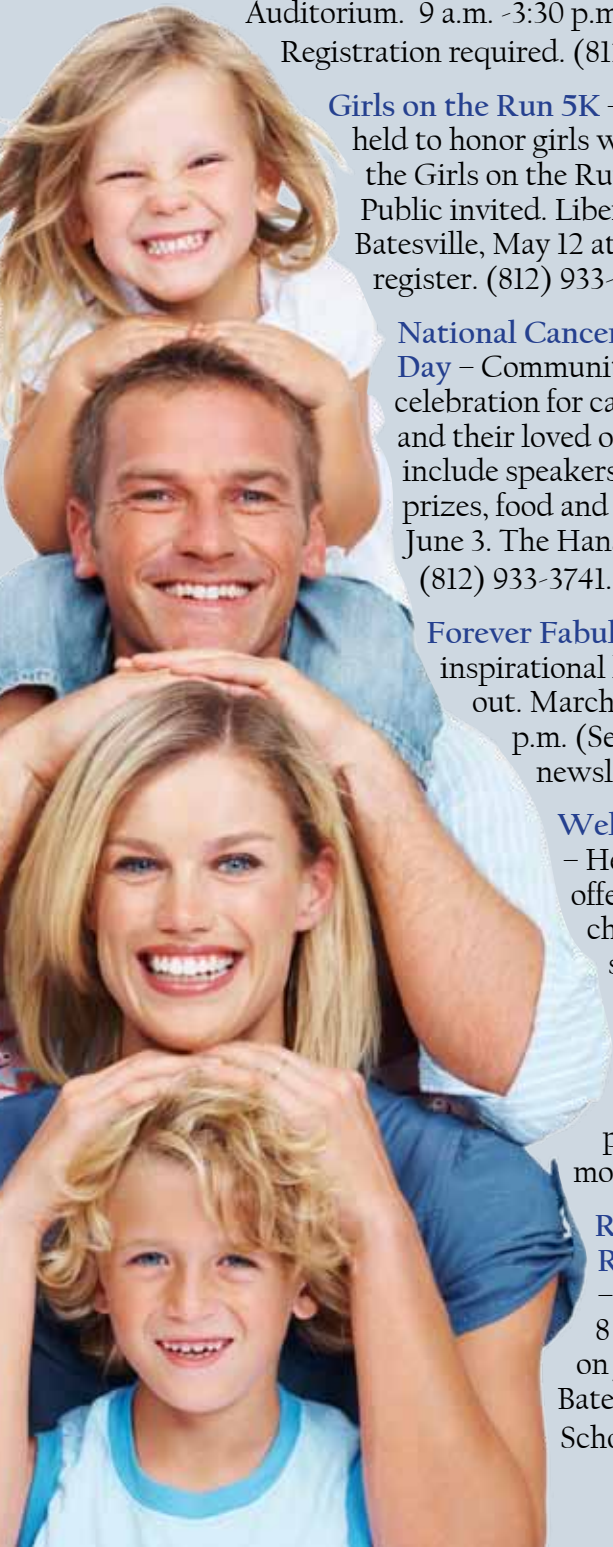
Heartsaver CPR – Includes first aid, CPR, AED training, environmental emergencies and blood-borne pathogens. 9 a.m.-3 p.m. Admin. Conf. Room. Cost is \$25. March 31 and Oct. 27. Registration required. (812) 933-5115.

Screenings

Blood Pressure and Finger Stick Blood Sugar Clinics – These free clinics are held from 7:30-9 a.m. at the MMCH Wellness Clinic. Feb. 24, April 27, June 29, Aug. 31, Nov. 30. (812) 933-5257.

Community Wellness Screening – Pre-registration is required. Screenings include cholesterol, cardiac risk, blood sugar, and blood pressure. No appointment is necessary, and all blood draws are free. Screenings are held from 7-9 a.m. Participants should fast 12 hours prior to the screening. This screening is only recommended once a year. Call to pre-register at (812) 933-5408 or online at www.mmch.org.

March 7	Sunman Legion, 412 Eastern Ave., Sunman
April 25	Napoleon Community Ctr., 3675 W. Main St.
June 13	New Point Community Bldg., 8041 E. C.R. 195 S.
Aug. 15	Ripley Crossing, 1200 Whitlatch Way, Milan
Nov. 7	Versailles Baptist Church, 228 S. Washington St.



“I’m so thankful I was able to meet my grandson.”

ESD staff responds quickly, helps save heart attack victim’s life

Last April, Tim Ryker, 54, of Batesville was noticing some unusual symptoms while at work. Between the pressure he was feeling in his head and the burning sensation in his chest, Tim came home that evening and thought he better lie down.

“I laid there for awhile but couldn’t get comfortable,” Tim said. “Finally, I decided I better have my wife take me to the ER. I thought maybe I was getting pneumonia.”

When Tim arrived at Margaret Mary’s Emergency Services department, the staff acted quickly. An unusually high blood pressure rate signaled to the nurse that something could seriously be wrong. Within minutes, Dr. Charles Webster was in Tim’s room and it was confirmed – Tim was having a heart attack.

“Everything happened so quickly, but I remember thinking the staff was great. Everyone was calm, which helped my wife and I stay calm. The whole visit went smoothly, and I was transferred and underwent treatment at Christ in less than an hour.”

As the region’s first accredited chest pain center in The Christ Hospital network, Margaret Mary has a partnership with Christ designed to ensure systems are in place to treat and transfer heart attack victims as quickly as possible. With the help of electronic charting, the staff from Margaret Mary is able to communicate important patient information to the staff at Christ, enabling a smooth transition when the patient is transferred.

“It turned out my widow maker was blocked,” said Tim. “The staff at Christ was ready for me. They ended up putting a stent in to keep the artery open.”

A widow maker is a nickname used to describe a left main artery in the heart. The term is used because if the artery gets blocked, it often leads to a massive heart attack and sudden death.

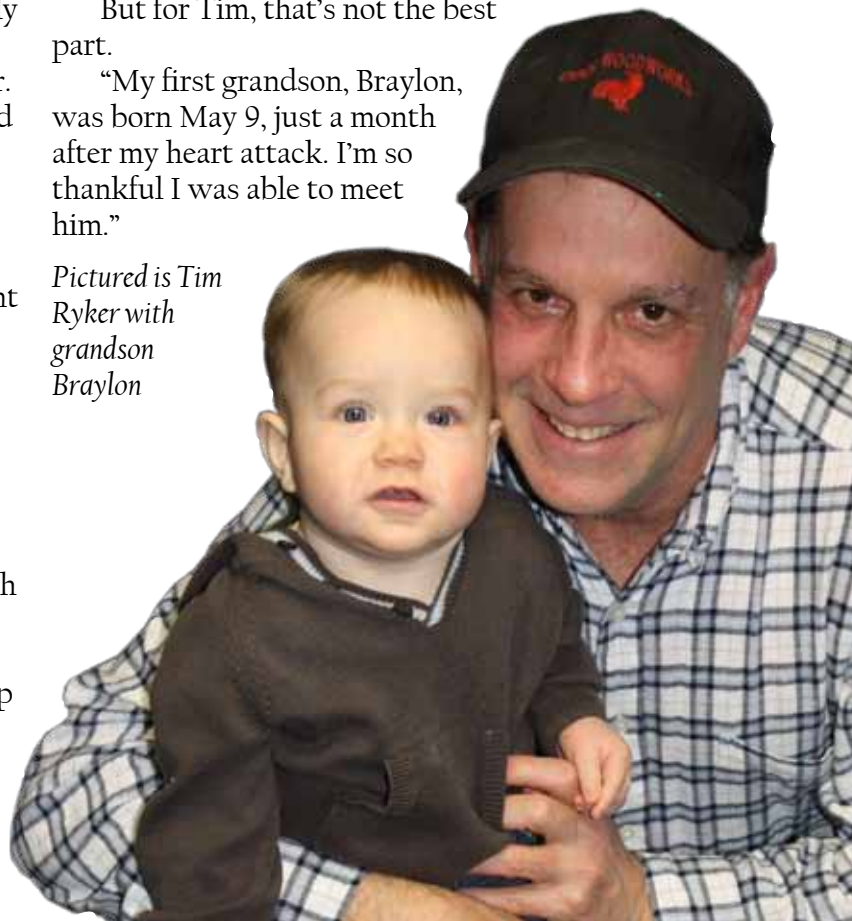
“I know I’m blessed,” said Tim. “I hope the hospital staff realizes the difference they make in the lives of their patients. From the ER nurses to the Cardiac Rehab staff who helped me regain my strength, what they do each day is more than a job. They are good. They know their stuff. And that’s why I’m alive.”

Having always been an avid fisherman and hunter, Tim says he’s amazed at how much energy he now has for those long hikes through the woods.

But for Tim, that’s not the best part.

“My first grandson, Braylon, was born May 9, just a month after my heart attack. I’m so thankful I was able to meet him.”

Pictured is Tim Ryker with grandson Braylon



Hospital Launches New Website

If you haven’t visited Margaret Mary’s website lately, you may want to take a look at the improvements we’ve recently made. Although our web address remains the same – www.mmch.org – you’ll now find many features designed to make getting the information you need easier and more convenient. In addition to being more modern and easier to navigate, the site offers:

- Better search capabilities, especially on the “Find a Doc” page
- More photos featuring our very own patients and employees
- More multimedia functions, including our “Tune into Wellness” broadcast
- An improved job application process
- More details regarding news, events and happenings
- An improved map feature





321 Mitchell Avenue
Batesville, IN 47006

Presorted
Standard
Postage Paid
Permit #233
Connersville, IN

Back by popular demand ...

Healthy Heart Dinner

Featuring Ohio Heart
Cardiologist Jason Smith, MD

When: Feb. 29 at 5:30 p.m.

Where: The Sherman House

Cost: \$5/person



Registration required! To learn more, visit
www.mmch.org or call (812) 933-5257.

Know Your Coverage

Now, more than ever, it's important for health care consumers to be educated about their health insurance benefits. Unfortunately, health insurance plans are not all uniform and can be very confusing to read and understand. Your plan covers some things, doesn't cover others and often has special requirements to get certain medical charges covered. Specifically, there is often confusion regarding coverage of immunizations and screenings, especially mammograms and colonoscopies. While it's not necessary to memorize all the details of your plan, you should have a basic understanding and be able to access the information if you need it. At Margaret Mary, our goal is to make sure you understand your insurance benefits and are not surprised by unanticipated medical expenses. That's why it's important to check with your insurance carrier each time you schedule a screening, test or other health care procedure.

Forever Fabulous ... at any age

An inspirational ladies' night out!

This year, Margaret Mary is excited to announce a new ladies' night out - *Forever Fabulous* - including appetizers, wine tasting and an inspirational presentation!

Featured Presentation: "Less Whine, More Wine"

Time: 6:30 p.m. on Tuesday, March 20

Place: Ertel Cellars Winery (Located just south of Batesville)

Cost: \$15/person

For those of you who enjoyed coming to *Speaking of Women's Health* each June, this event will be taking its place. Many of you told us on past SWH surveys you most enjoy the camaraderie and inspiration of the event, but find it difficult to give up a Saturday in the summer to attend. We listened and hope you'll bring a friend and join us for a night of inspiration and appetizers. (*Eat first. This will not be a full meal.*) Cost is \$15/person and registration is available online at www.mmch.org by visiting the *Events* section. Please consider carpooling as parking is limited. To learn more, call (812) 933-5257.

