

HealthLines

Cutting-edge technology for stroke patients

When a stroke occurs, every second counts. Having access to health care professionals who can identify the signs of stroke and administer treatment quickly can mean the difference between full recovery and long-term disability.

Fortunately, new telemedicine technology now connects Margaret Mary Community Hospital with neurology physician specialists at IU Health's neuroscience department. In fact, MMCH is the first community hospital in the region to go live with diagnostic Telestroke capabilities.

Receiving acute care in a very short period is critical for stroke patients, yet many rural hospitals have limited neurology resources. As part of the new Indiana Telestroke Network, the emergency staff at MMCH is now able to dial a neurology expert at IU Health for immediate, round-the-clock consultation and assessment of stroke patients. Through the use of videoconferencing and image sharing technology, the IU Health neurologist can see and talk with the patient and family, and view CT scans and lab results. Together with the MMCH physician, an immediate plan of care is determined and treatment is initiated without wasting

precious time. The sooner a patient is assessed and treatment begins, the better the chances for recovery.



Different types of stroke require different types of treatment. In the case of an acute (ischemic) stroke, the delivery of tPA, a clot-busting drug, can sometimes reverse the disability of stroke if given within the first few hours. Now when a patient presents to the emergency department, the emergency physician and the IU neurologist can better assess the type of stroke and the most effective treatment plan. If necessary, the patient can be transferred to another hospital for more specialized care following the administration of tPA.

Ultimately, the goal of the TeleStroke technology and this new partnership with IU Health is to provide better overall stroke services and improve recovery rates. In the U.S., stroke is the third highest cause of death, right behind heart disease and cancer, and the number one cause of long-term disability.

"IU Health is a national leader in treating devastating diseases like stroke," said Tim Putnam, hospital president. "This new partnership means that people in our area will have access to expert stroke care that is timely and convenient."

Know the Warning Signs of a Stroke

F. FACE. Ask the person to smile. Does one side of the face droop?

A. ARM. Ask the person to raise both arms. Does one arm drift downward?

S. SPEECH. Ask the person to repeat a simple phrase. Does the speech sound slurred?

T. TIME. If you observe any of these signs, it's time to call 9-1-1.

CONSTRUCTION ANNOUNCEMENT:

MMCH Begins Work on New Physician Center

Whether you need to set up your child's well check with a pediatrician or an annual physical with your family practice doctor, you'll be able to schedule it all under one roof by 2013. This fall, MMCH will start construction on a new medical office building called the Margaret Mary Physician Center.

Located just off State Road 229 near The Hansen Center, this 28,650 square foot building will include pediatric, surgical, OB/GYN and family practice office space. Physicians who will be moving to the new location include the



Cincinnati Children's pediatricians from Children's Health Care; Michelle Biltz, MD; Kimberly Kick, MD; Gloria Brelage, MD; Brian Albers, MD; Jon Geers, MD; Thomas Brown, MD and Jeffrey Hatcher, MD.

In addition to physician offices, the new facility will offer on-site X-ray and laboratory services, as well as a café serving both hot and cold drinks and deli sandwiches.

"Children's Health Care has been in the current

building for more than 15 years," said Scott Callahan, MD. "It has been a great location and we are all sad to be leaving. We are excited about the new location providing decreased patient wait times, on-site access to radiology and lab services and the ability to have Cincinnati Children's Hospital specialists available at the same location."

With more than 13 medical professionals under one roof, patients should also benefit from the collaboration and partnership that come from physicians working together in close proximity.

"Having so many services in one facility will be a great convenience for patients," said Jeffrey Hatcher, MD. "They will save time by not having to drive to different places to receive care."

Let's Celebrate!

Think Pink party set for October 27

Attention ladies ... we're having a party, and you're invited! Join us on Thursday, Oct. 27 as we celebrate less cancer, more birthdays and 5 years of Think Pink!

This unique breast cancer awareness event offers a delicious meal (with cupcakes), paraffin hand dips and an inspirational presentation by Heidi Floyd. A longtime Vera Bradley employee, Heidi was two months pregnant with her son when she was diagnosed with breast cancer. With



grace, honesty and humor, Heidi recounts her exceptional story of strength and courage.

As Ambassador for the Vera Bradley Foundation for Breast Cancer, Heidi has become an advocate for the cause.

The event will be held from 6-8:30 p.m. at the Batesville Knights of Columbus hall. Cost is \$20/person and registration is available online at www.mmch.org. For more information, call (812) 933-5257.

Learning to cope with Gestational Diabetes

At 28 weeks pregnant, Cindy Kramer of Greensburg was a little overwhelmed when she found out she failed her glucose screening, a test used to check for gestational diabetes. The news was especially surprising considering she didn't have any of the typical risk factors. Not only was she at a healthy weight, but she didn't have a personal



Cindy Kramer and Bryson

or family history of the disease. Within a week of her diagnosis, Cindy had appointments with MMCH's diabetes educators, Lori Mauer, RN and Jennifer Catron, RD. "It was definitely stressful when I received the diagnosis," said Cindy. "I was worried about what would happen to my baby if I didn't control it. Lori gave me a meter and taught me how to test my blood glucose level, and Jennifer gave me a food log and helped me understand how to tweak my diet to stay within the guidelines. Both girls put me at ease and reassured me they were just a phone call away if I needed help."

Recognized by the American Diabetes Association, MMCH's diabetes program is led by registered nurses and dietitians who are certified in diabetes education. Together, the team works closely with physicians to help patients manage their health, maintain their quality of life and avoid diabetes-related problems.

"Although I wasn't happy about being diagnosed with gestational diabetes, I had a healthier pregnancy because of it. I definitely ate better and gained less weight."

After successfully controlling her diabetes for the remainder of her pregnancy, Cindy delivered a healthy, 7 pound, 13 ounce baby boy on Dec. 27, 2010.

"The day I had Bryson was the best day of my life," said Cindy. "Dr. (Lee Ann) Bauer was great - always calm - and the nurses were informative and caring. From my interactions with the diabetes staff to my delivery in OB, I've been impressed with the care I receive at Margaret Mary. They always make me feel like I'm in good hands."

Free Flu Shots

Again this year MMCH is providing free flu shots at scheduled clinics for anyone who lives in our service area (see zip codes below) or receives service from one of our doctors. A driver's license or proof of residence is required. The flu consent form is available online at www.mmch.org if you'd like to fill it out in advance.

For anyone who can't make it to one of our clinics, appointments may be scheduled at the MMCH Wellness Clinic by calling (812) 934-0699. Please be aware flu shots administered at the Clinic are not free and may be billed to insurance so bring your insurance cards with you. The flu vaccine is covered under most insurance plans, including Medicare. If you do not have insurance, your \$35 payment can be made by cash, check or credit card.

Zip Codes

47006	47024	47034	47042
47012	47030	47036	47225
47017	47031	47037	47240
47023	47033	47041	47263



Scheduled FREE Clinics

- Oct. 10 - 10 a.m.-1 p.m.
Southeastern Indiana YMCA
- Oct. 13 - 3-7 p.m.
Batesville Fire Department - *Drive thru only*
- Oct. 17 - 3-7 p.m.
REMC - Osgood
- Oct. 19 - 3-7 p.m.
Sunman Legion
- Oct. 26 - 3-7 p.m.
Ripley Crossing, Milan



321 Mitchell Avenue
Batesville, IN 47006

Presorted
Standard
Postage Paid
Permit #233
Connersville, IN

Photo Contest



Do you have a special talent for taking creative or unique photos? Not only is MMCH looking for photos for its 2012 calendar, but we'd like to use them to decorate the walls of our new medical office building, which will be located next to The Hansen Center. Scheduled to open in 2013, the Margaret Mary Physician Center will include pediatric, surgical, OB/GYN and family practice offices.

All selected submissions will be matted and framed and each photographer's name will be displayed. Photos must be sent on a CD, which will not be returned. Please include your name, address, E-mail address and phone number with your submission. Photographers will be notified if their submission was chosen in the fall. Photos should be sent to: Margaret Mary Community Hospital, Attn: Community Relations, P.O. Box 226, Batesville, IN 47006. The deadline is Friday, Oct. 14. To learn more, call (812) 933-5268.

Coaches Needed

Do you want to help improve the self-esteem and health of young girls in your community? Margaret Mary is looking for coaches and assistant coaches to assist with Girls on the Run, a 10-week after-school program that helps prepare girls for a lifetime of self-respect and healthy living. Coaches are given a fun and uplifting curriculum to train girls to walk or run a 5k. You do NOT have to be a runner to be a coach. You just have to be enthusiastic and enjoy working with children. To learn more, call (812) 933-5482.

