



OUR LADY OF BELLEFONTE HOSPITAL  
Bon Secours Kentucky Health System

summer 2010

# good help™



## HEALTHY HANDS

**A must-read for anyone  
suffering from hand pain**



# ceo corner

I was transfixed by the images on my television screen. I watched the news coverage of the Haitian earthquake with disbelief at the horror and scope of the devastation. Soon after Haiti an earthquake struck Chile. Then came the terrible mining disaster in West Virginia and the tornados that struck the south this spring. Even among the OLBH family, two separate tragedies recently took away from us two wonderful employees.

In the face of such tragedies, there was a point I wasn't sure I could watch any more bad news come across my television. That's human instinct. Yet turning a channel to avoid depressing news does not make that news go away. We can't turn away from our brothers and sisters in need. At OLBH, we were honored to receive the Compassionate Employer award last year. One reason is our ability to come together as a family.

In the wake of such a large scale disaster like the one in Haiti, it is easy to feel small. Questions like "What can I possibly do to help?" or even "Why?" are natural. Here at OLBH and the Bon Secours Health System (BSHSI), we too asked those questions and prayerfully sought answers so that we could do our part to be "good help to those in need." BSHSI swiftly donated \$50,000 to relief efforts and challenged each employee to give, offering to match dollar for dollar all donations up to an additional \$100,000. The OLBH medical staff stepped up and voted to use the money normally spent on gifts for Doctor's Day be used instead to benefit earthquake victims. Employees throughout our health system answered the call. To date, BSHSI has donated approximately \$150,000 to benefit Haiti.

In the week following the tragedy, OLBH began hospital meetings with a prayer for the people of Haiti, a predominately Catholic country that shares BSHSI's faith. We used the prayer on our Web site and Facebook page to encourage others to join us in prayer and to ask for generosity in giving. We ask you for that same generosity today. With what little the Haitian people had destroyed, and approximately 120,000 dead and nearly a million or more homeless, the suffering of Haiti is far from over. OLBH encourages you to get involved in relief efforts. If you are looking for a way to give, two good organizations to consider are Catholic Relief Services ([www.crs.org](http://www.crs.org)) or the Catholic Medical Mission Board ([www.cmmb.org](http://www.cmmb.org)).

Thank you. Please enjoy this issue of *Good Help* and your summer.

Sincerely,

Kevin Halter, CEO, Our Lady of Bellefonte Hospital

# table of contents

GOOD HELP | ISSUE NO. 15 | SUMMER 2010

## 3 on a mission

HEALTH REFORM AND THE CHANGES TO COME

## 4 around olbh

FIRM FITNESS EXPANDS

NEW TEST FOR DIZZINESS OFFERED

GYN SERVICES NOW AVAILABLE AT WOMEN'S CENTER

HOSPITAL LAUNCHES OLBH TV

DID YOU KNOW?

## 5 good help for good health

PHYSICIAN Q&A WITH DR. WILLIAM VANBENEDEN

HEALTHY RECIPE: BANANA SMOOTHIE

## 6 pain relief at your fingertips

Bothered by wrist or hand pain? It doesn't need to continue thanks to services available at OLBH.



### Opening Shot

*It was a good time to be a kid this spring as OLBH was visited by both Dora the Explorer and the hospital's own Bellefonte Bunny (affectionately known as "BB" for short). BB took photos with the children and grandchildren of employees prior to Easter, and Dora visited the hospital's Pediatrics Department while she was in town for a performance at the Paramount Arts Center.*



Do you know where OLBH's free health screenings, classes and other opportunities are taking place? If not, make certain you are receiving OLBH's monthly calendar. The calendar is the best way to keep up with the latest happenings at OLBH. The latest calendar can be viewed at [www.olbh.com](http://www.olbh.com) or you can receive the calendar by mail by calling the OLBH CareLine at (606) 833-CARE (2273).



# on a mission

## Health Reform Brings Change for All

Bon Secours Health System (BSHSI) understands that there is not complete agreement regarding the impact of the current health care bill. However, with the Catholic Health Association, we believe the current bill, while not perfect, is an important step in making health care available to millions of Americans who currently do not have coverage. Additionally, we believe this bill will advance health care that respects life and the conscience of persons and organizations.

-- BSHSI Health Reform Statement of Support, March 2010

**A**fter a prolonged political battle, comprehensive health reform was signed into law in March. As the dust begins to settle on the debates for and against the Patient Protection and Affordable Care Act, many now wonder "What does health reform do for me?" Because of its size and scope, the health reform measure will impact every U.S. citizen.

OLBH and BSHSI have long advocated for reform (see the *On a Mission* column in the summer 2008 issue of *Good Help* for details of OLBH's vision for health reform) and while the new law will surely be reshaped through trial and error, OLBH's position is the current reform was needed.

### Why was Reform Necessary?

The prior health system was unsustainable. A recent government study showed national health expenditures are projected to have risen to \$2.5 trillion in 2009, or 17.3 percent of the country's Gross Domestic Product (By way of comparison, the US spent only 5.2 percent of GDP on health care in 1960.). This rise continues an unsustainable escalation for a country that already spends the most in the world on health care. Most industrialized nations spend approximately eight percent of GDP on health costs and the closest industrialized nation to the U.S.'s 17.3 percent is Switzerland at just under 12 percent.

The federal government estimates more than 45 million individuals lacked health insurance coverage during 2008. The number showed no signs of decline because of high unemployment and many businesses dropping coverage for employees due to costs. Meanwhile, the cost of an average insurance policy for a family of four was approximately \$15,000 last year, more than doubling the cost of the same policy just nine years prior.

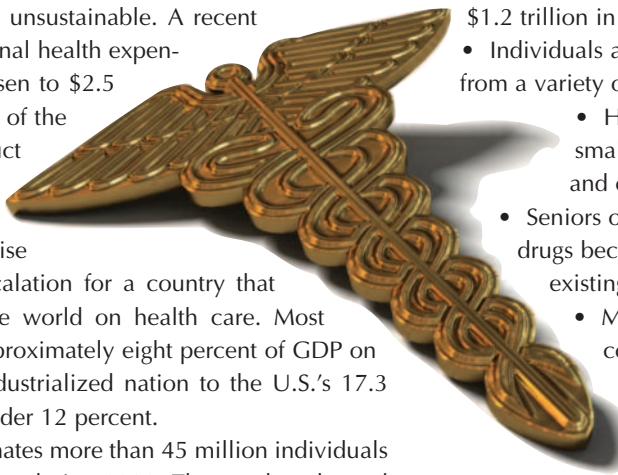
In other words, for both the individual and the country, the costs of doing nothing were high.

### What will Reform Do?

While not every effect of health reform can be predicted, some highlights of what the passed bill will accomplish include:

- 94 percent of Americans will have health coverage, including 32 million currently uninsured.
- Health insurance companies cannot deny coverage because of preexisting conditions or drop coverage when people become sick.
- The Congressional Budget Office estimates the bill will cut the federal budget deficit by \$143 billion over the next 10 years and \$1.2 trillion in the following 10.
- Individuals and small businesses can pool together and choose from a variety of competing plans with lower premiums.
  - Health care will be more affordable for families and small businesses through new tax credits, subsidies, and other assistance.
- Seniors on Medicare will pay less for their prescription drugs because the legislation closes the "donut hole" gap in existing coverage.
- Medicaid will be expanded to offer health insurance coverage to an additional 16 million low-income people.
  - Young adults can remain on their families' insurance plans until age 26 if not offered insurance by an employer.

OLBH's mission calls for the hospital to be "good help to those in need, especially those who are poor or dying." Reform that increases coverage and affordability is a victory for the poor and those in need of insurance. OLBH will continue to work on creating a health system that works for everyone.



## Firm Fitness Expands and Welcomes Studio 21

Just a few months past its initial opening, Firm Fitness at Bellefonte Pavilion has undergone a major expansion. OLBH's new community fitness facility opened in January and has been a huge success with those who have joined the facility.

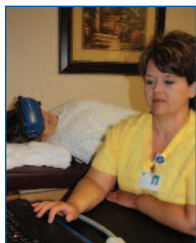
The expansion includes an additional 2,000 square feet for more cardio and weight equipment, bringing the center's total size to more than 15,000 square feet. In addition to the major increase in the size of the facility, Firm Fitness has partnered with the Tri-State's premier salon, Studio 21, to provide both massage and hair styling services. "Firm Fitness was already one of the finest fitness facilities in the entire region, and our recent expansions have only enhanced the experience for those who join," **Ryan Arnett**, Firm Fitness manager, said. Firm Fitness' specialty still is its personal training services. "We have the best personal trainers," Arnett said. "Our trainers work with you to help set goals and keep you on track to meet that goal to your satisfaction. You'll see the results when you utilize the services of one of our trainers."

The facility offers a large variety of cardiovascular equipment, a dedicated weight lifting area, two racquetball courts, a half basketball court and male and female sauna and steam rooms. Firm Fitness also includes a dance studio for classes such as Zumba and kickboxing.

Firm Fitness is open Monday through Thursdays from 5:30 a.m. to 8:30 p.m., Fridays from 5:30 a.m. until 7 p.m., Saturdays 8 a.m. to 4 p.m. and Sundays from 1 p.m. to 6 p.m. For more information, contact Firm Fitness at **(606) 324-0339**.



## New Testing Available to Diagnose Dizziness Disorders



OLBH's Neurological Services Department has begun offering new testing to diagnose dizziness disorders. OLBH's newest neurological testing is videonystagmography (VNG). VNG records eye movement to provide physicians with information about the brain's ability to coordinate balance signals, reaction to changes in position, and to determine the function of the inner ears.

With falls being the leading cause of injury-related visits to the ER in the United States, proper diagnosis of dizziness issues is more important than ever. According to the American Medical Association, one in every four patients suffers from some level of balance dysfunction and 40 percent of those 65 and older have balance disorders sufficient to put them at risk of falling. Approximately two million physician visits per year involve chief complaints of dizziness or loss of balance. Dizziness often occurs in association with central nervous systems issues and trauma or injury. Even when success of treatment is found for the primary issue, the dizziness is often overlooked and remains an issue for the patient.

"As the overall population continues to get older and more and more people become at risk for falling, preventative testing systems like VNG will be important for both the patient and the healthcare system in regards to controlling costs," OLBH director of Neurological Services, **Sheila Burton**, said.

For more information on the testing offered at the OLBH Neurology Department, call the department at **(606) 833-3280**.

## Women's Center Now Offering GYN Services

The OLBH Women's Center (1000 Ashland Drive) now offers gynecological services at the center, thanks to a joint arrangement with Bellefonte Women's Care (2001 Winchester Avenue).

Bellefonte Women's Care nurse practitioner **Sabrina Brown, ARNP**, now sees patients at the OLBH Women's Center to offer annual gynecological screenings and well-woman screenings. The arrangement allows for gynecological care being available to women who are already on location at the Women's Center for their mammography screenings. The Women's Center is the only place in the Tri-State area that offers these types of combined services in one convenient location.

To schedule an appointment, call **(606)836-PINK(7465)**.



## Hospital Launches OLBH TV

OLBH has unveiled OLBH TV, a television channel dedicated to OLBH related topics, health information, news and more.

Airing on channel 27 on hospital television sets, OLBH TV programming includes patient education, news podcasts, hospital information, prayers, health tips, the daily cafeteria menu and more.

"OLBH TV is just the latest way we're utilizing media to provide a better experience for our patients, families and community members," OLBH director of Marketing and Communications, **Angela Wells-Coburn** said. "OLBH TV allows us to provide information as well as education to those in the hospital. This venture works with other recent offerings like the hospital's digital signage system and new media like the hospital's Facebook page and YouTube channel as exciting ways we're now able to interact with our community."

For more information on OLBH TV, contact the OLBH **CareLine** at **(606)833-CARE(2273)**. For more information on the hospital, visit [www.olbh.com](http://www.olbh.com) where visitors can link to the hospital's Facebook and YouTube pages.



## Did You Know...

The OLBH Food and Nutrition Department maintains policies to ensure social and environmental responsibility such as:

- Recycling of all plastic bottles and aluminum cans.
- Using oil or margarine that contains zero trans fat.
- Milk served at OLBH is 100 percent hormone free.
- The chicken served at the hospital is completely free of human antibiotics.
- OLBH only uses cage-free eggs.
- The hospital's take-out salads are served in bio-based containers.
- OLBH utilizes local produce vendors to support community farmers.
- Only sustainable seafood is used at OLBH in order to protect fish species.

## ask the doctor with Dr. William VanBeneden

**Q:** I'm being told that I might have to have tubes in my ears. I thought this was something usually done for children. I'm an adult and am a little concerned. Should I be?

Linda, Ironton, Ohio

**A:** Fluid in the middle ear is a common reason to be referred to an otolaryngologist (ear, nose and throat physician). Although this problem is seen more commonly in infants and young children, many adults will experience a bout of fluid accumulating in the middle ear that will not resolve by itself within their lifetime. This may lead to decreased hearing or a feeling of fullness in the affected ear. A smaller number of individuals may report a feeling of imbalance.

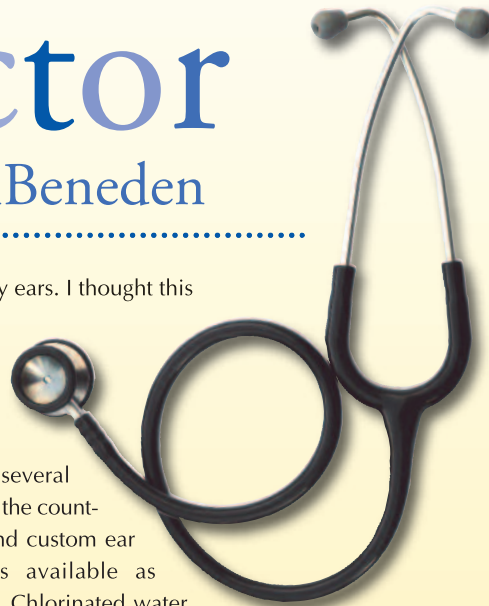
The middle ear is lined with mucosa which is similar to the lining of the nose and airway; this lining produces mucous which normally drains through the Eustachian tube (ET) into the back of the nose. When fluid in the middle ear has remained for longer than 10 to 12 weeks, the likelihood of it draining normally through the ET greatly diminishes. This is because the consistency of the fluid changes from watery to a more mucoid or glue-like consistency which does not allow it to easily pass through the ET. This is when your otolaryngologist will recommend placing a pressure equalization tube (PET) in your ear.

PET placement is an outpatient procedure that only takes a few minutes to perform. You will be put to sleep with a general anesthetic but a breathing tube is usually not required. Once you are completely asleep, the surgeon will use a microscope to examine your eardrum. The surgeon will then make a small incision in your eardrum and remove any fluid. Next a small plastic tube(s) will be placed to help drain any remaining fluid as well as supplement your ET. The small plastic tubes are made to fall out on their own and usually remain in place for six to 18 months. Patients are able to return to normal activities the next day once the effects of anesthesia have subsided. While the PE tubes are in place you will need to keep water out of your ears. This can be accomplished by placing a cotton ball coated with a small amount of Vaseline just inside your ear during showering. There

are several over the counter and custom ear plugs available as well. Chlorinated water such as that found in pools is considered clean and precautions are not necessary although some people do not find the sensation pleasant and choose to wear ear plugs.

In summary, those who do require surgical intervention in the form of PE tube placement should rest assured that this is a safe, quick, outpatient procedure with little to no recovery time required.

Each issue, an OLBH physician answers reader questions. Submit questions via email to [careline@bshsi.org](mailto:careline@bshsi.org). Readers whose questions are printed will receive a free gift.



**William VanBeneden, D.O.,** is an ear, nose and throat physician on staff at OLBH. He practices at 2550 Carter Avenue in Ashland. He earned his degree at Ohio University College of Osteopathic Medicine in Dayton, Ohio. He completed both an internship and residency at Ohio University College of Osteopathic Medicine in Dayton. Dr. VanBeneden is certified by the American Osteopathic Board of Ophthalmology and Otolaryngology in head and neck surgery.

To make an appointment, call (606) 325-8561.

## HEALTHY EATING

*A recipe from OLBH's Clinical Dietetics Department*

### Breakfast Banana Smoothie



2 – 4 oz. containers strawberry Fiber One yogurt  
5 tablespoons soy or whey protein  
1 banana  
1 cup skim milk  
2 ice cubes

Blend all in blender and drink.

#### Nutrition Analysis

Calories: 403; Fat: 0g; Carbohydrate: 64g; Protein: 36g; Fiber: 11.8g; Sodium: 237mg; Potassium: 1156mg; Calcium: 510mg

# Have Upper Extremity Pain?

# Relief is in Your Hands



**S**onia didn't like the idea of surgery for the pain she was feeling in her wrist, and neither did her doctor. But, in this case, they agreed; it was a wise course. Sonia had carpal tunnel syndrome, one of the most common reasons for surgery in the United States.

Sonia's symptoms started gradually with occasional burning or tingling feelings in the palm of her right hand, often when she was driving or holding the phone. When the symptoms became more frequent and painful, keeping her awake at night, she saw her doctor.

Carpal tunnel syndrome occurs because of compression of the median nerve as it passes through a narrow passage (the carpal tunnel) in the wrist. This is the main nerve that provides sensation to the thumb, index finger, middle finger and the middle-finger side of the ring finger. And, it also has motor functions, controlling muscles that move the thumb. When pressure is placed on this nerve, it results in the symptoms that Sonia experienced—numbness, tingling and pain. In some cases, these eventually extend up the arm to the shoulder (on the palm side). And, in advanced stages, the person may develop weakness in the hand, affecting the grasp and sometimes resulting in frequent dropping of objects.

There are other reasons for pain in the hand or wrist, and tests are usually needed to diagnose whether the issue is carpal tunnel syndrome or another of a number of possible hand and wrist ailments. "In addition to carpal tunnel, arthritis of the wrist and hand is another major cause of significant disability during everyday work and recreational activities," **James Lanter, M.D.**, said. Lanter is a hand surgeon with Bellefonte Orthopedic Hand Center (see sidebar). "Persistent or recurring hand and wrist pain should be evaluated by a physician familiar with both



the anatomy and pathology of the upper extremity, and treatment should begin as soon as possible to minimize disability and dysfunction."

Depending on the diagnosis, a physician may recommend anything from icing the affected area to, as a last resort, surgery. Once the symptoms lessen, stretching and strengthening exercises may be recommended, under the supervision of a physical or occupational therapist. OLBH employs the Ashland area's only certified hand therapist to ensure patients receive hand care from the most qualified individuals in the field.

"I work with patients who have undergone hand and/or wrist surgeries as well as patients for whom surgery wasn't required," **Sandra Allen**, OLBH certified hand therapist, said. "Non-invasive treatment like what I provide to my patients is always recommended first, but if surgery is necessary, my role as a hand therapist is to make sure that the patient has a quick and successful recovery."

**"At OLBH we offer the highest level of diagnosis and treatment for the hand, wrist, elbow and shoulder."**

— Sandra Allen

Certified hand therapists like Allen are skilled in evaluating wounds and scars, edema, strength and endurance, range of motion, and upper extremity pain that may be the result of either daily or work activities. "At OLBH we offer the highest level of diagnosis and treatment for the hand, wrist, elbow and shoulder," Allen said.

Individuals with upper extremity pain related to their work or recreational activities should try to reduce the stress by changing tools or techniques, paying more attention to form, or taking more frequent rest breaks. Special ergonomic keyboards may be helpful for persons who spend long hours at a computer. When mild problems are detected early, these measures may be all that is needed. However, some studies have found that 60 to 70 percent of patients treated conservatively still had symptoms after 18 months.

*Sandra Allen works with a patient. Allen is the Ashland area's only certified hand therapist.*

Therapists work with patients to do hand strengthening exercises.



For Sonia, surgery was the best solution. Yet, for many, if problems are detected early and changes are made in lifestyle and work routine, disability from hand/wrist issues can be prevented. "Reaching, grabbing, writing, driving, or simply lifting a child...these are all common activities we take for granted," Dr. Lanter said. "The upper extremity is used in most of our everyday activities; it is highly susceptible to injury. Fortunately, we're here to help."

## Our Hand Specialist



*James Lanter, M.D.*  
*Orthopedic  
Hand Surgeon*

Dr. Lanter earned his medical degree from the University of Tennessee Center for the Health Sciences in Memphis, Tenn., and completed an orthopedic surgery residency at Tulane University in New Orleans. He is fellowship trained at Duke University Medical Center in both hand and microvascular surgery (Duke University Medical Center) and reconstructive spinal surgery (Gainesville, Fla.). Dr. Lanter is a member of the American Academy of Orthopedic Surgeons and has more than 20 years of experience treating upper extremity disorders.

To schedule an appointment at the new **Bellefonte Orthopedic Hand Center**, call (606) 833-HAND (4263). For more information, visit [www.bellefontecrs.com](http://www.bellefontecrs.com)

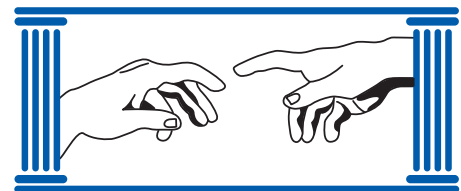
## Introducing the Bellefonte Orthopedic Hand Center

The practice of orthopedic hand surgeon James Lanter, M.D., is now open. Bellefonte Orthopedic Hand Center is located at 1101 Saint Christopher Drive, Suite 340 on the campus of OLBH.

The Bellefonte Orthopedic Hand Center specializes in orthopedic conditions and injuries of the hand and wrist including:

- Carpal Tunnel Syndrome
- Cubital Tunnel Syndrome
- Tendon and Nerve Lacerations
- Work Injuries
- Ganglion Cysts
- Fractures of the Wrist, Hand and Fingers
- Trigger Fingers
- DeQuervain's
- Tennis Elbow
- Arthritis of the Wrist & Hand
- Tendinitis of Elbow, Wrist & Hand
- Dupuytren's Disease
- Ligament Injuries
- Vascular Problems and Injuries of the Upper Extremities

## BELLEFONTE ORTHOPEDIC HAND CENTER



**JAMES K. LANTER, M.D.**

FELLOWSHIP TRAINED AT  
DUKE UNIVERSITY MEDICAL CENTER IN  
HAND & MICROVASCULAR SURGERY

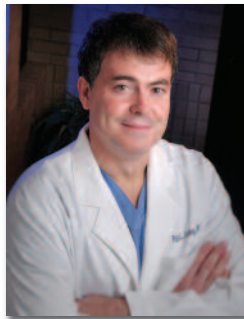
Swimsuit season is almost here...

*Are you  
ready?*



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