CT SCREENINGS OFFERED TO AT-RISK CANCER PATIENTS

HEART ATTACK SURPRISES 27-YEAR-OLD WOMAN

NINE NEW PROVIDERS PRACTICING IN COMMUNITY
“Quality is remembered long after all else is forgotten.”

Anonymous
INSIDE THIS ISSUE

EXCELLENCE & INNOVATION
The driving forces behind the care provided at Ephraim McDowell Regional Medical Center | PAGE 4

FIGHTING LUNG CANCER
CT screenings offered for at-risk lung cancer patients | PAGE 6

ONE PATIENT’S STORY
Heart attack surprises 27-year-old Burgin woman | PAGE 8

HOME HEALTH
McDowell Home Health helps man return to his life | PAGE 10

A NEW LEVEL OF CARE
Hospitalists providing inpatient care at Ephraim McDowell | PAGE 11

HELPING OUR COMMUNITIES
The Ephraim McDowell Health Care Foundation’s contributions | PAGES 12-17

NEW FACES IN HEALTHCARE
Nine new providers who are practicing in community | PAGE 18

STAYING HEALTHY
McDowell Wellness Center offers healthy lifestyle programs for all ages | PAGE 19

SUCCESSFUL WEIGHT LOSS TIPS
Dietitian lists 10 ways to make losing weight both healthy and long lasting | PAGE 20

STORIES OF SUCCESS
Two women share their journeys of weight loss and healthy living | PAGE 21

DONATING LIFE
Ephraim McDowell earns Platinum Award for organ donation awareness | PAGE 22

RECOGNIZING EXCELLENCE
Ephraim McDowell earns recognitions among health care providers | PAGE 22
The first procedure in Kentucky to remove a tumor from inside the lung, without having to remove the lung or a portion of it. The Commonwealth’s first use of a device that removes plaque build-up from a blood vessel wall to restore blood flow. The first Kentucky hospital to use a catheter to clear blockages in peripheral arteries that allow physicians to actually see the catheter moving through the veins rather than relying on X-rays. The first in the state to offer outpatient treatment that destroys pre-cancerous tissue in the lining of the esophagus.

If you heard of a hospital accomplishing all of those firsts in less than a year, you would probably say, “WOW!” Obviously, this is a specialized hospital to offer such cutting-edge treatments. Finding such an innovative hospital must mean traveling to Lexington or Louisville, you’re probably thinking. Not at all; that’s the kind of state-of-the-art care you will find at Ephraim McDowell Regional Medical Center. High quality treatment isn’t limited to hospitals in bigger cities. The patients of Ephraim McDowell have come to expect compassionate care, provided by highly skilled physicians using the latest medical advances.

As part of its comprehensive lung health program, pulmonologist Jared Hagaman, M.D., uses an Electromagnetic Navigation Bronchoscopy to biopsy a tumor inside a lung. This less invasive procedure does less damage to the lung and provides a better quality tissue sample for molecular testing and the development of treatment plans if the tumor is malignant. Possible Kentucky lung cancer patients did not have these options available until Dr. Hagaman and Ephraim McDowell Regional Medical Center decided that this was the kind of investment our patients deserved. After all, lung cancer is the leading cause of death among men and women in the United States.
“The quantity of tissue obtained in a biopsy of a lung tumor is becoming increasingly important as molecular tests are able to identify genetic abnormalities leading to cancers. By identifying such abnormalities, we can tailor treatments to each individual patient,” says Dr. Hagaman.

Peripheral Artery Disease (PAD) is an extremely serious disease caused by blockages in peripheral arteries. Too often, PAD can lead to limited mobility, severe pain, and even amputations. Treatments that were pioneered in Kentucky by specialists from the Ephraim McDowell Heart & Vascular Institute have literally saved lives and limbs. The ability to remove plaque from the vessel walls allows patients to return to a more active, pain-free life.

“We continuously strive to use the most technically-advanced and effective devices and procedures to ensure the best outcomes for our patients,” said Dr. Sharat Koul, interventional cardiologist and vascular specialist.

Establishing itself as a recognized leader in the treatment of PAD means continually moving forward with the latest technology. Lumivascular technology allows physicians, for the first time ever, to see from inside the artery. In the past, physicians have relied solely on X-ray, as well as touch and feel to guide their tools while they treated complicated arterial blockages. With the lumivascular approach, physicians can more accurately navigate their devices and treat PAD lesions.

“We are very fortunate to offer our patients the latest technology in treating PAD,” says Dr. Hussam Hamdalla, vascular and endovascular specialist at the Ephraim McDowell Heart & Vascular Institute.

Providing groundbreaking treatments for patients has become foundational the goal to provide excellent patient care. Millions of people across the nation suffer from the risk of precancerous esophageal tissue called Barrett’s Disease. A procedure, endoscopic radiofrequency ablation therapy, featured in the New England Journal of Medicine, has been deemed a highly effective treatment for the eradication of Barrett’s esophagus.

According to Dr. Mark Brunner, gastroenterologist on the EMRMC medical staff, “The main purpose of the ablation procedure is to remove the abnormal lining of the esophagus. The tissue then regenerates and normal tissue grows back. This eliminates or markedly reduces the risk of cancer.”

Dr. Ephraim McDowell set the standard when he performed the world’s first successful abdominal surgery right here in Danville, Kentucky. Advanced medical care is not limited based upon the size of a city or its location. The best care will come from those who are committed to their patients, as evidenced by Dr. McDowell’s namesake hospital continuing his tradition of innovative medicine. Excellence is our only standard is not just a slogan at Ephraim McDowell, it’s our foundation of care.
Kentucky has a high rate of lung cancer, which is the leading cause of cancer-related death in the United States.

Unfortunately, lung cancers typically do not cause symptoms until they have progressed to an advanced stage. Ephraim McDowell Regional Medical Center is hoping to find lung cancers earlier and thus improve outcomes by offering lung cancer screening CT scans to at-risk patients.

“Lung cancers generally do not cause symptoms until they have progressed to an advanced stage, when treatment options are limited,” said Jared Hagaman, M.D., a board-certified pulmonologist at Ephraim McDowell Regional Medical Center.

Hagaman explained that only 15% of lung cancers are diagnosed at stage 1, the earliest and most treatable stage. Many of those cancers are found only by coincidence when a chest X-ray or CT scan is performed for some other reason. He said 57% of lung cancers are diagnosed at stage 4 – the most advanced stage – when the cancer has spread to other organs.

Criteria for lung cancer screening

You may be eligible to have a lung cancer screening CT scan for a nominal fee if you meet the following criteria:

• Age 55 to 74
• Greater than 30 pack years of smoking (pack years equal number of years smoking x average packs of cigarettes per day)
• Quit smoking within the last 15 years
• Must be able to lie flat

Screening exams may be scheduled with a physician’s order from your primary care provider. Screenings are available at Ephraim McDowell Regional Medical Center, Ephraim McDowell Fort Logan Hospital and Ephraim McDowell Diagnostic Center.
Meet our pulmonologists

Ephraim McDowell Pulmonology is located inside the Ephraim McDowell Specialty Center at 216 West Walnut Street in Danville and is staffed by Drs. Jared Hagaman and Iram Nawaz. Both are board-certified in internal medicine and pulmonary disease through the American Board of Medical Specialties.

Patients can trust the two physicians to provide quality, innovative care. Dr. Hagaman was the first in the state to use the Electromagnetic Navigation Bronchoscopy along with the “Gencut” needle to remove a portion of a tumor from inside a patient’s lung. He also is using advanced genomic testing for patients found to have indeterminate lung nodules on CT scan imaging.

Common conditions treated at Ephraim McDowell Pulmonology include asthma, chronic obstructive pulmonary disease, advanced lung disease, pulmonary hypertension, pulmonary infections, tuberculosis, pulmonary sarcoidosis and pulmonary embolism.

Hagaman earned his medical degree in 2004 from the University of Cincinnati College of Medicine and completed his internship, residency as well as a fellowship there. Nawaz obtained her medical degree in 1999 from King Edward Medical College in Lahore, Pakistan. She completed internships at Pakistan’s Mayo Hospital as well as at Long Island College Hospital in New York and also completed a fellowship at the SUNY Health Science Center in Brooklyn.

Hope for finding lung cancers earlier and improving outcomes came in 2012 as the result of a National Lung Cancer Screening Trial (NLST). The NLST was a nationwide trial conducted at 33 health centers across the United States. Study investigators looked at the group most at-risk for lung cancer — smokers or former smokers, age 55 to 74 — and looked to see if screening annually for lung cancer with a chest CT would improve outcomes. The study involved more than 55,000 patients and took several years to complete. When the study concluded, the group that was screened annually with a chest CT had a 20% reduction in cancer-related deaths when compared to the group that was not screened.

“The NSLT study proved that by screening patients at high risk of developing lung cancer, more cancers are detected at an early stage when they can be cured and lives ultimately saved,” Hagaman said.

Based on the results of the NLST study, the United States Preventive Task Force recommended annual chest CT screening for patients in the at-risk group. Similar recommendations have been adopted by other organizations, including the American Cancer Society and the American College of Chest Physicians.

Medicare, one of the largest insurers of at-risk patients, will pay for screening chest CT scans for patients who meet the at-risk criteria. Other insurers have been slower to pay for the studies, and patients wanting to be screened had to pay for the exam themselves.

To increase the access to this potentially lifesaving test to more people, many organizations now offer lung cancer screening chest CT scans at rates far below the actual cost of performing the exam. Ephraim McDowell Regional Medical Center is offering the lung cancer screening CT scans to patients who fit the at-risk criteria.

If you believe you meet the criteria to be screened for lung cancer, please contact your primary care physician or Ephraim McDowell Pulmonology at (859) 239-5860.

57% of lung cancers are diagnosed at stage 4 – the most advanced stage – when the cancer has spread to other organs.
Heart attack surprises 27-year-old Burgin woman

Tiffany Shewmaker was supposed to be at work on the morning of August 16, but her 2-year-old son was not feeling well so she was home caring for him. While sitting with him on the front porch of her Burgin home, Tiffany’s world suddenly changed.

“I couldn't breathe … it hit me so fast,” recalls the 27-year-old Shewmaker. “My left arm from the shoulder to the fingertips tingled. It didn't take me long to realize that something was not right.”

Shewmaker thought she was probably suffering from anxiety or a panic attack. Still, she didn't take any chances and her mother, who was with her at the time, started driving her to Ephraim McDowell Regional Medical Center for emergency care. On the way to the hospital, they stopped at the Burgin Fire Department where the emergency services personnel checked her blood pressure and called an ambulance to transport her to the hospital.

“During the trip to the hospital, they monitored my vitals and performed an EKG and had the reading transmitted to the hospital before I got there,” she said.

Shewmaker recalls that the hospital staff was ready for her when she arrived at the Emergency Department. She was taken into an exam room only for a brief time and then was rushed to the hospital’s Cardiac Catheterization Lab, where Dr. John Aumiller, a board-certified interventional cardiologist, inserted four stents in her arteries.

Shewmaker had suffered a heart attack.

“I never in a million years thought I was having a heart attack,” said Shewmaker, who is employed at a pediatric dentist office in Nicholasville. “They said I was a rare case. I don’t look like a typical cardiac patient … I’m young and I try to take care of myself. I thought I was healthy.”

Shewmaker was hospitalized for four days following the angioplasty procedure, and when she returned home she recalls that she didn’t have much energy or strength and even experienced a “down” feeling. Dr. Aumiller referred her to a 12-week program of cardiac rehabilitation at the Ephraim McDowell Heart & Vascular Institute.

The cardiac rehabilitation program offers patients telemetry monitored exercise as well as education to help them re-establish a level of independence and optimal health.

Shewmaker admits that she was a bit uneasy to start the exercise program after what she had been through, but said she is glad to have completed the program.

“Knowing they were monitoring me gave me piece of mind that I could do these things and everything was going to be okay,” she said. “Cardiac rehab gave me my strength back, but the biggest thing it gave me was confidence that I could do these things.”
Shewmaker during a cardiac rehab session with cardiovascular nurse Michelle Gariepy.
For most of us, following a hospital visit, the recovery at home requires no further special medical attention, just a little rest and we are back on our feet. However, that’s not always the case for everyone. Some patients need further assistance to return to living life to its fullest.

That’s when the highly skilled health care providers at McDowell Home Health come in.

Sherman McMichael suffered a debilitating stroke. Hospital care allowed him to return home. McDowell Home Health helped him return to his life. A dedicated team of nurses and therapists focused their efforts on reversing the debilitating effects of his stroke. Sherman developed a particular fondness for his physical therapist who helped him overcome the physical limitations that often follow a stroke.

“Anything that she could do that would be a benefit for me, she did it,” says Sherman.

Physicians and patients have relied on McDowell Home Health for more than 40 years. As a member of the Ephraim McDowell family, you can be assured that you are getting hospital quality care in the convenience of your home. Working with your physician, the staff at McDowell Home Health will plan, coordinate and provide care specifically tailored to your needs.

A full array of services ranging from Skilled Nursing, Physical Therapy, Speech Therapy, Occupational Therapy and Nursing Aide Services are all available through McDowell Home Health.

DO YOU REQUIRE HOME HEALTH?
Requesting the services of McDowell Home Health is easy – consult with your physician and request McDowell Home Health, or speak with the discharge planner if hospitalized and call them at (859) 236-8946.
Years ago, if someone was admitted to the hospital, their primary care physician made hospital rounds each morning to provide the patient’s bedside care. Now, it is more common for that inpatient care to be provided by a hospital-based provider known as a hospitalist. At Ephraim McDowell Regional Medical Center, hospitalist services are provided by Incompass Health, Inc., which specializes in providing such services to hospitals.

“Hospitalists are board-certified internal medicine or family medicine physicians who specialize in taking care of patients while they are in the hospital,” said Lynne W. Lynn, RN, vice president of clinical effectiveness and medical staff services. “They focus solely on inpatient care.”

Many patients expect their primary care providers to care for them when in the hospital, but it can be difficult to provide the best care when those primary care providers have appointments all day at their offices and limited time to see patients in the hospital. Hospitalists have created relationships with primary care providers in the community and have agreed to care for their patients when needed. The extra time that the hospitalist takes to review each case and research the patient’s history ensures the most accurate diagnosis for the patient.

“The hospitalist providers are on call 24 hours a day, which means they can arrive at a patient’s bedside within minutes during a medical need or emergency. The care they provide is focused toward making a patient’s hospital stay comfortable while assisting in a speedy recovery.

During a patient’s hospital stay, hospitalists partner with the patient’s outpatient doctor to provide the bedside care that is needed while inside the hospital. Because hospitalists are based in the hospital, they are more readily available to answer patient or staff questions and can respond quickly to patient medical needs, including calling in physician specialists as needed. The hospitalist will communicate with the patient’s outpatient doctor to keep him up-to-date on the patient’s care.

When a patient is discharged from the hospital, the hospitalist will provide instructions for care after discharge and will let the patient know when to see their outpatient doctor for follow-up care. The hospitalist also will write the prescriptions needed by the patient after discharge. In cases where a patient does not have an established primary care provider, the Incompass providers will assist with finding a provider for them.

“Hospitalists bring a new level of care to a patient’s stay.”

— Jamie Bartley, D.O.
medical director of the hospitalist program
**2016 FOUNDATION EVENTS**

**Luminosity**

On August 20 guests cruised on over to Margaritaville in Danville for Luminosity, the Ephraim McDowell Health Care Foundation’s premier gala. With an event featuring a Jimmy Buffett cover band, delicious food, endless margaritas, an auction with a wide assortment of fun items and a photo booth to capture it all, our guests were in paradise! Their generosity was in full force as we raised $55,994 for the Good Works Fund.

**2016 PROJECTS FUNDED**

A1C testing machine ($10,100)
EMRMC Labor/Delivery sofas ($42,533)
Fort Logan Hospital CPR Machine ($13,509)
Fort Logan Hospital Labor/Delivery Neonatal CPAP ($10,341)
EMRMC Labor/Delivery Glidescope ($15,010)
McDowell Wellness Center cancer survivors program ($1,200)

Camp Can Do ($10,880)
Breckinridge Room tables and carpet ($25,000)
Concussion Management certification ($1,477)
Build-out of Operating Room 6 at EMRMC ($165,000)
Nursing Research Training ($2,000)
Leadership Development Program ($48,000)

**Total = $345,051**
The Ephraim McDowell Health Care Foundation held its annual Happy Heart Luncheon on February 18. The event, aimed at raising awareness of women’s heart disease, featured a presentation on heart health from Dr. Hussam Hamdalla, first-hand accounts of when heart troubles happen to you from Dr. Eric Guerrant and Trina Clarkson, R.N., who both work in the Emergency Department at Ephraim McDowell Regional Medical Center, and was closed out with McDowell Wellness Center Associates and members showing how exercise can be fun. The luncheon raised $21,447 for the Cardiac Initiatives Fund.

The Ephraim McDowell Health Care Foundation’s golf tournament was so nice we did it twice in 2016! A rain-out on May 2 after only a few holes caused us to move the tournament to the next week. Everyone was happy to come back for a good cause, and the Foundation raised $49,806 for the Good Works Fund.
The Good Works Fund allows the Foundation to meet the most immediate needs of the health of those in the communities we serve. This fund supports projects in the areas of cancer care, cardiac care, women’s health, among others, as well as supporting programs such as Camp Can Do, a summer day camp with activities adapted for special needs children, and developing credentialed resident experts within clinical service lines.

The Chaplain’s Fund benefits our patients in need of vital prescriptions and durable medical goods (walkers, crutches, etc.) who cannot otherwise afford them. This fund may also be used for our Associates who are in great need of financial assistance due to a dire situation.

The Cardiac Initiatives Fund will ensure Ephraim McDowell Health (EMH) facilities continue to be equipped with state-of-the-art equipment and innovative technologies in the treatment of you or your family’s cardiac health issues.

The Cancer Initiatives Fund provides resources for cancer education, prevention, early screening and detection, and state-of-the-art diagnostic equipment.

The Hope Clinic and Pharmacy benefits patients who are medically underserved and may not be able to access the care they need due to financial, geographic, or numerous other obstacles. Hope Clinic exists to promote health, prevent illness and monitor chronic diseases.

The Education Fund provides EMH Associates with financial assistance to pursue educational opportunities for advancement in the health care field.

Richard Overstreet benefitted from one of the cardiac monitors provided with funds from the Ephraim McDowell Health Care Foundation.
2017 Ephraim McDowell Health Care Foundation Board of Directors

Thomas Hager, Chair
Donna Powell, Vice-Chair
Beth King, Secretary/Treasurer

Kathy Allen
Keith Bridges
Sally Davenport

David Grigson
Bill Snapp
Christopher Thomason
In 2016, Farmers National Bank entered its fifth year of being the Premier Partner for Events with the Ephraim McDowell Health Care Foundation. Through this partnership, the bank has donated $100,000 to the Foundation. We appreciate their continued generosity!
Ephraim McDowell welcomes nine new providers practicing in community

Ephraim McDowell Health is committed to providing a healing environment in the communities it serves and regularly recruits the specialty physicians and allied health professionals that are necessary to meet the community’s health care needs. Since July, nine new providers have brought their practices to Danville.

“The health care needs of a community are constantly changing,” said Josh Greeman, physician recruiter for Ephraim McDowell Health. “The dynamics of the population we serve is always in flux as people age and chronic diseases become more prevalent, plus we have needs to fill certain medical specialties based on transitions among the providers serving the community.”

Of the nine new providers in the community, five of them are actually employed by Ephraim McDowell Health. They are: Virginia Purdom, M.D.; Shane Randolph, M.D.; Eva Stone, A.P.R.N.; Summer Mountjoy-Blair, A.P.R.N.; and Fred Hamlin, A.P.R.N.

Drs. Purdom and Randolph practice at Danville Family Physicians, located at 109 Daniel Drive in Danville. Both are board-certified by the American Board of Family Physicians and provide comprehensive family medicine to patients of all ages. Stone and Mountjoy-Blair practice at Ephraim McDowell Family & Internal Medicine, located at 105 Ponder Court in Danville, and bring to the community more than 30 years of nursing experience. Hamlin, who practices at the Ephraim McDowell Heart & Vascular Institute, has 10 years of experience as a critical care nurse and six years as a nurse practitioner.

Charles Key, M.D. and Jeff Covell, M.D. joined Ephraim McDowell Health’s medical staff in July and practice at Danville Orthopaedics & Sports Medicine, located at 333 South Third Street in Danville. Dr. Covell has a special interest in total ankle replacement surgeries while Dr. Key has a special interest in shoulder surgeries.

Another surgeon who joined the Ephraim McDowell Health medical staff is Swope Munday, M.D., a Lincoln County native. He is a general surgeon who practices at Central Kentucky Surgeons, located at 130 Daniel Drive in Danville.

Also joining the Ephraim McDowell Health medical staff is Miranda Smith, M.D., a pediatrician who practices at Danville Pediatrics & Primary Care, located at 303 South Fourth Street.
Individuals who are ready to commit to a healthy lifestyle should consider McDowell Wellness Center, which has activities and programs for everyone no matter their age or fitness level. The offerings include a large gym with a wide variety of strength and cardio equipment, a 1,500 square foot aerobics studio offering classes of all intensity levels, an indoor cycling studio with calorie-torching spin classes, and an indoor pool with lap lanes and regularly-scheduled water aerobics classes.

The Wellness Center is a favorite among the population of senior adults and provides the Silver Sneakers, Silver and Fit, and Be Well programs, which offer free or reduced memberships to individuals age 65 or older with participating insurances. As an added bonus, Humana Vitality participants can automatically track their visits when they sign in for their workouts.

Another benefit provided to members is child care within the facility. This low-cost option is available Monday through Friday from 8 a.m. to noon and 4 p.m. to 7 p.m.

The Wellness Center has added new programming in the past year to further reach out to the community and provide support, education, encouragement and an opportunity to improve health and overall well-being.

One of those new programs is the After-school Swim and Gym, for children ages 6-13 and offered daily after school until 5 p.m. On Mondays, Wednesdays and Fridays, the children enjoy swimming with McDowell Minnows while they participate in Junior Boot Camp, indoor exercises and outdoor games on Tuesdays and Thursdays.

A.J. Fluty, one of the older participants in the program, said he enjoys the Boot Camp activities while his sister, Cecilia, prefers McDowell Minnows because she loves to swim and spend time with her friends.

“I love the opportunity for my children to participate in the after-school program,” said Janet Fluty, their mother. “It keeps them moving, which is especially appealing during the winter months.”

Katie Guiney said the after-school program has been beneficial to her family.

“It provides a great way for my very active son to get energy out and have fun while he is doing it,” she said. “The staff is very positive and encouraging, and I know that my son is well taken care of. They even get him started on reading or homework if there is extra time after the physical activity portion is complete.”

That is not the only activity the Wellness Center offers to encourage youth to be physically active. The Dazzling Dribblers program is in its 22nd season, teaching ball-handling skills that help the participants with team building, hand-eye coordination and confidence. The program is offered to children in kindergarten through fifth grade.

Another new program started last year at the Wellness Center is a Diabetes Prevention Program for adults with pre-diabetes to prevent the progression into diabetes. The program follows curriculum provided by the Centers for Disease Control and Prevention that encourages lifestyle changes to eat healthy, exercise, deal with stress and cope with other life challenges.

The Wellness Center also offers a number of support group meetings to members and the general public. They include: Diabetes Support Group, meeting at 5 p.m. on the second Tuesday of each month; Grief Support Group, meeting at 11 a.m. with lunch provided on the second Thursday of each month; and Overeaters Anonymous, which meets at 5:30 p.m. each Monday.
Guidelines to promote successful, lasting weight loss

By Janet Fluty, R.D.

As a registered dietitian/nutritionist in a gym setting, I know people who repeatedly jump on the latest diet crazes in the hopes of finally finding that magical potion or food combination to successfully produce lasting weight loss. It pains me to watch this over and over and over again. The wasted time! The wasted money! The continued frustration! Sadly, most people just don’t want to hear me talk about making permanent lifestyle changes … it’s not fast enough, doesn’t sound very magical and requires long-term commitment.

But the truth is, to successfully lose weight and, more importantly, keep it off, requires a life-time commitment. I’m not saying that you can never have Cheetos again, but food and drink indulgences need to become the exception, rather than the rule. Make the majority of what you eat healthy choices.

Following are 10 guidelines to promote successful and lasting weight loss. You may not be able to change everything all at once, and that’s ok. Change what you can handle right now. Be successful at small changes; they can make a huge difference.

1. Make “junk food” consumption rare. What’s junk food? Packaged, processed, high fat and/or sugar food products with little or no nutritional value. Examples: chips, cakes, cookies, candy, soda, donuts, etc.

2. You do not have to eliminate potatoes, bread and other “carbs” but control your portions and choose mostly whole grain.

3. Eat more non-starchy vegetables. Fill up on greens, broccoli, carrots, cabbage, etc. These low-calorie nutritional powerhouses will help to fill you up so you eat less of the more calorie-dense foods.

4. Be calorie and portion aware. Read labels, checking serving size and calorie load.

5. Use the plate method as a guide for meals: ⅓ of the plate is non-starchy vegetables, ⅓ of the plate is carb (bread, rice, pasta, potato, etc.) and ⅓ of the plate is lean protein. You can also include a fruit on the side as well as low fat dairy.

6. Go lean on protein: chicken, fish, lean cuts of beef and pork, beans/legumes, etc.

7. Prepare most of your own food rather than relying on fast food or other restaurants. Yes, there are a few good choices out there but there are too many high fat, high calorie temptations (fried foods, greasy burgers, fatty sauces, excessive portions, etc.).

8. Don’t stuff yourself. Avoid uncomfortable feelings of fullness, indicating you have overeaten.

9. Don’t starve yourself or overly deprive yourself. Eating too little tends to backfire. Metabolically, you can burn fewer calories plus you set yourself up for binge eating because you are so hungry.

10. Exercise. Not just because it will burn some calories but because you will feel better and greatly improve your overall health.
SUCCESS STORIES

ZORA SCHULTZ

Throughout the previous year, Zora Schultz lost five to six pounds a month. While that didn’t seem like much at first, she is committed to making the necessary lifestyle changes to keep off the weight. Here’s her story:

“I found that focusing more on plant-based foods and eliminating most processed foods has been very helpful. The longer I eat this way, the less I miss the processed foods, and the increased number of vegetables helps me keep feeling full. I started eating my biggest meal of the day for breakfast (vegetables included) so I would use the energy up during the day, and my smallest meal at night as I generally am not very active after supper. From an exercise perspective, I found that if I exercise in the morning first thing, I am more likely to do it consistently, so I plan to do something at least six mornings a week and vary it between aerobic and strength or stretching activities. I learned that I needed to vary the workouts as I was prone to ‘overuse’ injuries. Whenever I can, I add some exercise classes or extra walking, which allows me to eat a few more calories without feeling guilty.”

ERICA HILL

Erica Hill started her weight loss journey in January 2016 and lost 49.8 pounds overall after making important lifestyle changes. She previously took three medications for Type 2 diabetes, but the disease is now controlled with diet and exercise. Here’s her story:

“I have gone from a size 24 to an 18 pant and from a 3XL to an XL top. I work out six days a week for a minimum of 40 minutes. I started with YouTube videos … dance aerobics, Tae Bo videos, strength training. Now I am doing Beachbody on Demand (free trial for 30 days, then I got it extended). My favorite workouts are the Turbo series, Shaun T dance classes and P90X. I also recently started attending TurboKick class on Wednesdays at the Wellness Center. I count my calories and log my food using the MyFitnessPal app on my phone. I have changed my diet, but not everything. I just cut out extra caloric foods like ice cream and sweets. I still have ‘cheat’ days but never go overboard. Now I am so in love with exercise and inspiring people with my story (I started a Facebook page) that I applied to UK to get my bachelor’s in kinesiology and exercise science!! I hope to become a personal trainer and class instructor.”
Each April, many of the Associates who work at Ephraim McDowell Regional Medical Center gather in front of the Third Street entrance as a Donate Life flag is raised onto a flagpole there. The flag flies throughout the month, which is observed as National Donate Life Month to raise awareness for the importance of organ donation.

That flag-raising ceremony was one of many activities that the Regional Medical Center Associates participated in, and it helped to earn the facility special recognition in a national campaign sponsored by the U.S. Department of Health and Human Services’ Health Resources and Services Administration (HRSA). Of 995 hospitals and transplant centers participating in the national campaign, the Regional Medical Center was one of 281 earning a Platinum Award, based on points earned for activities held.

“We were honored to earn platinum recognition through the HRSA Workplace Partnership for Life Hospital Campaign,” said Lynne W. Lynn, RN, vice president of clinical effectiveness and medical staff services for Ephraim McDowell Health. “The activities that we earned points for were done to encourage more people to register as organ, eye and tissue donors.”

Besides the flag-raising event, other activities included participating as a hospital team in a community walk/run that promoted organ donation awareness, providing donation information and registration opportunities at community screening events, and participating in the National Blue and Green Day. The Regional Medical Center also earned points for holding donor registry enrollment events at the hospital, including donation education in orientation sessions held for new employees and placing donation-related posters in local businesses.

According to Donate Life America, one organ donor can save up to eight lives. Donate Life America estimates that 120,000 people in the United States are waiting for organ transplants, with another person added to the national transplant waiting list every 10 minutes.

New website launches

If you haven’t already done so, take a look at Ephraim McDowell Health’s updated website – found at emhealth.org. We hope you will enjoy the nice, clean look and that you find the site easy to navigate. The new site uses a responsive design that is more mobile-friendly.

Coming soon … we will be launching four microsites for the Ephraim McDowell Heart & Vascular Institute, Ephraim McDowell Commonwealth Cancer Center, McDowell Place of Danville and McDowell Wellness Center. Please feel free to use our contact form to let us know what you think about our new website!
For the fourth consecutive year, Ephraim McDowell Health was named a Most Wired Hospital and was also one of the most improved organizations according to results of the 18th Annual Health Care’s Most Wired® survey, released by the American Hospital Association’s Health Forum.

The laboratory at Ephraim McDowell Commonwealth Cancer Center was awarded accreditation by the Accreditation Committee of the College of American Pathologists. The accreditation means that patients are receiving quality laboratory services and recognizes the Cancer Center’s use of state-of-the-art technology to improve patient outcomes.

McDowell Place of Danville – our independent living, assisted living and personal care community – was found to have zero deficiencies during a bi-annual survey by the Department of Aging and Independent Living. McDowell Place has not had a single deficiency in more than seven years.

Ephraim McDowell Regional Medical Center was awarded accreditation in Echocardiography and Vascular Testing by the Intersocietal Accreditation Commission. This accreditation recognizes the quality of the cardiac care program provided at the Regional Medical Center.