

care

CONNECTION

summer 2015

Screenings
That Can

*Save
Your
Life*

Simple
Advice for a
Super Summer

Healthy
Junk Food!



A FOCUS ON QUALITY

WHEN ADDRESSING MY TEAM, I often speak about the “pillars” that are the foundation of a healthy hospital—such as quality, service and growth. I sometimes refer to these “pillars” as wheels

because it is important to focus on each of them. A car can't drive on one or two wheels alone.

To the public, we speak a lot about our growth wheel. Just recently, we purchased the former Poche Medical Clinic to house our Audiology and Ideal Protein Clinics and to allow for future growth. In addition, we've spent the past several years introducing new services and physicians, which is important not only to the health of our community, but also to the financial health of the hospital.



Today, I want to assure you that we are always focusing on the entire “car.” St. James Parish Hospital was recently recognized as a 5-star quality hospital by the Centers for Medicare & Medicaid Services. This distinction, earned by only three full-service hospitals in the state, is a wonderful example of our focus on quality—even as we grow and expand.

Rest assured that even though our car may change, our destination is always the same—*to be the first choice for your healthcare needs.*

Mary Ellen Pratt

Mary Ellen Pratt, FACHE, CEO



Spot Check

Moles are not unusual, but when they take on new textures, shapes, and colors, it's time to talk to your doctor.

“If a mole is changing in appearance and begins to itch or bleed, it should be examined by a dermatologist,” says **Ryan J. Matherne, MD, FAAD**, board-certified dermatologist and dermatopathologist on staff at St. James Parish Hospital. “These may be clues that we need to investigate.”

Dr. Matherne says that further examination may involve removing the mole and testing it for suspicious cells. The earlier doctors find a serious condition, such as malignant melanoma, the easier it is to treat.

The Power of Prevention

You can reduce your risk of developing dangerous lesions on the skin by following these tips:

- **Cover up** with broad-brim hats and sunglasses that block ultraviolet rays, and limit the amount of skin exposed to the sun.
- **Examine your skin** monthly to spot any changes in moles.
- **Slather on sunscreen** daily. Stick with sun protection factor (SPF) 15 or higher—at least SPF 30 if you will be outside for long.
- **Seek out shade**, especially between 10 a.m. and 4 p.m.

Small steps can have a big impact on the long-term health of your skin.

Dr. Matherne sees patients every Tuesday and every other Wednesday in the medical plaza next to St. James Parish Hospital. **To make an appointment, call 225-258-5930.**

Incision-Free VASECTOMY

At St. James Parish Hospital, a special surgical technique allows men to undergo vasectomies without going under the knife.



The St. James Urology Clinic team

Known as a no-scalpel vasectomy, this outpatient procedure is extremely safe. It involves making a small puncture rather than an incision to access the tube that carries sperm into seminal fluid. A specialized instrument pulls the tube through the puncture site and seals it to prevent fertility.

Benefits to Patients

The no-scalpel technique offers advantages including:

- Shorter operation time (15–20 minutes, including preparation time)
- Less bleeding
- Less pain after the operation (slight discomfort for 2–3 days)
- No stitches and almost no scarring
- Faster recovery and return to sexual activity

Clay Boyd, MD, board-certified urologist at St. James Urology Clinic, a department of St. James Parish Hospital, has performed thousands of no-scalpel vasectomies over the past two decades and was one of the first in the area to perform this innovative procedure.

“Because this technique is safer and less invasive, even high-risk patients—such as those who take blood thinners or have limiting health conditions—can still qualify,” Dr. Boyd says. “It’s one of the most effective, inexpensive options for fertility control available.”

St. James Urology Clinic is in the medical plaza conveniently located on the same campus as St. James Parish Hospital. **To schedule an appointment, call 225-258-2070.**

Junk Food Meets Its Match

Selecting wholesome snacks can be a bit of an adjustment if you’re used to reaching for the candy jar or a bag of chips.

Try these healthier, tasty alternatives to satisfy your munching needs while keeping your junk food cravings under control.

Instead of ...	Choose ...	Because ...	Tip:
Potato chips	Pork rinds	Crunchy pork rinds are 70 percent protein and have no carbohydrates.	Can’t live without a dip? Find a recipe with a low-fat cheese or Greek yogurt substitute.
Chocolate-covered peanuts	Cocoa-dusted almonds	This snack gives you the health benefits of almonds and the taste of chocolate without the added sugar.	Prepackage these in snack bags to keep in your car or purse.
Cookies	Graham crackers and peanut butter	Graham crackers are low in sugar and calories, and peanut butter is a good source of protein.	Try “powdered” peanut butter for a lower-fat alternative.
Ice cream	Frozen Greek yogurt	You get the frosty treat with a lower calorie count and high protein value.	Add fruit to create a “Greek sundae,” or jazz it up with sugar-free flavored syrups.
Gummy snacks	Seasonally fresh fruit	Fresh fruit is packed with vitamins and fiber, and when you buy it in season, it’s cheaper and fresher.	Freeze grapes for a yummy treat!



As temperatures rise, so do preventable visits to the Emergency Department. Follow the tips below for a fun and safe summer.

ER Injuries Heat Up with the Weather

SUN SAFETY

Avoid sunburns by covering exposed skin with clothing, including a broad-brim hat. Also, apply an ounce of broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 to protect any remaining exposed skin. Reapply at least every two hours, and more frequently if you're sweating or in the water.

NATURAL NASTIES

If you've had a reaction to an insect bite before, it is important to carry an EpiPen, which is an injection that can help reverse the symptoms of a severe allergic reaction (trouble breathing, feelings of dizziness, etc.). To reduce your chances of bug bites and reactions to certain plants, wear insect-repellent and cover up with clothes and closed-toe shoes.

SWIMMER SMARTS

Don't swim too far from shore, and if you get caught in a current or riptide, don't panic and tire yourself. Just float and ride it out. Take the time to learn cardiopulmonary resuscitation (CPR), too. It saves lives. To find a CPR class, see the Calendar of Events on page 8.

ADVICE FOR ATHLETES

Start at an easy pace if you are out of shape or haven't played a certain sport in a while. Overdoing it can cause pulls, strains, or more serious injuries. Take time to stretch and warm up. If you ride a bike or go skateboarding, wear proper protection. Overheating is also common for summertime sports enthusiasts, so drink plenty of water.

JUST SAY 'NO'

Drinking too fast and/or too much can lead to accidents, which can mean broken bones, stitches, concussions, impairment, or even death. Alternate alcohol with water to avoid dehydration, which can lead to heatstroke during the summer.

Illicit drugs are NEVER safe, and getting overheated while using drugs such as ecstasy and cocaine is even more serious because your body may not be able to cool down. This can result in brain damage or death.

Did you know?

Safe Haven Law Protects Parents

Did you know that the law protects parents who drop off their unharmed babies at certain Safe Haven Locations? If you feel you cannot care for a child who is up to 60 days old, you may leave him or her with an employee at any Louisiana:

- Medical facility, such as St. James Parish Hospital
- Fire department
- Police department
- Emergency medical services provider
- Pregnancy crisis center
- Public health unit
- Child advocacy center



St. James Parish Hospital's Emergency Department is staffed 24/7 with an experienced physician and medical team with access to the hospital's advanced diagnostic services. To contact the Emergency Department, call 225-258-5949. For emergencies, call 911 immediately.

To learn more, visit www.dcss.louisiana.gov or call 1-800-CHILDREN.

Spice Up

YOUR LIFE

Need a more heart-friendly diet?
Lower your sodium intake—without giving up flavor.

Eating less salt is great for cardiovascular patients. It helps reduce blood pressure and decreases the burden on your heart. And fortunately, it doesn't mean resigning yourself to bland, boring meals.

Where to Begin?

According to the American Spice Trade Association, the herbs and spices that best replace the taste of salt include:

- Basil
- Black pepper
- Coriander
- Cumin
- Curry powder
- Dill
- Garlic
- Onion

Super-versatile garlic adds flavor to a variety of recipes. If you like earthy flavors, try cumin for meats and coriander for chicken and fish. If your tastes lean toward spicier options, include ginger, cinnamon, or clove, depending on what you're cooking.

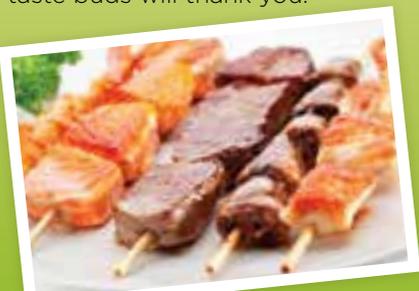
You can also whip up your own seasoning blends to boost the flavor of your foods. For example, ground ginger, onion powder, anise seeds, allspice, cloves, and sesame seeds combine to make an excellent substitute for soy sauce, without the sodium found in commercial products. More easy, do-it-yourself seasoning blend recipes can be found on websites such as www.allrecipes.com or www.epicurious.com.

Healthy Helpers

Spices and herbs such as turmeric and thyme are more than just tasty replacements for salt. Thyme, for example, boosts the immune system, and turmeric is one of many spices that reduce inflammation. Others include rosemary, an herb popular in many lamb dishes, as well as ginger and cinnamon. Inflammation can be a precursor to heart disease and other chronic diseases, so reducing inflammation can lower your risk. Herbs and spices are also excellent sources of antioxidants, which decrease your risk of developing cancer and chronic illness, and have many other health benefits.

Mix and Match

If you aren't used to cooking with herbs and spices, don't worry. Start with some of these simple pairings to jazz up your favorite dishes. Your taste buds will thank you.



• **Fish**—When cooking fish, try spices such as curry powder, dill, fennel, tarragon, garlic, paprika, and thyme.

• **Meat**—For recipes involving beef, delicious options include nutmeg, onion, pepper, thyme, garlic, and bay leaf. Is pork on the menu? Coriander, cumin, and ginger make excellent seasonings. Rosemary is popular for lamb.

• **Poultry**—Chicken pairs well with spices such as garlic, saffron, oregano, cumin, and cayenne pepper.

• **Vegetables**—For fresh vegetables and salads, try basil, chives, garlic, or sorrel. For cooked vegetables, tarragon, mint, pepper, and basil are great options.

A screening at the right age can save your life. Use this chart as a guide during doctor visits to make sure you're up to date on important preventive exams. Speak with your physician about the frequency, necessity and type of recommended screenings.

The Right Screenings

Check It Off ✓

Check the boxes on the chart as you complete screenings or discuss them with your physician. Clip it, keep it, and bring it with you to your next annual wellness exam as a handy guide to being your healthiest self.



In Your 20s

For Women

- Clinical breast exam
- Cervical cancer screening (starting at age 21)

For Everyone

- Colon cancer screening (as recommended by a doctor)
- Blood pressure screening



In Your 30s

For Women

- Clinical breast exam
- Cervical cancer screening: HPV test and Pap test

For Everyone

- Colon cancer screening (as recommended by a doctor)
- Blood pressure screening
- Cholesterol screening



In Your 40s

For Women

- Clinical breast exam
- Mammogram (starting at age 40)
- Cervical cancer screening: HPV test and Pap test

For Men

- Prostate cancer screening (starting at age 40 if you are at a higher risk)

For Everyone

- Colon cancer screening (as recommended by a doctor)
- Type 2 diabetes screening (for adults with diabetes risk factors)
- Blood pressure screening
- Cholesterol screening

Looking for a Local Primary Care Physician?

Lutcher Family Clinic:
225-869-9890

Poche Medical Clinic:
225-869-3493

St. James West Bank Clinic:
225-265-3013

Did you know?

Most of these recommended screenings/diagnostic tests can be done right here at home, and many are covered 100% by your insurance's wellness benefits. Ask your physician to have your test done locally at St. James Parish Hospital.

at the Right Time



In Your 50s

For Women

- Clinical breast exam
- Mammogram
- Cervical cancer screening: HPV test and Pap test

For Men

- Prostate cancer screening (starting at age 50)

For Everyone

- Colon cancer screening (as recommended by a doctor)
- Lung cancer screening (annually for qualifying current or former smokers)
- Type 2 diabetes screening (for adults with diabetes risk factors)
- Blood pressure screening
- Cholesterol screening

St. James Parish Hospital offers screenings throughout the year at different events. Visit www.sjph.org/events to view a calendar.



In Your 60s and Beyond

For Women

- Clinical breast exam
- Mammogram
- Cervical cancer screening: HPV test and Pap test
- Osteoporosis screening

For Men

- Prostate cancer screening
- Abdominal aortic aneurysm screening (for current or former smokers ages 65 or older)

For Everyone

- Colon cancer screening
- Lung cancer screening (for qualifying current or former smokers ages 74 or younger)
- Type 2 diabetes screening (for adults with diabetes risk factors)
- Blood pressure screening
- Cholesterol screening

Free Breast Screenings Are you over age 40, uninsured, and need a mammogram? Call 225-258-5906 to see if you qualify for our Komen Grant screenings.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Warm Weather Wound Care

2015 Calendar of Events

JULY

- ✦ Two-day Safe Sitter Class July 16 & 17
8 a.m.–3:30 p.m.
- ✦ Heartsaver CPR/First Aid July 21
- ✦ Diabetes Support Group July 28 at 6 p.m.
(Meeting Room)
- ✦ Breast Self-exam Class Call to schedule

AUGUST

- ✦ Healthcare Provider/BLS CPR August 13
- ✦ Heartsaver CPR/First Aid August 18
- ✦ Diabetes Support Group August 25 at 6 p.m.
(Meeting Room)
- ✦ Breast Self-exam Class Call to schedule

SEPTEMBER

- ✦ Healthcare Provider/BLS CPR September 10
- ✦ Heartsaver CPR/First Aid September 15
- ✦ \$5 PSA Screening Week September 21–25
7 a.m.–5 p.m.
- ✦ Free Men's Health Breakfast (Morning Call with
Dr. Boyd) September 23 at 7:30 a.m.
- ✦ Diabetes Support Group September 29 at 6 p.m.
(Meeting Room)
- ✦ Breast Self-exam Class Call to schedule

Unless otherwise noted, classes begin at 8 a.m., and classes/ events will be held in the Community Education Room at David Reynaud Medical Plaza, located next to St. James Parish Hospital. The Meeting Room is in the hospital.

To R.S.V.P., visit www.sjph.org and click "News & Events" and "Events Calendar." Click the event/class and fill out the online registration form. If you do not have access to a computer, call 225-258-5952.

St. James Parish Hospital is an equal opportunity provider and employer.

Summer weather and activities pose special challenges for people coping with chronic wounds. Here are some wound care tips to make enjoying the season a breeze.

- **Be cautious of the sun.** Apply a broad-spectrum sunscreen frequently, and stay in the shade as much as possible.
- **Keep your wound clean.** Sweating heavily may make it necessary to clean your wound and change your dressing more often.
- **Mind your water intake.** Staying hydrated in the summer requires extra liquids. Avoid alcohol, which inhibits healing, increases the chance of infection, and contributes to dehydration.
- **Plan your wardrobe.** Avoid tight-fitting clothing that could irritate a wound. Many doctors also advise against wearing flip-flops, especially for patients with diabetes.
- **Skip the swimming.** Even in treated pools and salty ocean water, bacteria can grow and contaminate wounds.

If you need help managing a chronic wound, contact the experienced wound care team at St. James Parish Hospital.

The Wound Care Clinic, a department of St. James Parish Hospital, is conveniently located in the medical plaza on the same campus as the hospital. **To schedule an appointment, call 877-295-2273.**

Outdoor Fun without the Sun!

- Try an outdoor restaurant with covered seating.
- Walk through an outlet mall.
- Read a book under a tree.
- Lie on the beach under an umbrella.

