

Care

CONNECTION

Summer 2016

EXPANDING URGENT CARE

St. James Urgent Care is now open Monday through Saturday in David Reynaud Medical Plaza, located next to the hospital.



Most Common Illnesses and Injuries at Our Urgent Care

- Flu
- Strep
- Sinusitis
- Upper-respiratory infections
- Urinary tract infections
- Abscesses
- Ingrown toenails
- Sports-related injuries
- Dehydration

📞 225-258-2040

📍 1731 Lutchter Avenue

Patients requiring care outside of clinic hours can conveniently walk in to see a licensed practitioner from 5–10 p.m., Monday through Friday, and now from 9 a.m.–7 p.m. every Saturday. St. James Urgent Care offers on-the-spot testing and treatment for urgent, non-life-threatening medical needs. Our nurse practitioners have extensive experience in both the urgent care and emergency room settings and are overseen by board-certified physicians.

“A major benefit of using an urgent care connected to a hospital is the ability to seamlessly transfer patients to the ER if the nurse practitioner feels the patient needs emergency intervention,” says Alyssia Ross, St. James Urgent Care Medical Assistant. “That’s much better than the patient having to get into a car to drive to a hospital. In addition, our Urgent Care patients have direct access to many other hospital services if needed.”

Convenience is another big advantage. Patients don’t have to make appointments. On average—depending on what tests are required—patients are seen and treated within 30 minutes.

National Recognition

Congrats to CEO Mary Ellen Pratt for being the only person from Louisiana named to *Becker’s Hospital Review’s* 2016 list of **50 Rural Hospital CEOs to Know**.



Senior Picnic & Health Fair

Join us on May 11 at Lutchter Park for a day of food, fun, screenings, and education.



3-day Screening Event

Join us **May 18–20** from **7 a.m.–5 p.m.** for our \$5 cholesterol and chem profile screenings. Register in the main hospital lobby.





HERE TO MEET YOUR NEEDS

I can clearly recall when discussion about the need for urgent care surfaced in strategic planning meetings years ago.

What seemed then like a very long-term dream quickly became a goal, as more and more community members expressed a desire for this level of service. Not only did we open the first urgent care facility in our parish, but since it opened, we have expanded our days, hours, and technology to meet your latest needs. These needs drive our organization.

In the midst of so much uncertainty, your support allows us to continue growing. Bringing more services home enhances the health of our patients and the local economy, and we want to thank you for being the catalyst for this continued growth.

Mary Ellen Pratt

Mary Ellen Pratt, FACHE, CEO

THE POWER OF PREVENTION

To catch health issues early, when they are most treatable, many insurance companies cover certain office visits and screenings at little or no cost to patients. Contact your insurer to find out which wellness and preventive screenings are part of your plan.

Covered procedures may include:

- Blood pressure screening
- Cervical cancer screening
- Cholesterol screening
- Mammogram
- Physical
- Prostate screening (PSA test)
- Routine vaccinations
- Screening colonoscopy
- Wellness visit

Take Action

We offer preventive screenings locally, with flexible scheduling. Make an appointment with your primary care physician to discuss your options.

LUTCHER FAMILY CLINIC
A Department Of
ST JAMES
PARISH HOSPITAL
LARGE ENOUGH TO SERVE, SMALL ENOUGH TO CARE.
225-869-9890

POCHE MEDICAL CLINIC
A Department Of
ST JAMES
PARISH HOSPITAL
LARGE ENOUGH TO SERVE, SMALL ENOUGH TO CARE.
225-869-3493

St. JAMES WEST BANK CLINIC
A Department Of
ST JAMES
PARISH HOSPITAL
LARGE ENOUGH TO SERVE, SMALL ENOUGH TO CARE.
225-265-3013



Sunscreen for Your Skin Type



Ryan J. Matherne, MD,
Dermatologist,
Dermatopathologist

Acne-, allergy-, or rosacea-prone skin: Pick sunscreens with titanium or zinc oxide. These are less likely to cause an allergic reaction.

Dark skin: Sunscreens often look white and caked on. Tinted or alcohol-based sunscreens even out skin tone.

Dry skin: Use sunscreen that contains moisturizer.

Fair skin or a history of skin cancer: Use sunscreen with a sun protection factor (SPF) of at least 30, though the highest possible SPF is best for all.

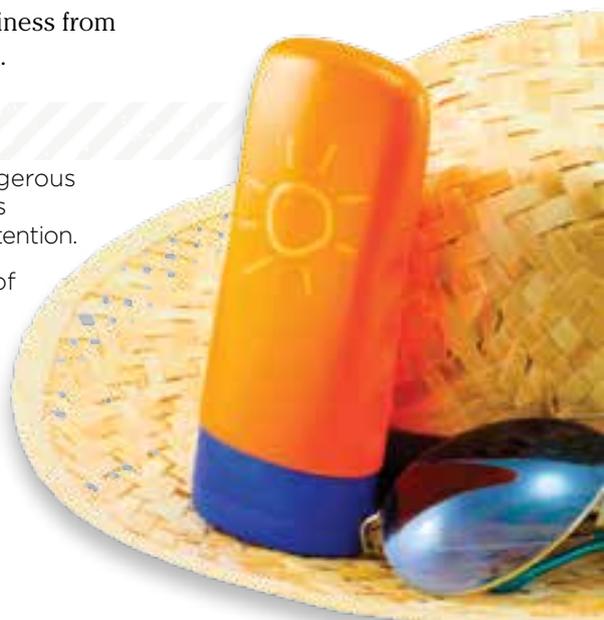
Oily skin: Choose sunscreens that won't clog pores. Also, mineral-based sunscreen combats sweat and oiliness from sun exposure.

Dr. Matherne sees patients Tuesdays and Wednesdays in David Reynaud Medical Plaza beside St. James Parish Hospital.
Call 225-258-2020 for an appointment.

The RED Report

Skipping sunscreen can end a beautiful day with a miserable or even dangerous sunburn. Ryan J. Matherne, MD, Dermatologist, Dermatopathologist, offers **DOs** and **DON'Ts** about skin protection—and when a burn calls for medical attention.

- ⊗ **DON'T** forget to reapply even waterproof or water-resistant sunscreen regularly.
- ⊗ **DON'T** apply spray sunscreens directly to the skin. Spray it onto your hands first, then apply to the sun-exposed portions of your body. This allows more even application and reduces your chance of inhaling potentially harmful chemicals.
- ✓ **DO** make sunscreen part of daily life. Use moisturizers with sun protection, for instance.
- ✓ **DO** see a physician if your sunburn is accompanied by fever, chills, or blistering.



5 Top Foods That Hydrate

Drinking water isn't the only way to stay hydrated. What you eat typically makes up about **20 percent** of the water you get each day, though all foods aren't created equal.

Stay on top of your fluid intake as the temperature rises by eating plenty of these five foods that are full of refreshing H₂O:

Yogurt—Yogurt is **88 percent** water. Spoon up a serving of protein-packed hydration.

Broccoli—Loaded with vitamins and minerals, broccoli is **91 percent** water.

Watermelon—Like the name suggests, watermelon is about **92 percent** water—and it's a must-have treat on a hot day.

Celery—With a staggering **95.4 percent** water content, a crisp celery stalk can certainly wet your whistle.

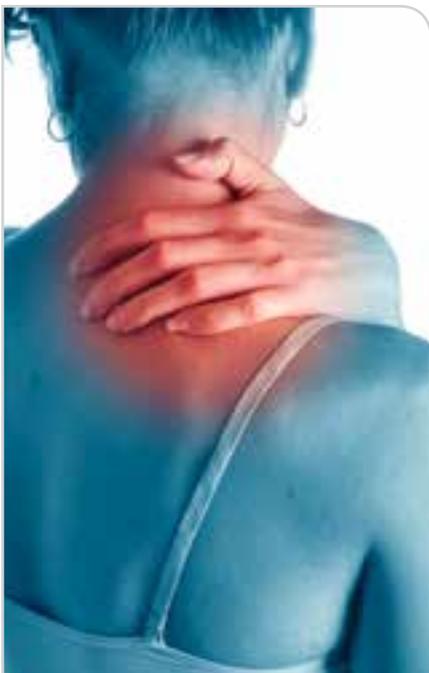
Cucumbers—Cucumbers have more water content than any other solid food: **96.7 percent**. Pile slices of this juicy veggie on a fresh salad to hydrate fast.

Dehydration Warning Signs

- Headaches
- Muscle cramps
- Dark urine
- Dry mouth
- Thirst
- Shriveled or dry skin
- Confusion
- Dizziness
- Rapid heartbeat
- Fast breathing
- Irritability
- Sunken eyes
- Shock
- Loss of consciousness

If you experience confusion, shock, any loss of consciousness, or prolonged, rapid heartbeat, visit our ER or call 911.

For less emergent symptoms, our Urgent Care is open Monday through Saturday. No appointments are needed.



If you are experiencing these issues, talk to your physician about the possible benefits of dry needling. For questions or to make an appointment with our Rehab Department, call **225-258-5934**.

The POINT of Relief

After extensive employee training, we are excited to offer dry needling services through our Rehab Department.



What Is Dry Needling?

Dry needling involves gently inserting tiny needles into certain areas of the muscle known as “trigger points.” Trigger points, which often develop in a muscle as a result of poor posture or repetitive actions, can lead to an increase in muscle stiffness and tenderness and a decrease in range of motion. In addition, discomfort from trigger points can cause “referred pain” beyond the specific muscle or muscles affected. Dry needling, which may cause a slight ache but for many is painless, can help relax certain muscles and relieve tension.

Dry Needling vs. Acupuncture

During dry needling, needles are slowly inserted, gently manipulated, and then removed after a period of time. Acupuncture needles may be left in the body for extended periods. Additionally, dry needling addresses neuromuscular problems that cause pain or hinder mobility, whereas acupuncture often seeks to address the flow of energy around the body.

Dry needling is just one tool in our therapists' toolbox. In addition to physical therapy, it has been commonly used to help with the treatment of:

- Back and neck pain
- Hamstring problems
- Headaches
- Muscular tightness
- Shin splints
- Sporting injuries



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.

Free Breast Exams

We are excited to announce our most recent grant from the Bayou Region Affiliate of the Susan G. Komen for the Cure Foundation. In addition to educational support, our grant covers clinical exams, screening mammograms, diagnostic mammograms, biopsies, and breast ultrasounds at no cost to those in need.

Uninsured and underinsured women over age 40 in St. James Parish are invited to take advantage of the free breast health screenings. This grant is available until March 15, 2017, or until all screenings are utilized.

If you or someone you know may qualify, call Rachel Becnel, Project Coordinator, at **225-258-5906**.

To schedule a mammogram, contact the Radiology Department at **225-258-5953**.

Did You Know?

St. James Parish Hospital leaders work hard to keep grants and funding for screenings and education local through active involvement on the Susan G. Komen Foundation Board.



2016 Calendar of Events

MAY

- ❖ Senior Picnic and Health Fair *May 11 at 9 a.m. Lutchter Park*
- ❖ Healthcare Provider/CPR/BLS *May 12*
- ❖ Heartsaver CPR/First Aid *May 17*
- ❖ \$5 Chem & Lipid Profile Screenings *May 18–20, 7 a.m.–5 p.m. (Register in main lobby. Three-day event)*
- ❖ Diabetes Support Group *May 31 at 6 p.m. (Meeting Room)*

JUNE

- ❖ Healthcare Provider/CPR/BLS *June 9*
- ❖ Heartsaver CPR/First Aid *June 21*
- ❖ Two-day Safe Sitter Class *June 23–24, 8 a.m.–3:30 p.m.*
- ❖ Diabetes Support Group *June 28 at 6 p.m. (Meeting Room)*

JULY

- ❖ Healthcare Provider/CPR/BLS *July 14*
- ❖ Heartsaver CPR/First Aid *July 19*
- ❖ Diabetes Support Group *July 26 at 6 p.m. (Meeting Room)*

AUGUST

- ❖ Healthcare Provider/CPR/BLS *Aug. 11*
- ❖ Heartsaver CPR/First Aid *Aug. 16*
- ❖ Diabetes Support Group *Aug. 30 at 6 p.m. (Meeting Room)*

SEPTEMBER

- ❖ Healthcare Provider/CPR/BLS *Sept. 8*
- ❖ Heartsaver CPR/First Aid *Sept. 20*
- ❖ \$5 PSA Screenings Week *TBD 7 a.m.–5 p.m.*
- ❖ Men's Health Breakfast *TBD 7:30 a.m.*
- ❖ Diabetes Support Group *Sept. 27 at 6 p.m. (Meeting Room)*

Unless otherwise noted, classes begin at 8 a.m., and classes and 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. Breast self-exam classes can be scheduled upon request.

To R.S.V.P., visit www.sjph.org/events. Click the event or 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.

