



HEALTH FOCUS

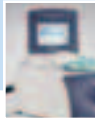
FEB / MARCH 2012

WHAT'S INSIDE:



Breast cancer – a medical diagnosis no woman ever wants to hear.

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Advanced technology at SSH helps detect breast disease in patients.

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Hospitalists are the focus in this issue of the Physician Spotlight.

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Congestive heart failure and breast cancer are the topics of the "Expert is In" seminars.

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SSH awarded Advanced Certification for Congestive Heart Failure program



Sycamore Shoals Hospital (SSH) recently earned The Joint Commission's Gold Seal of Approval™ for Advanced Certification for Heart Failure by demonstrating compliance with strict standards in both the hospital and outpatient clinic setting.

CHF is the most common discharge diagnosis in patients older than 65, according to the American Heart Association.

"We have nearly 800 patients admitted each year with a primary or secondary diagnosis of CHF," explains Dwayne Taylor, SSH CEO. "We know this population is at risk to be readmitted to the hospital without appropriate coordination of care and compliance."

Hospital Care

Once a patient is identified to be a part of the heart failure program, education begins immediately, both on the disease process and how to manage symptoms.

"We provide the patient with a lot of

educational materials such as 'What You Need to Know about Heart Failure,' which covers how the heart works, living with heart failure, eating right and daily weight; the 'Love Your Heart Diet,' which explains salt and sodium control, and how to read food labels; and 'The Zones,' which illustrates signs and symptoms of 'worsening' and when the patient should contact their physician," explains SSH Nurse Manager Angela Johnson. "Patients who understand how their disease works have the knowledge they need to manage their signs and symptoms."

Dr. Claire Paris, internal medicine, works to ensure the processes are in place to make the program work. "With advanced certification, we're not only responsible for the care the patient receives in the hospital, but also responsible for demonstrating how we coordinate care for the patient after they are discharged."

Post-Discharge Care

Community Physician Champion Dr. James Shipley, Mountain States Medical

Group Family Medicine, makes sure the patient is able to keep his or her heart failure symptoms under control following discharge.

"In the past, we would often see that patients did great while in the hospital only to deteriorate once they returned home," he says. Now focus has changed to make sure the care is coordinated appropriately post-discharge as well. Scales are provided to patients who qualify, and a daily weight-monitoring worksheet is supplied to help the patient track weight gain once he or she gets home.

After discharge, a follow-up appointment is scheduled with the primary care physician, and if needed, other services, such as home health, DME or nursing home, are also set up.

What it Means for the CHF Patient

"Ultimately, it will mean the patient won't have to be readmitted to the hospital," says Johnson. It also means the physicians who practice inside the hospital and the physicians who have outpatient practices

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Certification

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are clinically on the same page about the care plan. “We’re finding the patients and their families are noticing the difference and feel much more prepared for life outside the hospital,” adds Johnson.

FACING BREAST CANCER — ONE WOMAN’S JOURNEY THROUGH TREATMENT



Above: Peggy Sherbert and Dr. Elizabeth de Fluiter

The words no woman wants to hear — a diagnosis of breast cancer. Peggy Sherbert heard those dreadful words on a day in May 2010.

“I was very scared and overwhelmed,” she remembers. A few days later she met her surgeon, Dr. Elizabeth de Fluiter at Sycamore Shoals Hospital. “She was the first bright spot in my treatment process. She explained everything in direct and simple terms, answering the many questions that my husband and I had.”

A knowledgeable, caring physician can make all the difference. Sherbert illustrates, “Dr. de Fluiter made me feel like she was part of my team and we would get through this together. Her support and positive attitude meant so much to me. She made this experience much more bearable.”

She adds that Dr. de Fluiter’s nurse, Melanie, was also very caring and efficient. “I never had to call the office for test results or appointments. Melanie took care of everything. That took a lot of worry off of my shoulders.”

This past November marked the end of her treatment. It was successful, but Sherbert will continue to follow up with Dr. de Fluiter for the next five years. An entire team of physicians and nurses worked together to care for Sherbert.

“I learned they were communicating with each other about my case. The message I got: ‘we know all about you; now let’s get you healthy.’ ”

Being active and knowledgeable about her diagnosis are two key action elements Sherbert sanctioned. “Knowledge is healing, and your doctors can answer the many questions that arise throughout treatment,” Sherbert says.

She shares words of encouragement with those who may be hearing the same diagnosis she did. “Continue to be active and eat healthy even after your treatments. It will make a difference in your day-to-day living. I continued to do everything I did before I was diagnosed. Take it one day at a time and you’ll get through it.”

Sherbert also credits her husband John for his positive influence and caring support. They live in the Johnson City area.

General surgeon Dr. Elizabeth de Fluiter specializes in breast care. Her office is located at 1497 W. Elk Ave., Suite 10, Elizabethton. Call 423-542-7440 for an appointment. All surgeries for breast cancer patients can be done at SSH, from lumpectomies and mastectomies to lymph node biopsies and lymph node removals, including breast reconstruction.

HEALTH FOCUS

ADVANCED TECHNOLOGY HELPS PINPOINT BREAST DISEASE



Sycamore Shoals Hospital (SSH) has another tool in the fight against breast cancer. The Mammotome EX Biopsy System offers the option of minimally invasive procedures that still produce a more accurate and timely diagnosis.

Brent Moseley, outreach manager, Diagnostic Imaging at SSH,

says, “The Mammotome enables breast biopsy to be performed under X-ray, ultrasound or MRI guidance. It works with other biopsy devices.”

He continues to explain that it helps secure a larger sample from a suspicious area of the breast, which yields better accuracy, and without the need to do an open surgical procedure. “The incision is very small and doesn’t require stitches,” Moseley adds.

Another benefit for the patient is that only local anesthesia is necessary, and it is performed as an outpatient procedure. “It also helps to reduce the needle stick to one single stick for each lump because of the sample size it produces,” adds Matthew Hardin, Diagnostic Imaging technical manager.

“This is technology Dr. de Fluiter asked us to evaluate for her breast cancer patients. After we saw what the technology did, it was an easy decision to bring it to SSH,” said Dwayne Taylor, CEO. More than 3 million women worldwide have had a biopsy using this system. In

PHYSICIAN FOCUS

*A spotlight on doctors and the services they provide at
Sycamore Shoals Hospital.*

HOSPITALISTS

Sycamore Shoals Hospital now has five hospitalists. Hospitalists are physicians who manage patients’ care while they’re in the hospital. They take care of the patient and then provide a full report back to the patient’s primary care physician upon discharge.



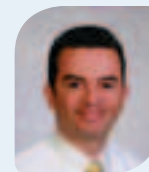
Claire Paris, MD

Dr. Paris is the practice group leader at SSH. She is board-certified by the American Board of Internal Medicine and received her medical degree from, and completed her residency through, St. George’s University School of Medicine, Grenada, West Indies, and Bay Shore, N.Y.



Makram Jurdi, MD

Dr. Jurdi received his medical degree in internal medicine and completed his residency at East Tennessee State University, Johnson City, Tenn.



Sergio Diaz, MD

Dr. Diaz is board-certified by the American Board of Internal Medicine. He received his medical degree from East Tennessee State University, where he also completed his residency.



Shweta Kharalkar, MD

Dr. Kharalkar is board-certified by the American Board of Internal Medicine. She received her medical degree in internal medicine and completed her residency at East Tennessee State University, Johnson City, Tenn.



Sonia Duggal, MD

Dr. Duggal is board-certified by the American Board of Family Medicine. She received her medical degree in family medicine and completed her residency at East Tennessee State University, Johnson City, Tenn.

**Congestive Heart Failure –
Coping with CHF**

Congestive Heart Failure can be a difficult disease to manage. Dr. Shobha will provide simple guidelines on how you can take control of your health and learn to cope with CHF. You will learn what CHF is, what causes it and how it is treated. You will leave with a better understanding of overall heart health and when it's time to seek medical advice.

DATE: Feb. 16, 2012

TIME: 6:30 to 7:30 p.m.

LOCATION: Sycamore Shoals Hospital Classrooms (inside main entrance on the right)



Shobha Hiremagalur, MD

**“I have been diagnosed with
Breast Cancer – What now?”**

Have you or someone you love been diagnosed with breast cancer? It can be a frightening time. What does the diagnosis mean and what are my treatment options? What do the different stages of cancer mean? What is a sentinel node biopsy? Dr. de Fluiter will provide answers to these and other questions.

DATE: March 15, 2012

TIME: 6:30 to 7:30 p.m.

LOCATION: Sycamore Shoals Hospital Classrooms (inside main entrance on the right)



Elizabeth de Fluiter, MD

Postal Patron

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