A mall... for health?
Southeastern Health now offers one-stop health care.

February is Heart Month
We invite you to “Take it To Heart!”
Modern Beginnings Gala to fund anesthesia equipment upgrade

THE SOUTHEASTERN Health Foundation’s 2013 Modern Beginnings Gala will raise funds to enable the medical center to upgrade anesthesia equipment for the Maternal/Child Health Services Department.

“Anesthesia machines provide a life-line to patients by providing oxygen and delivering precise amounts of anesthetic gases to the patient to keep them asleep during surgery,” says Southeastern Health Foundation Director Sissy Grantham. “It monitors blood pressure, pulse, oxygen saturation, temperature and respirations. This is essential equipment for our patients and their precious little ones.”

This 21st annual fundraising event will be held Friday, Feb. 22, at the Southeastern Agricultural Center in Lumberton. Volunteers from throughout Robeson County have been working to make this black-tie affair a memorable evening.

“The birth of a child is an experience filled with so many emotions,” says event Co-chair Stacey Walters. “Through the upgraded equipment purchased using funds raised during this event, we hope to make the experience as comfortable and pleasant as possible for new mothers and their babies. Our hope for the 2013 gala is to see familiar faces who have generously supported past gala efforts to fulfill great needs of our community hospital system, but also new supporters to advocate for our hospital’s foundation and their valuable efforts.”

“We couldn’t be more honored to chair this year’s gala,” adds event Co-chair Heather Walters. “Our intentions with the Modern Beginnings Gala are to incorporate the exciting changes at Southeastern Health, to launch the Southeastern Health Foundation’s new era of giving, as well as invoke great support for this year’s cause, which is equipping Maternal/Child Health Services with anesthesia equipment. We realize without the continued support of our community this couldn’t happen.”
Southeastern means health.

Our name change means that we work hard not only to help people get well, but to stay well too. “The name change helps us communicate the responsibility we have to the overall health of our community,” says Joann Anderson, president and CEO.

6} We made the grade. Southeastern Health has been recognized by Healthgrades as a top performer in key categories.

11} Dignity and comfort. Hospice and palliative care offer support, compassion and the care that’s needed during the most difficult of illnesses.

14} Plate and palate. Your dinner plate can simplify your approach to healthy eating.

Information in HEALTHWISE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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WHAT DO YOU EXPECT from a leading health care provider? You likely look for compassionate care, designed just for you, with access to the latest technology. But to be truly effective, your care should also be convenient.

That’s the beauty of the Southeastern Health Mall—it puts 10 key services in one easy-to-find location. And there’s plenty of parking.

“For a lot of people, coming to a huge hospital building is intimidating—you can even get lost,” says David Sumner, vice president of human services and planning at Southeastern Health. Not so at the Health Mall. In fact, coming here may feel quite familiar.

Find it here
The Southeastern Health Mall is the opposite of intimidating. The building had been a Winn-Dixie—it’s located on the campus of Biggs Park Mall in Lumberton. And the renovation has transformed it into an attractive, welcoming health center.
But it’s what’s inside that makes the Health Mall such a great resource. Check out “Under One Roof,” above, for a list of the services you’ll find here.

The addition of the urgent care center alone is cause for celebration. “It was so desperately needed in Lumberton,” Sumner says.

**Good neighbors**
The Health Mall helps improve overall health in the Lumberton area. And according to Sumner, it goes a step further for the community.

“The building we rehabbed had been vacant for several years,” he says. So instead of an eyesore, the neighborhood now has a great asset. “It was a way to be a good steward and give back to the community.”

This kind of extra effort to make the highest quality care accessible to Lumberton residents is what has won Southeastern the Healthgrades award for outstanding patient care and puts the hospital in the top 5 percent of hospitals nationwide for clinical excellence, according to Healthgrades. That’s the mark of a leader.

The Southeastern Health Mall offers 10 key services, all in one convenient location.
Southeastern Health receives Pulmonary Excellence Award from Healthgrades

**PULMONARY CARE**

at Southeastern Health is in the top 5 percent in the nation, according to a new report from Healthgrades, the leading provider of information to help consumers make an informed decision about a physician or hospital. The report, *American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation*, evaluates how approximately 4,500 hospitals nationwide performed on risk-adjusted mortality and complication rates for nearly 30 of the most common conditions treated and procedures performed from 2009 through 2011.

Patients have a 75 percent lower risk of dying when treated at a hospital receiving five stars than if they were treated at a hospital receiving one star, based on risk-adjusted mortality rates across 18 common procedures and diagnoses, such as heart bypass surgery, stroke and pneumonia. According to Healthgrades, 235,378 lives could have been saved in 2009 through 2011 if all hospitals performed at a 5-star level.

**Informed decisions**

Making objective measures of hospital quality more publicly available is imperative for helping consumers make more informed provider decisions. According to new research conducted by Harris Interactive for Healthgrades, 89 percent of Americans in 27 top designated market areas believe hospital performance (defined as how well patients do at that hospital compared to others) is important, but only 37 percent know where to find the information.

Other notable Southeastern Health Healthgrades recognitions include:

**Cardiac**

- Ranked No. 3 in N.C. for overall cardiac services in 2013.
- Ranked No. 2 in N.C. for cardiology services in 2013.
- Ranked among the top five in N.C. for overall cardiac services for four years in a row (2010–2013) (ranked No. 3 in 2013).
- Ranked among the top five in N.C. for cardiology services for four years in a row (2010–2013) (ranked No. 2 in 2013).

Learn more

More information on the *American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation*, including the complete methodology, can be found at www.healthgrades.com/quality.
Orthopedic

Pulmonary
- Recipient of the Healthgrades Pulmonary Care Excellence Award for two years in a row (2012–2013).
- Ranked among the top 5 percent in the nation for overall pulmonary services in 2013.
- Ranked No. 5 in N.C. for overall pulmonary services in 2013.
- Ranked among the top 10 in N.C. for overall pulmonary services for two years in a row (2012–2013) (ranked No. 5 in 2013).
- Five-star recipient for overall pulmonary services for two years in a row (2012–2013).

Gastrointestinal (GI)

Critical care
- Ranked No. 8 in N.C. for critical care in 2013.
- Ranked among the top 10 in N.C. for critical care for two years in a row (2012–2013) (ranked No. 8 in 2013).

always improving
Southeastern has continued to invest in improving both clinical and non-clinical processes through its Quest for Excellence program, expanding services and locations throughout Robeson County and the surrounding area and acquiring state-of-the-art technology such as the da Vinci Surgical System, which features robot-assisted surgery used by doctors for a wide range of surgical procedures.

For its 2013 hospital quality outcomes analysis, Healthgrades evaluated approximately 40 million Medicare hospitalization records for services performed at short-term, acute care hospitals nationwide. Healthgrades independently measures hospitals based on data that hospitals submit to the federal government. No hospital can opt in or out of being measured, and no hospital pays to be measured. Healthgrades risk adjusts for patient demographic characteristics and clinical risk factors, thereby taking into account how sick patients were before they were admitted to the hospital.

About Southeastern Health
Southeastern Health, a nonprofit organization, is designated as a Magnet facility and is accredited by The Joint Commission. The medical center is licensed for 452 beds and offers a combination of acute care, intensive care and psychiatric services to more than 15,000 inpatients and 81,000 emergency patients annually. The medical center is a comprehensive health care system which offers a wide array of health care services through its affiliated divisions.
HAVING TO STAY in the hospital is probably not your idea of a good time. And when you’re discharged, chances are you don’t want to return. It’s nice to have skilled, compassionate care you can depend on when you need it. But staying healthy—and avoiding a return trip to the hospital—is everyone’s preference, and it’s what we want for you too.

Unfortunately, a significant percentage of people discharged from hospitals nationwide are readmitted within 30 days, which is why reducing readmission rates is a goal of the Affordable Care Act. It’s a goal we take seriously at our hospital. But it’s one that we need your help to achieve.

When you leave the hospital, we’ll strive to make it a smooth transition. We ask that you help us by doing the following:

1. **Make sure you understand your condition.** Ask: ➜ What you should do to help yourself get better. ➜ What—if any—limitations you now have. ➜ What potential problems you should watch for. ➜ What to do if problems occur.

2. **Review your medications.** Ask if you should continue taking everything you were taking before you were admitted and if any new medications have been prescribed. If you do need to take some new ones, be sure you know when and how to take them, how much to take, and for how long. Also be sure you understand why you’re taking the new medicines.

   It’s a good idea to keep a list of all your medications. That list—or other tools ranging from simple pillboxes to more high-tech gadgets—can help ensure you take your medicines correctly.

3. **Keep your medical appointments.** Often follow-up tests or doctor visits are scheduled before you leave the hospital. It’s essential that you keep them. They’re necessary for monitoring your progress and keeping you well.

4. **Speak up if you need help.** Can you bathe and dress yourself and cook your meals? If you have concerns about your ability to handle these and other tasks, don’t hesitate to say so. We can arrange to get you some help.

   If you’re worried about things like paying for your medications or getting transportation to your doctor visits, mention that as well.

5. **Get a name and number.** You may have questions or concerns after leaving the hospital. Be sure you’re clear about whom to call for answers.

   We’re confident that by working together, we can help keep you healthy and out of the hospital as much as possible, which will help lower health care costs for everyone.
IF YOU’RE A WOMAN, perhaps one of the most important things you need to know about heart disease is this: You don’t need gray hair to get it—or die from it.

It’s true that a woman’s risk of heart disease increases with age. In fact, heart disease is the No. 1 cause of death for American women 65 and older.

However, the disease is also the second leading cause of death among women 45 to 64 years old and the third one among women 35 to 44 years old, according to the Centers for Disease Control and Prevention (CDC).

That’s why it’s crucial to protect your heart no matter how many birthdays you’ve celebrated. CDC and the American Heart Association recommend that you:

Choose a heart-healthy diet. Eat mostly fruits, vegetables, low-fat dairy and whole-grain foods, such as brown rice and whole-grain breads. Heart-smart protein options include lean meats, fish and beans.

Try to limit the overall amount of fat in your foods, and replace saturated and trans fats (like butter or partially hydrogenated oils) with healthy oils, like olive and canola. Also, pay attention to portion size.

Move more. Most adults need to do at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, along with strengthening exercises that work all the major muscle groups two or more days a week.

Make it personal. Talk with your doctor about specific risk factors that can raise your risk of developing heart disease and what you can do to lower them. Those risks might include:

➜ Smoking.
➜ Having diabetes, high blood cholesterol or high blood pressure.
➜ Being overweight.
➜ Drinking alcohol.

Also, ask your doctor how to recognize the signs and symptoms of a heart attack—they are sometimes different in women than in men—and what to do if you or someone else has them.

Take It to Heart!
Southeastern Health and Southeastern Heart Center are hosting this women’s heart event on Saturday, Feb. 9 (snow date: Feb. 16), from 9 a.m. to 1 p.m. at Lumberton Senior High School. For more information, call 910-737-3155.
Should I do breast self-exams?

Screening for breast cancer helps doctors find and fight the disease in its earliest stages—when it’s often most treatable and before symptoms typically appear.

The American Cancer Society recommends having screening tests for breast cancer at regular intervals:

✔ Women ages 40 and older should have a yearly mammogram.
✔ Women in their 20s and 30s should have a clinical breast exam (by a health care provider) at least every three years. Women in their 40s should have one yearly.

Breast self-exams, however, are optional. Self-exams cannot replace other screening tests, reports the National Cancer Institute.

But they can help you become familiar with your breasts—which is important—so that you can more easily notice changes in how they look or feel. Be sure to discuss any unusual changes with your doctor.

To schedule a mammogram, call Southeastern Health affiliate Lumberton Radiological Associates at 910-738-8222.
A LIFE-THREATENING ILLNESS opens a floodgate of hard questions and deep fears: What are my choices? What can my family expect? Will the pain be unbearable?

Palliative and hospice programs help patients and families answer such questions, make choices and get through tough times. The programs share many goals, but they are subtly different from each other. Understanding them is a way to know what help is available if and when you need it.

Hospice care
Hospice is a special way of caring for people who have a terminal illness. It focuses on care, not a cure, helping patients spend their remaining days as comfortable and pain-free as possible. Hospice professionals and volunteers make themselves available 24 hours a day, 7 days a week to help patients and their families with physical, emotional, social and spiritual needs. Hospice is typically for people whose life expectancy—certified by a doctor—is six months or less. It’s voluntary. Medicare and most states’ Medicaid programs pay for it. Most private medical plans have hospice coverage too.

Palliative care
Palliative care is a broader term. It’s a way of caring for people who have a serious or chronic illness. The goal is to help people be as comfortable as possible at all stages of their disease by managing symptoms such as pain, nausea or trouble breathing. It can also help people deal with the side effects of medical treatments.

A doctor can recommend palliative care at any time during a person’s illness—he or she doesn’t need to be in hospice or at the end of life to receive this type of care. Hospice patients, however, always receive palliative care. Medicare and Medicaid typically cover palliative care. Most other insurance plans also cover it.

Common denominators
Dignity and comfort are at the center of hospice and palliative care programs: The aim of both is to relieve suffering and to support patients and their families. Every year, these programs help millions of people through some of life’s toughest challenges.

To learn about our inpatient hospice facility, Southeastern Hospice House, and palliative care services, go to our website at www.southeasternhealth.org/hospicehouse.

Sources: American Geriatrics Society; National Institute of Nursing Research

Most insurance plans, including Medicare, will cover the costs of hospice and palliative care.
Movin’ on

Physical therapy can help keep your body in motion

IF YOU’RE RECOVERING from an illness or injury or living with a medical condition that’s slowed you down, you may need help to get moving again. A physical therapist (PT) is often best-suited to provide that assistance.

Letting you be you

A PT’s goal is to help patients:
→ Move more easily.
→ Have better function and less pain.
→ Avoid disability.

This wide range of goals means that therapists can put their knowledge and skills to use in many different situations and with people of all ages. For example, a PT might:
→ Position an infant and tap the baby’s chest in a way that allows secretions to drain from the lungs. This can make it easier for the baby to breathe.
→ Teach a young athlete ways to reduce overuse injuries.
→ Work to strengthen limbs weakened by stroke so that a person can walk again and regain as much independence as possible.
→ Develop a fitness program for older adults with arthritis that will enable them to continue to take part in their favorite activities.

Sometimes PTs specialize in a particular area, such as geriatrics, neurology or sports. But all PTs tailor their work to their patients’ unique needs.

Who are they?

PTs are highly educated medical professionals. Minimally, they are required to hold a master’s degree. But many now leave school with doctorates.

As students, PTs study a range of subjects, including biology, anatomy, physiology, neuroscience and pharmacology. And as part of their training, they’re required to have supervised clinical experience. Once in the workforce, they join with other members of a patient’s medical team to help the patient do more physically and live a better life.

Ready to help

PTs make use of a variety of techniques when working with patients, including exercises, manual therapy and assistive devices. And they are expected to receive continuing education throughout their careers.

Talk with your doctor to see if a PT could help you. A therapist can get you moving in the right direction—and that can make a real difference in your life.

Source: American Physical Therapy Association

To learn more about rehabilitation services available through Southeastern Health, log on to www.southeasternhealth.org/rehab.
Cholesterol: 4 facts to know

IT’S EASY TO IGNORE cholesterol—after all, you can’t see it, taste it, feel it or smell it. But this waxy, fatlike substance in the blood can do some serious damage to your health if you don’t pay attention to it.

Here are some key points to remember:

1. **Not all cholesterol is created equal.** Cholesterol moves through the blood in fat-protein combinations called lipoproteins. Low-density lipoprotein (LDL) cholesterol is often called bad cholesterol because it’s the type that can build up and block arteries. High-density lipoprotein (HDL) cholesterol is considered good cholesterol. That’s because it helps to remove bad cholesterol from your body. The third component of the lipoprotein trio is triglycerides, another type of blood fat that also can contribute to heart disease.

2. **Cholesterol affects more than your heart.** Excess cholesterol can join with fat, calcium and other substances to make a thick, hard substance called plaque. Plaque can block the arteries to the heart, causing heart disease. If patches of plaque break open, the resulting blood clots can set off a heart attack. However, plaque also can build up in arteries away from the heart, stopping the flow of blood and oxygen to the brain or limbs. These blockages put you at risk for stroke or peripheral arterial disease.

3. **You can control most risk factors for high cholesterol.** Men who are 45 and older and women who are 55 and older are at increased risk for having abnormal cholesterol levels simply because of their age. You also can inherit a greater risk for the condition. However, most of the factors that lead to abnormal cholesterol levels are tied to behaviors you can control. For example, if you eat a low-fat diet, stay physically active, don’t smoke and maintain a healthy weight, you’ll help keep your cholesterol levels in balance.

4. **You need to have your cholesterol levels checked.** The only way to detect abnormal cholesterol is to get tested. Once you turn 20, you should have your levels checked once every five years. If you are at high risk for cholesterol problems, your doctor may recommend more frequent testing.

If you have concerns about your cholesterol levels, talk with your doctor. Along with lifestyle changes, there are medications that help keep cholesterol under control.

Southeastern Health manages 13 primary care clinics throughout the region that perform cholesterol testing. To locate the clinic nearest you, log on to www.southeasternhealth.org.
Handwashing: A good habit that promotes good health

IF YOU DON’T want to get sick—and who does?—there’s a very easy and effective way to help you stay well: Wash your hands. Wash them well. And wash them often.

Handwashing is one of the best ways to stop germs from spreading—both from you to others and from others to you.

Good times to wash your hands are:

BEFORE
➜ Preparing food.
➜ Eating food.
➜ Caring for someone who’s ill.
➜ Touching a cut or wound.

AFTER
➜ Preparing food.
➜ Using the bathroom.
➜ Changing diapers.
➜ Sneezing, coughing or blowing your nose.
➜ Caring for someone who’s ill.
➜ Touching an animal or its toys.

Five steps to follow
To make sure your hands are well-scrubbed:
1. Wet your hands, preferably under running water.
2. Apply soap, and work up a lather by rubbing your hands together.
3. Scrub well for at least 20 seconds. Don’t forget to get the back of your hands and under your nails.
4. Rinse.
5. Dry your hands with a clean towel or under an air dryer.

Hand sanitizers are an OK second choice, if soap and water isn’t an option. Look for one that is at least 60 percent alcohol. Rub it all over your hands—just like you would with soap—until your hands are dry.

Source: Centers for Disease Control and Prevention

Handwashing is one of the best ways to stop germs from spreading.

See your way to choosing healthy foods

WHEN IS A PLATE more than just a plate? When it’s a visual guide to healthy eating. That’s the idea behind the MyPlate icon designed by the U.S. Department of Agriculture. The goal of the icon is to help people adopt eating habits consistent with the government’s Dietary Guidelines for Americans, including choosing foods that are good for you and that don’t have too many calories.

The easy-to-understand icon emphasizes fruits, vegetables, grains, protein and dairy. It helps you see—and think about—how to fill your plate (half with fruits and vegetables) at mealtimes.

Check out www.ChooseMyPlate.gov. When you click on each section of the icon, you’ll find detailed information about that food group, including examples of the types of foods within the group and the nutrients they contain.

The website also offers tips on:
➜ Planning a healthy menu.
➜ Losing weight.
➜ Making a customized daily food plan.
➜ Eating out.
➜ Choosing foods and drinks with less sodium, solid fats and added sugars.
➜ Exercising.

MyPlate replaces the MyPyramid image—which many perceived as outdated and too complicated—as the government’s primary food group symbol.
Very berry whole-wheat bread pudding

Number of servings: 6

Ingredients
1 cup frozen or fresh cherries (tart or sweet), pitted
1 cup fresh or frozen blueberries
¼ cup sugar
1 teaspoon ground cinnamon
5 ounces fresh whole-wheat bread, cubed (about 3 cups)
2 eggs
¾ cup low-fat milk
½ teaspoon vanilla extract
¼ teaspoon salt
Canola oil cooking spray

Topping:
1 ounce sliced almonds
1 teaspoon powdered sugar, garnish

Directions
✓ Combine cherries, berries, sugar and cinnamon in mixing bowl.
✓ Stir well to coat berries; add bread cubes.
✓ In another bowl, whisk together eggs, milk, vanilla and salt.
✓ Pour egg/milk mixture over berry/bread mixture and stir to coat bread thoroughly.
✓ Let mixture stand for 15 to 30 minutes to enable ingredients to combine and the bread to soak up the egg mixture.
✓ Preheat oven to 325 degrees.
✓ Spray a 9-inch baking dish.
✓ Pour pudding mixture into baking dish.
✓ Bake 20 minutes.
✓ Remove from oven and evenly distribute almonds over pudding.
✓ Return to oven and continue baking until pudding starts to set, about 25 to 30 minutes.
✓ Remove from oven and let rest for 10 minutes.
✓ Garnish with powdered sugar. Serve warm.

Optional fruit sauce topping

INGREDIENTS
1 pound (16-ounce) bag frozen unsweetened mixed berries
½ teaspoon cornstarch

DIRECTIONS
✓ Thaw berries; save drained juice and mix with cornstarch.
✓ Cook berries over medium-low heat for about 3 minutes.
✓ Add juice mixture to berries and heat until thickened.
✓ Serve over or alongside pudding.

Nutrition information
Amount per serving: 183 calories; 5g total fat (1g saturated fat); 27g carbohydrate; 8g protein; 3.5g dietary fiber; 248mg sodium

Source: American Institute for Cancer Research
SOUTHEASTERN HEALTH broke ground for phase 1 of the Southeastern Health Park project on Dec. 4 at the park site off Dawn Drive in Lumberton. Pictured are, from left, Robins & Morton Superintendent James Gardner; Division Manager Mike Bumgardner; Project Manager Derek Skipper; Peterson Associates Vice President Wayne Gregory; Lumberton Councilman Don Metzger; Southeastern Health Park Project Manager Jerry Sawyer; Southeastern Vice President of Human Services and Planning David Sumner; Southeastern Board Chairman Faye Caton; Southeastern President and CEO Joann Anderson; Constance Mulroy, MD, of Lumberton OB/GYN; David Dalsimer, DO, of Southeastern Orthopedics; Southeastern Trustee W.C. Washington; Southeastern Trustee Randy Rust; Southeastern Engineering and Facility Management Manager Karen Kay, and Southeastern Surgical Services Director Kay Allen.

Southeastern Health Park phase 1 includes an 80,000-square-foot medical facility, which features a 13,000-square-foot ambulatory surgery center. Southeastern Health’s board of trustees approved the project during a planning conference earlier in the year. The state approved the Certificate of Need for the ambulatory surgery center component of the project in January 2012.

The first phase of the medical facility, which will be funded, in part, by investments from area physicians, and the purchase of the land are projected to cost upwards of $22.2 million. Plans for the overall facility include the ambulatory surgery center as well as a comprehensive orthopedic center, a gastroenterology center, pre-admission testing, an anesthesia/pain management center, outpatient rehabilitation and retail space.