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This is a publication brought to you by Jay County Hospital to provide updates, events and news to our community.



Issue
Fall 2015

Jay County

HOSPITAL

Quality care by those who care

JCH Now Offers the Most Advanced Endoscope in the Industry



is often curable when detected early.

Scheduling a colonoscopy is not usually on the top of someone's "to do" list, but if you're over 50 years old, it should be. Getting a colonoscopy can be a life-saving exam.

Because of the importance of this exam and Jay County Hospital's commitment to improving the health of our community, JCH has invested in an innovative technology that allows doctors to see nearly twice the anatomy seen with a traditional, forward-viewing endoscope. Jay County Hospital is one of the first in the nation to use EndoChoice's (NYSE:GI) Fuse® endoscope system.

Although colonoscopy exams prevent many colon cancer deaths and are the gold standard, for detecting colorectal cancers, the procedure is not completely effective in preventing cancer cases.

The Fuse endoscope system from EndoChoice®, Inc. uses three small cameras at the tip of a flexible GI endoscope. "Unlike

According to the American Cancer Society and the CDC (Centers for Disease Control and Prevention) Colorectal cancer is the number 2 cancer killer in the United States, yet it is one of the most preventable types of cancer. Colorectal cancer

standard, forward-viewing endoscopes that use a single camera, the Fuse system lets doctors see nearly twice as much surface area," said Dave Hyatt, Jay County Hospital CEO. "The Fuse endoscope is all about seeing more of the GI tract. It projects the expanded view on three screens to give physicians previously unseen views. We are pleased to offer this important new technology to our community."

Jay County Hospital is at the forefront of U.S. healthcare providers by offering the best technology and procedures for detecting colorectal cancers. Our team is proud to be using the new system in an ongoing effort to reduce cancer and provide the highest quality care to our patients.

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse® system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions, or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study



A message from Dave Hyatt, CEO



Greetings friends of JCH,

Here at Jay County Hospital we pride ourselves on investing in your health. The patients we treat every day are our family, friends, neighbors, church members, and we want to ensure that the care we provide here every single day is the same care we want for those closest to us.

With that in mind, we've invested significant resources to help ensure that our residents have access to the latest technology and diagnostic equipment available. In this issue of the JCH quarterly you will read about the new "Fuse Endoscope" system that we have recently acquired. This system is raising the bar for early detection of colon cancer and other digestive related diseases, and we are proud to be one of the first facilities in the nation to use this outstanding new technology.

As we've mentioned in the past, we're excited about our recent investment in our state-of-the-art 128-slice CT Scanner. With this new CT Scanner we're proud to announce that in addition to our \$50 Heart Healthy screenings, this fall we will be rolling out \$50 low-radiation lung cancer screenings that we can offer long-term smokers here in Jay County. Remember, early detection is the best weapon in the fight against cancer.

The JCH Foundation has also been instrumental over the past years in supporting Jay County Hospital and ensuring we are able to continue pursuing our mission of improving the health of those we serve. Funding free cancer screenings, the cancer center, cardiac monitors, car seats, the list goes on. The Foundation will soon be kicking off the 2016 Annual Campaign and the focus will once again be on one of our most important departments, Obstetrics. I hope you will consider supporting the JCH Obstetrics Department and donating to the campaign.

The Foundation also recently handed out thousands of dollars in scholarships benefiting local students and JCH team members. I can't think of a better way to help improve our health as a community then investing in the education of local students.

We're honored to be your local healthcare provider and proud to work every day to make you, our community, stronger.

Yours in health,

Jay County Hospital Board of Directors

*David Littler, Chair
*Patrick Miller, Vice Chair
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The mission of the Jay County Hospital Foundation is to provide funding for capital improvements and opportunities that will enhance Jay County Hospital's ability to deliver quality care to the residents of its service area, and to support initiatives and programs produced by the Hospital that will foster knowledge and awareness of healthcare issues for the people of its service area.

We are here for *you*! Jay County Hospital (JCH) is your local healthcare provider and we are here to provide you and your family quality, compassionate, personalized care. As healthcare in the United States continues to change and Jay County Hospital continues to progress, one thing remains the same...we are here for our patients and our communities.

Jay County Hospital is very proud of our Obstetrics (OB) Department, and thanks to the generosity of the Jay County community, the JCH Foundation was able to help purchase new state of the art equipment for the OB Department as well as provide training for new lactation consultants here at JCH.

The funds raised this year from the 2016 JCH Foundation Annual Campaign will again be dedicated to one of our most mission-critical areas of the hospital, the JCH Obstetrics Department. We are planning for the aggressive growth in our OB Department with the additions of Dr. Kristy Mount and Dr. Andrew Stevens to our physician team. We've already been able to assist in improving the already exemplary safety and quality services offered, and now we would like to improve the patient experience even more.

The funds this year will be used to enhance the patient and family experience while staying with us during one of the most important times in their lives. We want our new moms, loved ones, and babies to have the most comfortable experience possible.

Please consider supporting the 2016 Jay County Hospital Foundation Annual Campaign!

For more information on making a donation, call 260-726-1811 or visit www.jaycountyhospital.com.

Foundation Board of Directors:

| | |
|-------------------------|--------------------------|
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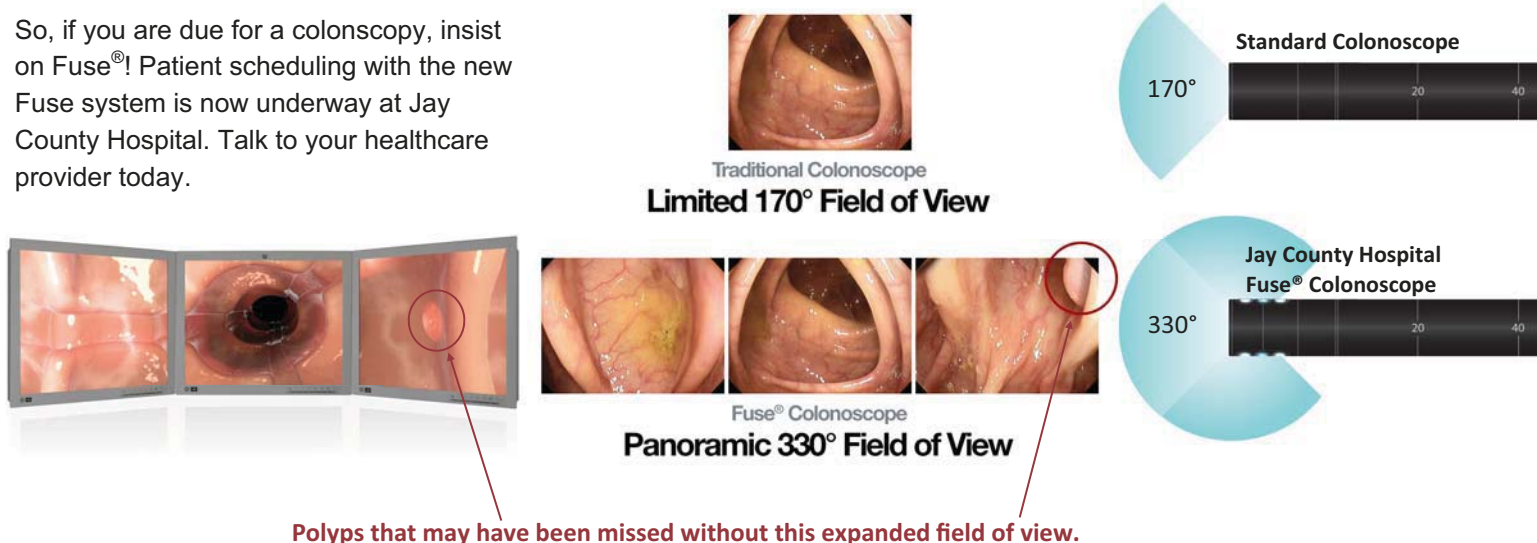
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Dave Hyatt, Hospital & Foundation CEO
Don Michael, Hospital CFO
Vicki Delzeith, Director

were recently published in *The Lancet Oncology*.

“Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows physicians to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy,” said Dr. Herman Burgermeister, Medical Director of the JCH Surgery Department. “The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice’s innovative Fuse technology can dramatically improve the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Jay County Hospital is what we’re all about.”

So, if you are due for a colonoscopy, insist on Fuse®! Patient scheduling with the new Fuse system is now underway at Jay County Hospital. Talk to your healthcare provider today.



Based near Atlanta, EndoChoice (NYSE: GI) is a medtech company focused on the manufacturing and commercialization of platform technologies including endoscopic imaging systems, devices and infection control products and pathology services for specialists diagnosing and treating a wide range of gastrointestinal conditions, including colon cancer. EndoChoice leverages its direct sales organization to serve more than 2,500 customers in the United States and works with distribution partners in 25 countries. The Company was founded in 2008 and has rapidly developed a broad and innovative product portfolio, which includes the Full Spectrum Endoscopy System (Fuse®).

¹Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

²Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

³Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499. #

Did you know?

Did you know that in addition to acute inpatient hospital care and outpatient services, Jay County Hospital also offers inpatient skilled nursing care through our Swing Bed Program? Skilled nursing is defined as rehabilitative in nature and is therefore, expected to be short term in duration. The term “swing bed” comes from our licensure status which means we can utilize our beds for both acute care and skilled nursing care.

In order to qualify for skilled nursing, the patient must meet certain criteria which may include a need for Physical, Speech and Occupational Therapy, certain IV medications, wound care, or conditions requiring continued professional nursing care, for example, teaching about the care of a new colostomy. During a swing bed stay, the care is still directed by a physician; however, the physician will not visit the patient on a daily basis because they no longer need the intensive care provided to an acute hospital patient.

Jay County Hospital accepts many different types of insurance to cover the Swing Bed Program. However, coverage varies by company, so benefits and eligibility for coverage will be checked prior to admission.

If further assistance is needed or if you have any questions, feel free to contact Deb Arnold or Linda Metzger at 260-726-7131 at extensions 1009 or 1044.



Deb Arnold and Linda Metzger

Congratulations!

Sharon Tobe Memorial Nursing Scholarship Recipients



Pictured: Zina Spahr, RN, Med/Surg Nurse Manager; Monica Hemmlegarn; Alexis Rowles; Mikayla Wellman; Rachel Lefeld; Lisa Craiger, RN, JCH Chief Nursing Officer; Dave Hyatt, JCH CEO

Judith A. Sipe Memorial Scholarship Recipients



Pictured: Vicki Delzeith, JCH Director of Marketing and Foundation; Alexandra Anderson; Melissa Sudhoff; Kayci Zimmerman; Leslie Peterson; Dave Hyatt, JCH CEO

Jay County Hospital recently awarded the Sharon Tobe Memorial Nursing Scholarship to: Monica Hemmlegarn, Alexis Rowles, Mikayla Wellman, and Rachel Lefeld. The Judith A. Sipe Memorial Scholarship was also awarded to: Alexandra Anderson, Melissa Sudhoff, Kayci Zimmerman, and Leslie Peterson.

The Sharon Tobe Memorial Nursing Scholarship was established in honor of Sharon Tobe, RN a long-time employee of the Jay County Hospital and the Emergency Department Manager at the time of her death. The scholarship is awarded each year to a student(s) accepted into a nursing program.

The Judith A. Sipe Memorial Scholarship was established to honor and memorialize Judy's generous service to Jay County Hospital patients. Judy worked more than 30 years at Jay County Hospital with most of her time spent as a Patient Care Technician. Her kind and gentle demeanor provided comfort to the patients she cared for while inspiring all those who knew her. This scholarship has been created to assist JCH team members who have the desire to continue their education in a healthcare or other professional field.



FREE Mammogram Screenings

During the month of October
(Must be scheduled by October 31, 2015.)

Eligibility Requirements:

- ♦ Women over the age of 40
- ♦ Uninsured
- ♦ Resident of Jay County or immediate surrounding county
- ♦ Have not had a mammogram in the past year
- ♦ Never had breast implants
- ♦ No personal history of breast cancer

Additional testing, views, or procedures after the initial screening is the financial responsibility of the patient.

Schedule your FREE Mammogram screening today!

Call 260-726-1821

~Provided by **Jay County**
HOSPITAL
FOUNDATION



500 W. Votaw St. Portland, IN * jaycountyhospital.com * 260-726-7131



~ October ~
Breast Cancer
Awareness Month

When breast cancer is detected *early*, in the localized stage, the 5-year survival rate is **98%***

(National Cancer Institute)

Jay County Hospital is once again offering FREE Mammogram Screenings during October - Breast Cancer Awareness Month.

In the U.S., breast cancer is the second most common cancer in women after skin cancer. It can occur in both men and women, but it is very rare in men. Each year there are about 2,300 new cases of breast cancer in men and about 230,000 new cases in women. Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread. (cancer.gov)

Join us in the fight against cancer, call 260-726-1821 today to schedule your free mammogram screening!

Healthy Living

Vitamin D - Do you get enough?

The major role of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D helps the body absorb calcium, which forms and maintains strong bones. It is used alone or together with calcium to improve bone health and decrease fractures. Vitamin D may also protect against osteoporosis, high blood pressure, cancer, and other diseases (mayoclinic.com).



Vitamin D is the vitamin that our body makes when the skin is exposed to sunlight. Sunscreen does block Vitamin D production, so getting 15 minutes without sunscreen can help you get enough daily Vitamin D. Where we live, it's no shock we are not going to have sunny days all the time; however, there are food sources of Vitamin D such as milk, cheese, yogurt, egg yolks, beef liver, and fatty fish. One way to check if you are getting enough from food is to evaluate if you are getting 3 servings of milk products every day (that also ensures you are getting a good amount of calcium). Also, some of the heart healthy diets have loosened up on how many egg yolks a person can have each week. It used to be no more than 3 and now they say 4-5, and studies have shown that 1 egg yolk per day will not raise cholesterol levels.

Vitamin D deficiency can also play a role in various healthcare problems. Problems like depression, and a recent study published in the Journal of the American Geriatrics Society, shows senior citizens who were Vitamin D deficient and supplemented with Vitamin D had half the number of falls when compared to a group that was also deficient but received a placebo.

If you don't think you get enough sunlight or foods high in vitamin D, then maybe you should get your vitamin D level checked. You can get your Vitamin D levels checked at the Jay County Hospital Laboratory for only \$50. For more information call 260-726-1808. ~Julayne Ross, JCH, Registered Dietitian

| Vitamin D Source Foods | IUs per serving* | Percent DV** |
|---|------------------|--------------|
| Cod liver oil, 1 tablespoon | 1,360 | 340 |
| Swordfish, cooked, 3 ounces | 566 | 142 |
| Salmon (sockeye), cooked, 3 ounces | 447 | 112 |
| Tuna fish, canned in water, drained, 3 ounces | 154 | 39 |
| Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies) | 137 | 34 |
| Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup | 115-124 | 29-31 |
| Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces (more heavily fortified yogurts provide more of the DV) | 80 | 20 |
| Margarine, fortified, 1 tablespoon | 60 | 15 |
| Sardines, canned in oil, drained, 2 sardines | 46 | 12 |
| Liver, beef, cooked, 3 ounces | 42 | 11 |
| Egg, 1 large (vitamin D is found in yolk) | 41 | 10 |
| Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup (more heavily fortified cereals might provide more of the DV) | 40 | 10 |
| Cheese, Swiss, 1 ounce | 6 | 2 |

* IUs = International Units.

The amount of Vitamin D the average person ages 19-70 should get is 600 IU per day. After the age of 70 it increases to 800 IU. You can see from the table that a 3 oz. serving of salmon would fit the bill. The great thing about salmon is that it is also full of omega 3 fatty acids (which help decrease inflammation and decrease triglycerides).

Slow Cooker Marinara Chicken and Vegetables



In the morning, throw all the ingredients for this simple recipe in the slow cooker. A hearty and healthy dinner will be waiting for you when you get home!

Minutes to Prepare: 5; Minutes to Cook: 360;
Number of Servings: 8

Ingredients

2 pounds boneless, skinless chicken breasts
4 cloves garlic, peeled and crushed
4 tomatoes, chopped or one 14.5-ounce can low-sodium tomatoes, drained
4 medium ribs celery, diced (1 cup)
2 small zucchini, diced (2 cups)
1 bell pepper, cored, seeded, and diced
One 18-ounce jar low-sodium marinara sauce
1 tsp dried basil
1 tsp dried thyme

Directions

Place the chicken in the slow cooker; add the garlic, tomatoes, celery, zucchini, and pepper. Pour the marinara sauce over all, and sprinkle the basil and thyme on top. Set the slow cooker on low and cook for 6 to 7 hours. Before serving, shred the chicken with a fork. May serve over spaghetti.

Nutritional Info: Servings Per Recipe: 8. Amount Per Serving: Calories: 176.8 ;Total Fat: 3.7 g Cholesterol: 70.2 mg ;Sodium: 129.4 mg ;Total Carbs: 7.9 g ; Dietary Fiber: 1.8 g; Protein: 26.8 g (sparkpeople.com)

Food Labels can be so confusing!

Don't be fooled..... when a label says "zero trans fats" it can still have up to 1/2 gram of fat per serving. If it says "no trans fats", then there are *no trans fat*. These are very unhealthy fats and can raise your "lousy" (LDL) cholesterol and increase chances of heart disease. Check for saturated fats too, which can also raise your cholesterol.



Saturated fats are solid at room temperature (like butter and lard), and trans fats are man-made saturated fats (like stick margarine and shortening). Both types of fat are *not* Heart Healthy.



Leaves are
supposed to fall.
People aren't.

As the season changes into autumn, it is time to take the preventative steps to reduce your risk of falls and develop a falls safety checklist.

Statistics about Falls

Over one-third (1/3) of adults over 65 fall every year. Of those, 10% sustain serious injury. Reducing in home hazards lowers the risk of falling and subsequent fractures by 19%. Your risk of a serious injury is much greater if you have osteoporosis when you fall.

Factors that may contribute to an increase risk of falling:

- type of footwear
- certain types of medications
- decreased endurance, balance and strength in your legs and core (trunk)
- pets (that can run around your feet)
- problems with bladder control
- poor lighting and poor eye sight
- dizziness -lack of feeling in your feet
- poor posture that leads to poor balance
- loose throw rugs

Falls Safety Checklist:

Stairs: have handrails on both sides and the full length of the stairs, if no carpet on step: install non-slip rubber treads, have a light switch at the top and bottom of stairs.

Bathrooms: use non-skid mats in tub/shower, grab bars within reach, use an elevated stool riser, non-slippery floors.

Kitchens: keep items you use often on the lower shelves (above waist level).

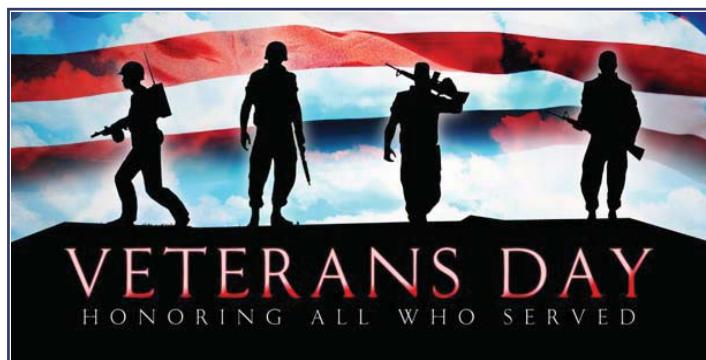
Bedrooms: have a lamp within reach of the bed, use nightlights so you can see where you are walking.

Other tips: get up slowly after you sit or lie down, wear shoes inside and outside your home, avoid going barefoot, carry a cell phone with you or have a phone within reach in case you fall and can't get up, keep emergency numbers in large print near each phone, subscribe to a medical monitoring system in case of a fall and need to call for help. For more information on medical monitoring systems, call 260-726-1878.

Something to Consider:

- Community based strength training class. These classes reduce your risk of falling and possible fractures by 29 to 49%.
- Have your vision checked at least once a year.
- Consult your pharmacist about your medications.
- Talk to your medical provider about physical therapy to assess your balance and strength. Physical Therapist can develop an individualized home program to improve strength and balance and determine the appropriate assistive device such as a walker or cane.

For more information, contact Jay County Hospital Rehabilitation providers of physical, occupational and speech therapy at **260-726-4020**.



Jay County Hospital would like to say

Thank You

to all of the Veterans who have served our country! As a token of our appreciation, we will be serving a **FREE** lunch buffet in the Jay County Hospital Conference Rooms A &

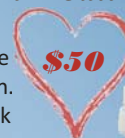
B for Veterans from 11:30am-1:30pm on Wednesday, November 11. Hope to see you there!

Now Offering Heart Healthy CT Scans!

Heart disease is the leading cause of death in both men and women. A Heart Healthy CT Scan is a quick and simple non-invasive scan that gives a clearer picture of your heart health. The Heart Healthy CT Scan takes a picture of the heart and coronary arteries, showing calcified or hardened plaque (an early warning sign of heart disease).

The cost is \$50 which includes a scan that only takes 15 minutes and a professional reading by a board certified radiologist.

Contact 260-726-1821 to schedule your Heart Healthy Scan!



Who should get a Heart Healthy CT Scan:

If you are over 50 years old with any of the following risk factors:

- Family history of heart disease
- Smoking/tobacco use
- High Cholesterol
- Diabetes
- Obesity
- Inactive lifestyle
- High blood pressure
- Stress

Adult Flu Shot Clinics

There's still time!

Protect Yourself and Your Family!

| | | |
|--------------------------|------------------|--------------------|
| Wednesday, October 14 | 11:00AM - 2:00PM | JCH Conf. Rm. A |
|--------------------------|------------------|--------------------|

Flu vaccines are available for \$35. Fluzone High vaccines are available for \$40 for people 65 years and older. All vaccines will be filed with your insurance or Medicare. (Clinics for people 18 years and older.)

***** All Clinics Open to the Public. *****

**** No appointment necessary. ****



Jay County Hospital Ostomy Support Group

The Jay County Hospital Ostomy Support Group meets regularly to share experiences, provide mutual support and learn about the latest products and information for ostomy, urostomy, and intestinal diversions.



Heather Morehous, RN

Our group is dedicated to providing information, advocacy, and service to our members, their caregivers, and to the intestinal and urinary diversion community at large.

Meetings involve informal round-table discussions on topics of interest, new product demonstrations, occasional guest speakers, and a question/answer session with Heather Morehous, RN, JCH Ostomy Management Specialist (OMS).

Families and friends of ostomy and intestinal diversion patients are always welcome to attend. For more information contact Heather at 260-726-1939 or morehous@jacycountyhospital.com.

Upcoming Meetings

2nd Thursday of each Month

5:30pm-7:00pm

JCH Conference Room B

500 West Votaw St., Portland

Light snacks and refreshments served.

In case of cancellations, please tune to 100.9 WPGW.

*****Coming this Fall*****

JCH to offer \$50 Low Dose Lung CT Screenings



~ Advanced technology that saves lives with early detection. ~

Lung cancer is the leading cause of cancer-related deaths. Based on findings of the National Lung Screening Trial (NLST), we know that CT lung screenings can save the lives of people at high risk for developing lung cancer. According to a NLST study, participants who received low-dose CT scans had a 20% lower risk of dying from lung cancer than participants who received standard chest X-rays. When caught early, the cost of lung cancer care is substantially less, and treatment is often more successful.

(Source: The National Lung Screening Trial Research Team)

The cost of the screenings will be \$50 which will include a scan and professional reading by a board certified radiologist.

*** To have this scan, you will need a doctor/provider to send results.

Watch for more information on the Low Dose Lung CT Screenings!

Jay County Hospital Services:

Cardiac Rehab
Corporate Wellness
Diabetic Self Management Program
24-hour Emergency Department
Infusion Clinic
IU Health Ball Memorial Cancer Center at JCH
Jay County Orthopedics
Jay County Hospital Behavioral Health
Laboratory—OutReach Program
Medical/Close Observation Unit
Obstetrics
Outpatient Surgery Center
Pastoral Care
Patient Advocate
Prime Time
Radiology/PET-CT Imaging
Rehabilitation
Respiratory Care
Sleep Lab
Smoking Cessation
Specialty Referral Clinic

Social Services
Surgical Services
Swing Bed Program
Wound Clinic

Your Local Healthcare Providers:

Family Practice of Jay County
260-726-8822

Jay Community Health Partners
260-726-1934

Jay Family Medicine
260-726-7616

Tri County Surgery
260-726-2890

West Jay Clinic
765-768-6065

* Audiology
* Cardiology
* Nephrology
* Oncology
* Podiatry
* Dermatology
* Gynecology
* Neurology
* Otolaryngology
* Rheumatology



Pastor Randy Davis at "Meet the Addict" Event



Phillips Ingenuity 128-Slice CT Scanner



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Quality Care by Those Who Care...



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