

HOMETOWN



Putnam County Hospital

Taking Care of Families for Generations to Come
Fall/Winter 2009

Health



**Find the
Cardinal
AND WIN!!** SEE
P.3



Quality Surgical Care *When You Need It Most*

Are you facing a knee or hip replacement? Suffering from carpal tunnel syndrome? Is it time for a colonoscopy? The Putnam County Hospital Surgery Center can assist you with all of your surgical needs.

The PCH Surgery Center provides our patients with the option of having prompt, effective procedures close to home.

“Being a smaller facility is an advantage to our patients,” says Cindy Ratcliff, R.N., Manager of the PCH Surgery Center. “There is a comfort in knowing the person caring for you.”

Excellence in Care

In addition to housing five operating rooms that offer leading-edge technology, the PCH Surgery Center consists of Board Certified Surgeons who can help

you, whether you are facing an inpatient procedure or a one-day outpatient operation. Our highly trained nursing staff also is ready to assist you through your pre- and post-operative care to get you back to the activities you love.

“Next time you’re in need of surgical services, don’t travel for care,” adds Ratcliff. “With a first-rate team of surgeons, the PCH Surgery Center is equipped to provide the same services available at larger hospitals for our local area.”

➤ **FOR ALL YOUR SURGICAL NEEDS, CALL OUR SPECIALISTS FIRST AT 765-658-2710.**

Need Surgery?

Putnam County Hospital's Surgery Center offers a wide array of procedures to fill the healthcare needs of the communities we serve. The following is a list of just some of the surgeries provided at PCH:

ORTHOPAEDIC SPECIALTIES

- anterior cruciate ligament reconstruction
- fracture care
- ganglion cyst removal
- hip replacement
- knee replacement
- rotator cuff repair
- shoulder arthroscopy

GENERAL SURGERIES

- appendectomy
- biopsy
- colon
- colonoscopy
- esophagogastroduodenoscopy
- esophagus
- gallbladder removal
- hemorrhoid procedures
- hernia repair
- skin lesions
- stomach

Rest for the Weary



Having trouble falling or staying asleep? Feeling extremely fatigued during the day or experiencing a twitching sensation in your legs while trying to sleep? You may be suffering from a sleep disorder.



ACCORDING TO THE Centers for Disease Control and Prevention, approximately 70 million men and women living in the United States experience frequent sleep problems.

“One type of sleep disorder, sleep apnea, is a common condition in which a person’s breathing repeatedly starts and stops throughout the night,” says Travis Stepro, R.R.T., R.P.F.T., Manager of the Sleep Lab, Respiratory Care, and the Electrocardiogram Department at Putnam County Hospital. “Patients diagnosed with sleep apnea are at risk for developing high blood pressure and experiencing stroke, heart attack, and heart failure, if left untreated.”

Breath of Fresh Air

During an overnight sleep monitoring session at the Sleep Lab at PCH, patients are able to relax in a bedroom-like environment consisting of advanced technologies so specialists can monitor their brainwaves, airflow, sleep cycles, and oxygen levels to determine the best course of treatment possible.

“If an additional underlying condition is discovered, patients can rest assured PCH is capable of offering the best diagnostic tools available,” says Stepro. “We strive to provide services that fill every patient’s healthcare needs.”

➤ FOR MORE INFORMATION ABOUT PCH’S SLEEP LAB, CALL 765-658-2760.

Did You Know?

Adolescents diagnosed with Attention Deficit/Hyperactivity Disorder (ADHD) during childhood are more likely to suffer from a sleep disorder, according to the National Institute of Mental Health.



Diabetes + Nutrition Counseling = Enjoying Life

It is estimated that 23.6 million Americans are living with diabetes. Putnam County Hospital offers the Diabetes Self Management Education (DSME) program to provide support and guidance in prevention and navigating the treatment of diabetes.

WHILE THERE is no cure for diabetes, it is a condition that can be managed. Your quality of life does not have to be limited due to diabetes.

“Education is key to managing diabetes successfully,” says Jamie Downen, Registered Dietitian at PCH. “Our registered dietitians help you learn how consuming too much or too little food can affect blood sugar, which can help decrease your risk of complications associated with diabetes.”

Complications can include an increase risk for cardiovascular disease, blindness, kidney disease, and foot and lower leg amputations.

Tools You Need

- Balanced nutrition
- Increasing physical activity
- Blood glucose monitoring
- Taking medications
- Problem solving and health coping

“The DSME program is designed to serve as a resource for our community in providing education and support close to home,” says Annette Handy, R.N., PCH Diabetes Nurse Educator. “Recognition of common symptoms is important to help identify those at risk for diabetes. If you experience symptoms or have a family history of diabetes, talk with your physician.”

➤ START YOUR NEW YEAR OFF HEALTHY BY LEARNING MORE ABOUT DIABETES RISKS AND THE DSME PROGRAM BY VISITING WWW.PCHOSP.ORG.

COMMON SYMPTOMS

- Increased thirst and/or hunger
- Increased urinary frequency
- Increased fatigue
- Changes in vision
- Numbness/Tingling in lower extremities

» FIND THE CARDINAL hidden somewhere in this issue, then send your name, address, and the location of the cardinal by visiting www.pchosp.org and clicking on "Contact Us"—the first five to respond will win a pedometer.

Health Care *Made for Women*

Whether it's time for your yearly pelvic exam or you're expecting a new addition to the family, Putnam County Hospital provides a wide variety of women's services in one convenient location.



Jamie Cooper, D.O.,
F.A.C.O.G.

FROM TREATING abnormal Pap smears to family planning services and prenatal care, we strive to offer healthcare services that place women's most important needs first.

"With two obstetricians on staff, PCH provides expecting mothers with a personal connection that is friendly and caring," says Jamie Cooper, D.O., F.A.C.O.G. at PCH. "Our services consist of early prenatal care, screenings for the prevention of cervical cancer and STDs, and menopausal treatments."

The birthing facilities at the Family Life Center Obstetrics Unit create an ideal experience for both mother and baby. With private suites and compassionate staff, choose our OB unit to help welcome your new addition into the world.



Best Health

PCH provides Dr. Jamie Cooper and Dr. C.Y. Ho, M.D., both board certified O.B./G.Y.N. physicians, with the opportunity to bring the best health care to every woman in the community.

Services, screenings, and treatments include:

- Pap smears
- screening for sexually transmitted diseases and HPV, which could place women at risk for cervical cancer
- birth control and intrauterine devices/Implanon
- surgical procedures to treat abnormal uterine bleeding or abnormal Pap smears

► DON'T DELAY IN SCHEDULING YOUR ROUTINE GYNECOLOGICAL EXAM. CALL 765-655-2686 TO SCHEDULE AN APPOINTMENT TODAY!

Quit Smoking **TODAY!**

YOU ALREADY KNOW quitting smoking is the right thing to do. You also know it isn't going to be easy. Fortunately, the Putnam County Tobacco Prevention and Cessation program can help you kick the habit in the "butte".

The Fresh Start smoking cessation class meets on Wednesdays from 6 to 7 p.m. in the third floor classroom at PCH. The four-week class costs \$25, and registration is required. This class will help you explore your triggers for tobacco use, ways to cope with stress instead of turning to tobacco, and how to manage healthy eating and exercise while you accomplish this lifestyle change.

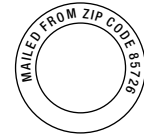
► FOR MORE INFORMATION ABOUT THE FRESH START PROGRAM AND TO REGISTER FOR CLASSES, CALL 765-655-2697. NEED IMMEDIATE HELP? CALL 1-800-QUIT-NOW (784-8669).



Putnam County Hospital

www.pchosp.org

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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.

Expert Physicians at Your Service

Putnam County Hospital has long been committed to providing quality health care to our local communities. With great care in your own neighborhood, **why go any place else?**



Dr. L.G. Palanca

LOCAL PHYSICIANS

Acute Medical Care—765-653-8453

Dr. Brian Black
Dr. Thomas Black, III
Dr. Matthew Bobzien

Emergency Room Care— 765-653-5121

Dr. Brian Downen
Dr. Anthony Heavin
Dr. Robert Heavin
Dr. Bruce Gastineau
Dr. James Richardson
Dr. Scott Robinson
Dr. Ray Smith
Dr. Raymond Van Vuren

Family Medicine of Cloverdale—765-795-4242

Dr. Keith Landry
Dr. Stephanie "Sam" McCardle

Putnam Pediatrics & Internal Medicine—765-658-2700

Dr. Lisa Martin

Putnam Women's Healthcare—765-655-2686

Dr. Jamie Cooper
Dr. C.Y. Ho

St. Vincent Physicians Network—765-653-2626

Dr. Melissa Hatcher
Dr. Warren Macy
Dr. Raymond Peters

Dr. Robert Heavin—765-386-7301
Dr. Steve Kissel—765-653-4003
Dr. Robert McCardle—765-795-3077
Dr. Troy Quiz—765-653-4633

PCH SPECIALISTS

AUDIOLOGY

**Whisper Hearing Center—
800-540-2156**
Nancy Kneeland, MA, CCC-A

CARDIOLOGY

The Care Group—812-524-3330
Dr. Zachary Hodes
Dr. R. Joe Noble

The Care Group of Hendricks County—317-745-3830

Dr. Narsing Damera
Dr. Robert Glassman
Dr. Mary Jane Howard
Dr. Thomas Hughes

Providence Medical Group— 812-232-8164

Dr. Jean Yacoub

DERMATOLOGY

Dermatology Inc.—800-969-5708
Dr. Christopher Bohyer

EAR, NOSE, & THROAT

**Otolaryngology
Associates—800-540-2156**
Dr. Clem McDonald

ENDOCRINOLOGY

**Providence Medical Group—
812-238-7781**
Dr. Mohammad Alam

KIDNEY/HYPERTENSION

**Indiana Nephrology and Internal
Medicine, P.C.—765-962-4735**
Dr. Sherif Ellassal

NEUROLOGY

**Hendricks Neurology—
317-718-4730**
Dr. Jesse Li

ONCOLOGY

**Putnam County Hospital Cancer
Center—765-655-2581**

Dr. William Dugan, Jr.
Dr. Hemachandra Venkatesh
Dr. Frank Workman

OPHTHALMOLOGY

Dr. Ruth Goodell—765-653-8058
Dr. David Zauel—765-653-8058

Indiana Eye Clinic—317-839-7300
Dr. William Keeling

PODIATRY

**Foot and Ankle Care—
800-395-6409**
Dr. Irwin Malament
Dr. Chase Stuart

PULMONOLOGY

**Springhill Medical Center—
812-234-6053**
Dr. Anand Bhuptani
Dr. Ajay Deshpande

**Putnam Surgical Specialties—
765-658-2710**

GENERAL SURGEONS

Dr. Demetrius Patton
Dr. L.G. Palanca

ORTHOPAEDIC SURGEON

Dr. Robin Mendelsohn