

*Heart
to
Heart*

St. Tammany
PARISH HOSPITAL



The New Face of Breast Cancer

.....
"We became members
of a club that we
never wanted to be
in, but to have that
bond was a gift."



1202 South Tyler Street
Covington, LA 70433
(985) 898-4000
www.stph.org

Our Mission

A full-service acute care facility committed to providing world-class healthcare and the latest technology, St. Tammany Parish Hospital delivers today's life-improving procedures with the utmost care to area residents with emphasis on wellness, preventive care and disease management close to home. STPH is a self-supporting not-for-profit community hospital; it receives no tax funding. STPH.org

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Better Than Ever

MONSTER MASH TURNS 25

Halloween-themed fun returns to Covington's Bogue Falaya Park Oct. 19, 10 a.m. to 3 p.m., with the 25th Annual Monster Mash to benefit the St. Tammany Parish Hospital Parenting Center.

This year's event, presented by Capital One Bank, will combine longtime community favorites like food, fun, trick-or-treat village, scavenger hunt and live music with new attractions to celebrate the milestone year.

Monster Mash proceeds fund the Parenting Center, which provides services and support to Northshore families. Last year's event raised nearly \$100,000 for the Parenting Center, whose community offerings reflect the changing needs of local families.

"It's a testament to St. Tammany Parish Hospital's commitment to the community that we have the Parenting Center for families," said Lori Cage, center director.

Monster Mash tickets cover all games and entertainment. Advance tickets are \$15 per child and \$5 per adult. Tickets on the day of the event are \$20 per child and \$10 per adult. Children 11 months or younger are admitted free.

Contact Nicole Suhre, 985-898-4171 or nsuhre@stph.org, for sponsorship information or visit stph.org/monstermash for details.



A Donor's Paradise

The lilting sounds of steel drum music and island fare set the stage for the Caribbean themed celebration.

On Thursday, May 30, the St. Tammany Hospital Foundation acknowledged 2012 donors of \$500 or more along with special friends of the foundation at a Caribbean inspired celebration at Tchefuncta Country Club in Covington. Especially recognized were donors whose cumulative giving resulted in a plaque on the Donor Wall of Honor or whose generous donations enabled them to reach the next plateau of giving.

The evening's program featured special recognition to Fauntleroy Latham Weldon Barré Architects for achieving the Partner Level on the Donor Wall. Kieran Weldon, president FLWB Architects, accepted the honor and spoke of both his professional and personal experience with St. Tammany Parish Hospital.

Lori Murphy, chairman of the Board of Trustees, presented "The Adrian" spotlight award to Liberty Self Storage for their generous in-kind contributions to the Foundation for the past seven years. Niki Martin and Tiffany Springman accepted the award which is named for Dr. Adrian Cairns, Foundation Chairman Emeritus.

The Ella Chance Family was inducted into the Legacy of Caring Society recognizing a bequest made in her will going to Hospice, Cardiac Rehabilitation and the Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. All donors were applauded for supporting the foundation with over \$9 million in donations since inception and especially for the \$1.2 million raised in 2012.



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Our Mission

The St. Tammany Hospital Foundation is a 501(c)3 non-profit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital.

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“I tell my 7-year-old granddaughter that when I can get into jeans again we are going to take a trip to Disney World. It’s been steady improvement, and we’re getting there.”

—Susan Magee



Life with Lymphedema Therapy Key to Managing Debilitating Condition

Susan Magee recalls the first time she noticed swelling in her leg. She was at the Washington Parish Fair, watching the crowd, when she noticed the skin on her left leg seemed tight.

Over time, Magee’s leg would swell enormously from ankle to thigh, making it difficult to walk. She wore dresses because pants no longer fit, and she became increasingly immobile.

“It continued to get bigger,” said Magee, now 58.

Her physician diagnosed the condition, lymphedema, and explained that the retired high-school language teacher was at high risk of infection.

Lymphedema refers to swelling in one or more limbs caused by damage or blockage in the lymphatic system.

The blockage prevents protein-rich lymphatic fluid from draining from the limbs, causing swelling and putting the person at elevated risk of infection due to waste in the fluid.

The condition is most often caused by removal or damage to the lymph nodes during cancer treatment. That was the cause for Magee, who was treated for cancer in the late 1980s.

There is no cure for lymphedema, but it can be managed through therapy. Lymphedema therapy includes a special massage technique to encourage the flow of fluid out of the affected limb, said Michelle Fell, manager of outpatient rehabilitation at St. Tammany Parish Hospital.

The massage-like therapy involves a series of special, light strokes on the swollen limb to encourage circulation and gently direct the fluid away from the arm or limb, explained Angela Wilkie PT, certified lymphedema specialist at STPH.

“It’s very relaxing, and not at all painful,” Wilkie said.

Therapists wrap the limb in stretch bandages to help prevent additional fluid build-up.

The goal is to reduce the swelling to the point where the patient can wear a compression garment as a long-term way to keep excessive swelling at bay. Changes in diet and a healthy weight are also crucial parts of the management strategy, said Susan Giovengo PTA, certified lymphedema specialist at STPH.

“Once you have lymphedema, you will always have it, but it can be managed with therapy and adjustments to your lifestyle,” she said. Therapy continues to make a positive impact on Magee’s quality of life.

The swelling in her leg diminished by six inches during the first two weeks of therapy in early 2011. Magee underwent successful lymph-node transfer surgery in late 2011, and has lost an additional 22 inches of swelling in her thigh since then.

She continues to participate in therapy at STPH three days each week, making the drive from her home near Bogalusa. Her family is an important source of support.

“I tell my 7-year-old granddaughter that when I can get into jeans again we are going to take a trip to Disney World,” Magee said. “It’s been steady improvement, and we’re getting there.”

BUILDING STRENGTH, Breathing Better

Dewey Carpenter likes to spend two or three days at a stretch at his camp in Folsom, cutting grass, fishing or just relaxing. At home in Mandeville, the 74-year-old Carpenter keeps busy with family, including six grandchildren.

“I do about everything I want to do,” Carpenter said.

It’s a remarkable statement given his serious lung disease. A borderline diabetic, Carpenter has both chronic obstructive pulmonary disease (COPD), and pulmonary fibrosis, a restrictive lung condition tied to the 44 years he spent in the glass-cutting industry.

He credits pulmonary rehabilitation at St. Tammany Parish Hospital for giving him the endurance to enjoy a lively retirement. “It’s helped me a lot,” Carpenter said.

Pulmonary rehabilitation offers proven benefits in reducing symptoms and improving the quality of life of people with chronic lung disease, including COPD.



Its focus is exercise to improve physical fitness and diminish the shortness of breath that can severely limit the activities of patients with chronic lung disease.

“It’s about regaining the strength to stay independent by being able to take care of yourself,” said Missy Moore, pulmonary rehab coordinator at STPH. “Tying your shoes can be a big deal to someone who can’t breathe.”

The pulmonary rehab program at STPH includes educational components, such as sessions on nutrition and strategies for coping with anxiety from breathing struggles.

“It’s of tremendous benefit to pulmonary patients, even those with severe disease,” said Dr. Richard Casey MD, Northshore pulmonologist. “The focus is quality of life.”

The program offers varying stages of rehab, beginning with exercise while patients are in the hospital. The Phase II monitored exercise program and more independent maintenance program for people like Carpenter are offered at the Paul D. Cordes Outpatient Pavilion. Many people exercise with supplemental oxygen, although some patients may need it less as their strength grows, Moore noted.

STPH offers the only national certified pulmonary rehab program in western St. Tammany Parish.

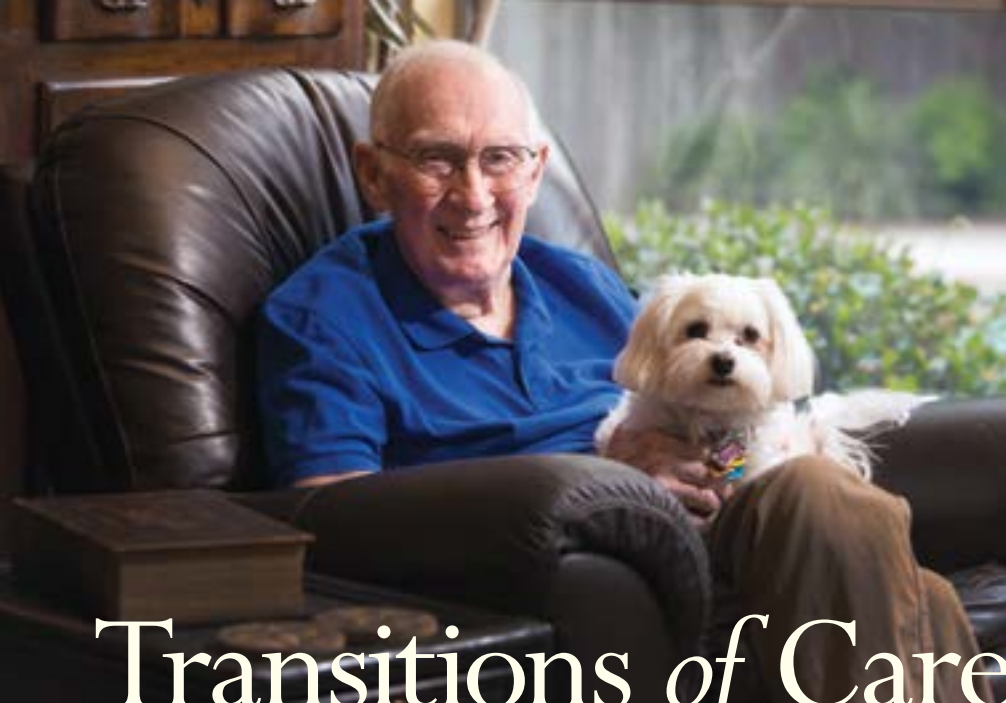
Carpenter began pulmonary rehab in late 2007 after spending eight days in the hospital with pneumonia.

He’s been at it ever since, boosting his twice-weekly workouts on the treadmill and other equipment from 16 minutes to 75 minutes or more.

He credits the program with keeping him out of the hospital for the past six years. It’s also fun, he said. He enjoys seeing other patients, both rehab veterans he has known for years and newcomers in need of encouragement.

His health continues to improve. For years, Carpenter had seen Dr. Casey twice a year for check-ups. Recently, Dr. Casey told him he didn’t need to come back for a year.

“That encouraged me,” Carpenter said. “It has made a big difference for me, and I share that with other people who come (to rehab).”



Transitions of Care

Helping Patients Stay Well & Avoid Readmission

Charles Hamaker, 81, spent eight days in the hospital in January.

The experience wasn't new. Pneumonia linked to Hamaker's congestive heart failure had prompted multiple hospitalizations in recent years.

This trip home was different. Determined to stay out of the hospital, Hamaker had a new understanding of how to do that. His mental checklist included sticking to his medication, promptly calling the nurse with questions and weighing himself daily to gauge how well his heart was pumping.

He also understood the danger of salty foods, and vowed to avoid them. "The choice was a healthy lifestyle or to keep going back to the hospital," said Hamaker.

He credits coaching from St. Tammany Parish Hospital nurses before and after discharge for keeping him on track and out of the hospital since then.

"I had a plan and they helped me stick to it," Hamaker said.

STPH is implementing a number of meaningful steps to reduce readmissions among patients at high risk for rehospitalization within 30 days after discharge. Its multifaceted transitions-of-care effort includes educating patients like Hamaker about the powerful role they play in their care after they leave the hospital.

Reducing avoidable readmissions is the goal, whether a patient is headed for home or making the transition to hospice care or

a skilled-nursing facility, explained Kelly Rogers RN, director of STPH home health.

"We want to have a lot to do with the care of the patient after they leave the hospital," Rogers said. "Transitions of care means looking at care as broadly as possible, and making sure patients have the resources they need to stay well."

The hospital's efforts are in step with a growing, national push. Forces at work include changes in the U.S. healthcare landscape and growing recognition of the high cost of hospital readmissions, including post-discharge medication errors that cost the nation \$3.5 billion each year.

STPH's transition-of-care efforts target patients whose diagnoses put them at the highest risk for readmission: those hospitalized for heart attack, congestive heart failure, pneumonia or chronic pulmonary obstructive disease (COPD).

Each initiative is based on research that identifies what post-discharge care and support is most effective in helping patients avoid rehospitalization.

Recent transitions-of-care initiatives at STPH include care coordinators in each unit of the hospital who plan the discharge process for each patient. The work of care coordinators runs the gamut from tracking physician follow-up appointments to making sure congestive heart failure patients have a scale at home so they can weigh themselves each day.

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"We want to have a lot to do with the care of the patient after they leave the hospital. Transitions of care means looking at care as broadly as possible, and making sure patients have the resources they need to stay well."
.....

—Kelly Rogers RN

Coaching patients in how to communicate their symptoms during follow-up physician visits is also important. STPH's cardiac-rehabilitation department provides in-hospital coaching, which continues with home-health nurses during the first 30 days after a patient returns home and cardiac rehabilitation visits at the outpatient gym.

Coaching helps patients understand their medication and how to recognize "triggers" that indicate the need for an adjustment in medication or care.

Access to electronic health records by all elements of STPH's care network, including home-health nurses and network physicians, provides all care providers with a complete picture of patient medication and treatment while reducing opportunities for miscommunication and errors.

In keeping with its changing focus, STPH recently changed the name of its discharge team to transitions of care team. The team closely examines each case when a patient is readmitted to the hospital within 30 days to determine what, if any, adjustments in care should be made.

STPH is also expanding its patient coaching program through participation in a federally funded project to reduce readmissions. The Capital Area Agency on Aging will oversee the two-year project, which will measure the benefit of coaching of Medicare patients before and after discharge at four regional hospitals, including STPH.

The hospital's efforts are showing results. Readmissions for patients treated for pneumonia was already below the national average at STPH, but fell from 17.12

percent in 2010 to 14.5 percent last year, hospital figures show.

Readmission rates for patients treated for heart attack and heart failure have likewise declined over the past three years.

Hamaker says the hospital's efforts haven't just helped to keep him out of the hospital. He says he is feeling better than he has in years.

This spring, he took an overnight trip to St. Francisville and a day trip across Lake Ponchartrain for a grandchild's kindergarten graduation. He even participated in a family video performance of the "Harlem Shake" to the delight of his family, his sweetheart of 10 years Donna Jaeger and his doctor. After a long stretch of immobility, he is walking each day and exercising.

"I know what I'm supposed to do," Hamaker said. "I stick to the good and avoid the bad. I know it's my choice."



Playing for Pediatrics

St. Tammany Hospital Foundation held its 2013 Get Lucky! Golf Tournament April 12, raising nearly \$53,000 for advancement of pediatric care at St. Tammany Parish Hospital.

Highlights of the event included refreshing food and specialty drink stops along the course, unique gifts for all golfers and exciting hole-in-one competitions all on a delightful spring day at Tchefuncta Country Club.

In its second year, the Get Lucky! Golf Tournament is a fundraiser to expand existing STPH pediatric services, programs and specialists associated with them.



Focus on the Family

New Foundation Member Finds Time for What Matters

Greg Pellegrini has good reason to cheer the planned expansion of the St. Tammany Parish Hospital emergency department, which will include new space for the emergency treatment of pediatric patients. Pellegrini, who joined the St. Tammany Hospital Foundation's Board of Trustees in 2012, has six children ages 4 to 14 years old (five of the six were born at STPH).

Providing dedicated space for the youngest emergency patients reflects the changing demographics of STPH's service area, which includes a continuing, rapid influx of families with young children.

"Of course, I hope we never need to use the new emergency department, but it makes a lot of sense for families to have special space for the treatment of children," he said.

An attorney by training who now works in the wholesale insurance industry, Pellegrini grew up on the Northshore. His wife, Lisa Pellegrini DDS, a Covington dentist and Bogalusa native, also has extended family connections and deep roots in the community.

Pellegrini sees supporting STPH and its mission of world-class care close to home as logical given his ties to the Northshore. Those ties include serving on the boards of local organizations and schools, including St. Paul's School in Covington, where he graduated. "I've always been involved in volunteering, and the hospital's work is something that is important for me to support," he said.

The Pellegrini family manages to find time for fun amid work, school and community commitments. The couple's four girls enjoy dance, gymnastics and swimming. Their two boys play soccer and tennis. Greg Pellegrini coaches the soccer team of one of his boys.

Additional information about the foundation, including ways to support its work, is available by contacting Executive Director Charley Strickland at 985-898-4141 or cstrickland@stph.org.

Honoring the RED, WHITE & BLUE



In time for Memorial Day this year, St. Tammany Parish Hospital launched a program called "Honor Red, White and Blue" as a way to recognize United States Veterans who are employees, volunteers, physicians or patients.

At registration, admissions staff will ask patients if they are veterans and secure permission to recognize them during their stay. Such veterans are designated with a star in their electronic health record and an American flag icon on the patient room nameplate. Staff members rely upon these visual markers to know to thank each veteran for their service.

If a veteran dies while in the hospital, they are honored with a flag tribute. Throughout the hospital, an overhead page calls, "Attention, please, honor red, white and blue." This is the signal for all available staff to assemble in the appropriate hallway to stand in silence as the veteran is escorted out, draped with an American Flag.

In recognition of physicians, employees and volunteers, the hospital provides a special ID badge holder for veterans, enabling fellow team members to recognize their service.



The New Face of Breast Cancer

Robin Brookter used to think breast cancer was something she did not have to worry about given her youth and healthy lifestyle.

Her view was transformed in the most personal way imaginable. In April 2012, at age 37, Brookter was diagnosed with breast cancer.

“I couldn’t understand where I was going to find time for cancer,” said Brookter, an occupational therapist and mother of two. “My life is birthday parties and sports. I told my doctor I didn’t have time to fit this in.”

Brookter soon learned she wasn’t alone in facing her diagnosis at a young age. Soon after treatment began, she connected with a former neighbor, Amy Even, who recently had been diagnosed with breast cancer at age 41.

The two working mothers then formed a bond with Laura Marr, a third Northshore mom diagnosed with breast cancer in 2012 at age 39, who also received treatment at Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital.

The trio formed an immediate bond that helped to sustain them through treatment, including double mastectomies and chemotherapy. All three are planning to have hysterectomies to reduce their risk of recurrence of the disease.

Brookter, Even and Marr call themselves the new face of breast cancer, and this is that they want you to know: They are young, active mothers who watched what they ate, had no family history of breast cancer, and yet were diagnosed with breast cancer despite the odds.

“You can be young and active and still get breast cancer,” Marr said. “Screenings are key.” Data on breast cancer diagnoses underscore that message.

A February 2013 study published in the Journal of the American Medical Association found a small but statistically significant increase in the number of women 25 to 39 diagnosed with advanced breast cancer between 1976 and 2009. (Brookter, Marr and Even were diagnosed at early stage.)

St. Tammany Parish Hospital’s own cancer registry found 4.4 percent of its patients diagnosed with breast cancer between 2008 and 2012 to be women under 40 years of age and 18 percent to be 41 to 50.

Diagnosing cancer early makes treatment more effective and can be especially important for younger women whose tumors are sometimes more aggressive, said Dr. Jack Saux, Cancer Center oncologist.

If these women’s youthful faces represent the new face of breast cancer, so too does their way of coping. Humor sustained them through treatment, as did faith and family, especially their husbands. Each underwent treatment while caring for young children. Brookter never took time off from work. They sent text messages to each other and compared hair loss and regrowth after chemotherapy concluded.

They eschewed wigs for scarves and colorful “chemo beanies.” Marr was the boldest of the three when it came to venturing out in public with her bald head completely bare.

“We became members of a club that we never wanted to be in, but to have that bond was a gift,” said Even. “You learn how much you are loved.”

The Cancer Center provides a navigation team to ease the stress of all cancer patients before and during treatment. The team includes a social worker, oncology nurse, financial counselor and dietician to help patients understand every aspect of treatment and equip them with coping tools.

The team also assesses whether a patient should see a geneticist to assess family history and literally walks patients through treatment areas so they know what to expect once treatment begins. The approach helped these three women during the stress and uncertainty of the process.

“I can’t tell you how nice everybody was,” said Brookter. Added Marr: “The support and good humor I found was amazing. I can’t imagine going any other place.”



“I COULDN’T UNDERSTAND WHERE I WAS GOING TO FIND TIME FOR CANCER. MY LIFE IS BIRTHDAY PARTIES AND SPORTS. I TOLD MY DOCTOR I DIDN’T HAVE TIME TO FIT THIS IN.” —Robin Brookter



STPH Calendar Highlights

As your community hospital, STPH hosts events, meetings and opportunities to improve and maintain physical and emotional well-being. A short sample of upcoming events is provided below, but please check stph.org and local newspapers for additional learning opportunities for individuals of all ages.

JULY						
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST						
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Free Skin Cancer Screening Tuesday, July 30, 9 to 11 am and noon to 2 pm

Lowe's, Covington
Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital is hosting a free skin cancer screening. During the screening, a visual skin exam will be performed by a doctor. 888-616-4687

Storyteach Wednesdays, August 2 and September 4, 10 to 10:30 am

STPH Parenting Center
Interactive stories are a great way to teach your children (pre-k to age 8) about themselves, their feelings, values and social skills. 985-898-4435.

Hurricane Awareness Puppet Show Monday, August 5, 10 to 11 am

STPH Parenting Center
Join us for a fun-filled learning experience on hurricane preparedness. 985-898-4435

Happy Healthy Me Wednesday, August 14, 10 to 11 am

STPH Parenting Center
Help your young child (ages 3 to 5) get off on the right foot nutritionally while having fun learning about good food choices. 985-898-4435

Hope for Back Pain Sufferers Wednesday, August 21, 6 pm to 8 pm

STPH Conference Center
Dr. K. Samer Shamieh will discuss advances in minimally invasive spine surgery and options for those suffering from back pain. 985-898-4083

Living Tobacco Free Tuesdays, September 10 through November 5

Day class, STPH Cordes Outpatient Pavilion
Evening class, STPH Conference Center
This free class gives you the tools and resources to quit permanently. Reservations required. 985-898-4468

American Girl on Growing Up and Growing Strong Together Friday, September 13, 7 to 8 pm

The Parenting Center
Join other mothers and daughters for this fun, interactive workshop on strengthening the parent/child bond. This class focuses on girls ages 8 to 12, puberty and assertive communication. 898-985-4435

Boot Camp for New Dads Saturday, September 21, 9 am to noon

STPH Conference Center
Veteran dads help the rookies learn the realities of fatherhood. 985-898-4083

Traumatic Brain Injury and Concussion Wednesday, September 25, 6 pm to 8 pm

STPH Conference Center
Dr. Beau Bagley will discuss traumatic brain injury and concussion in an informative session designed for adults and teens. 985-898-4083

The Little Prince & Princess: Problems of Entitlement Monday, September 30, 10 am to 11:30 am

Do your child's expectations put you in the role of a servant instead of a parent? Does your child lack the ability to show gratitude and appreciation for what they have and complain about what they don't have? Explore the entitlement trap and learn what you can do to turn things around. 985-898-4435

Free Fall Health Fair Saturday, Sept. 7, 9am to noon

St. Tammany Parish Hospital will hold its fourth Fall Health Fair Sept. 7 at the Paul D. Cordes Outpatient Pavilion. This free community event will offer diagnostic screenings and information on STPH health and wellness opportunities.

Screenings include peripheral artery disease (PAD), chronic obstructive pulmonary disease (COPD), body mass index (BMI) readings and ultrasound of the carotid artery. Other offerings during the 8:30 a.m. to noon event include sleep apnea, cancer support education and blood-pressure assessments.

Screenings will be offered on a first-come, first-served basis; appointments are not necessary. Screenings are free to attendees, regardless of health-insurance status.

"This is an opportunity to be proactive about your health," said Melonie Lagalante, STPH outpatient diagnostics director. "Some tests ordinarily cost hundreds of dollars. Providing free access to screenings at the fair this is one way we can live our mission."

For details, visit stph.org or call 985-871-5665.

New Family Center Open House

First and third Saturdays, monthly, 10 am to noon

STPH, New Family Center (third floor)
Come tour the New Family Center and meet the staff. Guests will visit a labor, delivery, recovery and postpartum care suite and the neonatal intensive care unit. Tours are free and open to the public.

Cancer Connection Support Group Second Wednesday of the month

Mary Bird Perkins Cancer Center
at St. Tammany Parish Hospital
This support group focuses on sharing experience and quality of life needs following a cancer diagnosis. Individuals, family members and friends challenged by a cancer diagnosis are invited to attend. 985-276-6832

Stress Relief

Tuesday, July 23, 6 to 7:30 pm

STPH Parenting Center
This free workshop focuses on how to help relieve your stress and the stress in your family. 985-898-4435