Occupational Therapy with a Caring Touch

Fun Fruit Kebabs Everyone Will Love

When the Pain Won’t Stop Help for Women at Fremont
You deserve access to quality medical care that allows you to receive treatment and get back to life fast. Fortunately, Fremont Area Medical Center offers a variety of medical services and surgical procedures in an outpatient setting to give you the best outcome available—all backed by the experience of a dedicated staff.

"Providing outpatient care is becoming increasingly important," says Don Tricarico, Executive Director of Perioperative and Ambulatory Services at FAMC. “As a full-service Medical Center, it’s important that we meet the community’s needs with the best outpatient services possible."

A Look at the Offerings

Whether you’re living with chronic pain or vascular disease, the Medical Center provides Pain, Pulmonary, Vascular, and Infusion clinics to better manage and treat various conditions.

In addition, the following specialties are offered in an outpatient setting at FAMC:

- Cosmetic surgery
- Ear, nose, and throat (Otolaryngology)
- General surgery
- Gynecological procedures
- Oral surgery
- Orthopaedic procedures
- Podiatry procedures
- Urological procedures

Outstanding Outpatient Care

To ensure each procedure and medical service is as beneficial as possible, the Medical Center is home to the latest technology that makes surgical intervention less invasive for the patient, resulting in faster recovery and smaller scars. In the event you require additional medical care, Medical Center staff members are immediately available to provide an extra layer of care.

“During my military career, I lived and worked all over the place,” Tricarico says. “I came here because the Medical Center staff and administration are fantastic. Because of their hard work, we’re able to give patients great care, and our high patient satisfaction rates show that patients appreciate what we’re doing.”

For more information about outpatient surgery and other services, call (402) 941-7362 or toll-free at (877) 941-7362.
Imaging Center Expansion

Now that the basic structure is in place, the new Imaging Center is well on its way to opening in the summer of 2008.

Progress continues on the new Imaging Center, which will provide a complete setting for diagnostics, such as Computed Tomography (CT) scanning and open and high field Magnetic Resonance Imaging (MRI).

“The completed Imaging Center project will offer direct access for the public while creating private spaces for patients receiving care,” says George Volz, Project Manager for Fremont Area Medical Center. “The new Center will be impressive, bringing daylight into the middle of the Medical Center and creating a pleasant environment in the common areas for patients and staff.”

Offering the advanced services patients need, the enlarged Imaging Center will house FAMC’s state-of-the-art imaging equipment in a modern and welcoming space. In addition to the quality care and services they expect, patients and visitors will have a facility in which they can take pride.

Focused on Patients

The staff is prepared to handle all of the obstacles construction can bring. Everyone at FAMC is committed to giving the best care close to home as we continue to improve our ability to serve the community. Our primary focus is on the needs of patients and providing them with the highest quality care.

Visit www.famc.org for construction updates on the new facility.

Your Healthcare Costs Defined

You might think that because you have insurance your medical expenses will be minimal. While that is true for some, you will still be expected to cover some costs.

Although your insurance will most likely cover the majority of your healthcare costs, it’s important for you to know you’ll probably be responsible for some out-of-pocket expenses,” says Mike Sindelar, Director of Financial Services for Fremont Area Medical Center. “Insurance can be confusing, so take the time to understand your policy before you actually have to use it.”

Here are some insurance terms that will help you understand your out-of-pocket costs:

- **Copay:** Your copay is the cost-sharing portion you pay for each office visit, Emergency Department visit, or hospitalization. This can be a flat copay amount or a percentage of the total bill.

- **Deductible:** Your deductible is the amount you pay to your healthcare providers before the insurance company will pay the remaining charge. These amounts vary by plan and differ from a copay, which you pay at each visit.

- **Out-of-pocket limit:** This limit is the maximum for which you will be responsible before your insurance company will pay 100 percent of your incurred costs.

- **Lifetime maximum:** Most insurance companies have a maximum they will pay per policy under an insurance plan, which can come into play if a catastrophic illness occurs.

In addition to knowing what you’ll be expected to pay, you should know where your insurance is accepted and if a referral is needed to see a specialist. Doing so will help you avoid a costly visit with an out-of-network provider.
What do the above scenarios have in common? They are examples of chronic pelvic pain. Chronic pelvic pain occurs when a woman experiences pain in her pelvic region (the area below the bellybutton and above the hips) that lasts more than six months. Sufferers may experience symptoms such as intermittent discomfort or a dull ache.

“About 15 percent to 20 percent of women ages 18 to 50 will experience chronic pelvic pain that lasts more than a year in their lifetime,” says Karen K. Lauer-Silva, MD, OB/GYN on the Medical Staff at Fremont Area Medical Center. “Chronic pelvic pain can interfere with a woman’s normal activities, and some may notice that the discomfort worsens during menstruation or sexual intercourse.”

Locating the Cause

In order to relieve chronic pelvic pain, your physician must first identify the cause of the problem. The most common triggers of chronic pelvic pain include:

• endometriosis—caused by tissues from the lining of the uterus that grow outside the uterus on other organs such as the ovaries and bladder
• interstitial cystitis—inflamed bladder wall
• irritable bowel syndrome—improper functioning of the intestines

Determining a Diagnosis

Conditions such as those mentioned are commonly diagnosed after completing a detailed medical history and a physical exam. Physicians may ask questions such as, “Is the pain related to your menstrual cycle?” or “Does it hurt during bowel movements, urination, or sexual activity?” Techniques such as ultrasound or laparoscopy (a minimally invasive procedure to examine the pelvic area internally) also are helpful in diagnosing chronic pelvic pain.

“Once an accurate diagnosis is made, we can move forward in achieving pain relief,” says Dr. Lauer-Silva. “Many options, including pain medication, physical therapy, and surgery, can ease chronic pelvic pain, and studies show that many women remain pain free after treatment.”

For more information about chronic pelvic pain and treatment options, call (402) 941-7362 or toll-free at (877) 941-7362.

Women who are experiencing chronic pelvic pain should see their physician. We will work to determine the source of pain and to provide successful treatment that will reduce or eliminate this pain. No one should ignore chronic pain.”

—Karen K. Lauer-Silva, MD, OB/GYN on the Medical Staff at Fremont Area Medical Center
Regaining Functionality with Occupational Therapy

Occupational therapy (OT) provides individualized plans to help people return to the ordinary activities of living after suffering an injury, stroke, or illness. Thanks to her therapist’s surprising display of compassion, a young patient’s journey toward healing gave her mobility and a fond birthday memory.

Imagine being an active 14-year-old student and an avid swimmer and softball player when an injury prevents you from performing everyday tasks. For TylerAnn Hayes, a Fremont resident and a patient at FAMC, better known as “Ty,” this misfortune became a reality in April 2006.

“My hand got caught in a door, and the glass shattered, cutting a nerve and several tendons,” says Ty. “I couldn’t even make a fist or grab things.”

Ty has been making strides along the road to recovery through months of outpatient OT sessions, but the terrain has been rocky at times.

“Some days I didn’t feel like I was getting very far, but then I’d have a breakthrough and could grasp well enough to pick something up,” says Ty. “It wasn’t always easy, but I was determined to keep trying to regain the function I had before the accident.”

Ty’s resolve didn’t go unnoticed by Brenda Halbmaier, Occupational Therapist and Certified Hand Therapist at FAMC.

“Not only was Ty on time for every appointment, but she often brought friends and homework assignments we could incorporate into her sessions,” says Halbmaier. “I enjoyed hearing about what was going on in her life and seeing how maturely she approached her challenges. Ty is very engaging, and her dedication is commendable.”

A Day to Remember
On her 15th birthday, Ty arrived at FAMC for her OT session just as she would have on any other day. To her surprise, however, Halbmaier and associates hosted a celebration in Ty’s honor.

“This was an important day for Ty, so I wanted to put some extra fun in

Visit www.famc.org for more information on Rehabilitative Services at Fremont Area Medical Center.
Gold Seal Success

Offering the highest quality of care for patients has always been the top priority of Fremont Area Medical Center.

The Joint Commission, one of the most prestigious accrediting agencies in the country, recently bestowed their top honor—the Gold Seal of Approval—on FAMC after a rigorous four and a half day evaluation.

“To receive the renowned designation, the FAMC team worked together to streamline processes and enhance procedures to ensure patients received the best quality of care possible,” says Linda Bontrager, RN, BSN, Patient Safety Officer for FAMC. “We have offered patients the same top-notch service for years, but the accreditation demonstrates to our patients our continued level of commitment to their well-being and treatment.”

Tradition of Excellence

The Joint Commission survey team arrived unannounced to begin their survey visit, but the Medical Center staff was ready. The unannounced survey process ensures that hospitals must meet the Gold Seal of Approval criteria on a daily basis, not just in preparation for the survey team visit.

“We understand the importance of patient safety and satisfaction, so we focus on those areas of care each and every day,” says Bontrager. “We are excited and proud to be a member of The Joint Commission’s Gold Seal of Approval family and look forward to continuing that tradition of excellence for many years to come.”

Visit www.famc.org for more information.

Fresh and Fruity Kebabs

From appetizers to desserts, if you want to cook your family and friends a healthy and delicious meal this summer, fire up the grill for these scrumptious fruit kebabs—summer grilling isn’t just for hamburgers and hotdogs anymore.

Ingredients

- 2 apples, cored
- 2 bananas, peeled
- 2 peaches, pitted
- 4 kiwis, peeled
- 16 strawberries, hulled
- 1 can pineapple chunks or a fresh pineapple, cubed
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 2 tablespoons lime juice
- 1 teaspoon cinnamon
- ¼ cup fresh mint, chopped

Directions

Cut the fruit into 1-inch pieces. Light the grill and lightly oil the grate. In a small bowl, combine the oil, brown sugar, lime juice, cinnamon, and mint. Mix until the sugar dissolves. Alternate fruit pieces and thread onto metal skewers. Brush kebabs with the sugar mixture and place on the grill. Cook for 6 to 8 minutes, turning frequently until the fruit starts to brown. Makes eight servings.

Nutritional Information

- Calories: 171
- Fat: 4g
- Sodium: 4.8mg
- Carbohydrates: 36.2g
- Cholesterol: 0mg

Source: sparkpeople.com
### Be on the Lookout for These Upcoming Events

#### CHILDBIRTH AND INFANT CARE CLASSES
To register for Childbirth and Infant Care Classes, call (402) 727-3882.

**Early Bird Prenatal Classes**
- September 20, 7–9 p.m.
- October 4, 11, 18, 25, November 1, 8–8 p.m.

**Sibling Class**
- August 1, 4:15 p.m.
- September 5, 4:15 p.m.
- October 17, 7–9 p.m.

**Baby Safe**
- October 3, 4:15 p.m.
- November 18, 6–8 p.m.

**Baby Basics**
- August 1, 4:15 p.m.
- September 5, 4:15 p.m.
- October 4, 11, 18, 25, November 1, 8–8 p.m.

**Breastfeeding Class**
- Wednesday Sessions
  - August 22, 7–9 p.m.
  - October 17, 7–9 p.m.
- Thursday Sessions
  - September 13, 6–8 p.m.
  - November 15, 6–8 p.m.
- Reunion Class
  - August 29, 7–9 p.m.

#### AMERICAN HEART PROGRAMS
To register for American Heart Programs, call (402) 727-3346.

**Community First Aid**
- Cost: $35 plus book—$15
  - August 15, 6:30–10 p.m.
  - August 25, 9 a.m.–12:30 p.m.
  - September 8, 9 a.m.–12:30 p.m.
  - September 18, 6:30–10 p.m.
  - October 13, 9 a.m.–12:30 p.m.
  - October 16, 6:30–10 p.m.

**Community CPR**
- Cost: $35 plus book—$15
  - August 8, 6:30–10 p.m.
  - August 16, 6:30–10 p.m.
  - August 26, 6:30–10 p.m.
  - September 8, 1–4:30 p.m.
  - September 13, 6:30–10 p.m.
  - September 19, 6:30–10 p.m.
  - October 9, 7–11 p.m.
  - October 15, 9 a.m.–12 p.m.
  - October 15, 1–4 p.m.
  - October 16, 9 a.m.–12 p.m.
  - October 29, 9 a.m.–12 p.m.
  - October 29, 1–4 p.m.

**PALS (2 day course)**
- Cost: $195 plus book—$40
  - October 17, 24, 9 a.m.–6 p.m.

#### EDUCATION PROGRAMS

**Joint Center Seminars**
- (402) 727–3882
  - July 26, 7–8 p.m.
  - August 23, 7–8 p.m.
  - September 27, 7–8 p.m.
  - October 25, 7–8 p.m.

**Taking Charge**
- Diabetes Self-Management Training
  - (402) 727–3355
  - July 24, 25, 26, 1–4 p.m.
  - August 7, 8, 9, 1–4 p.m.
  - August 21, 22, 23, 6–9 p.m.

**American Chronic Pain Association**
- (402) 727–3439
  - Meets the first Monday of each month from 7 to 9 p.m.

**American Diabetes Association Support Group**
- (402) 727–3439
  - Meets the fourth Monday of each month from 7 to 9 p.m.

**Look Good…Feel Better Support Group**
- (402) 727–3439
  - Meets the third Monday of each month from 9:30 to 10:30 a.m.

**Multiple Sclerosis Support Group**
- (402) 727–3439
  - Meets the fourth Thursday of each month from 6:30 to 8:30 p.m.

#### SCREENING PROGRAMS
No registration necessary.

**Blood Pressure Screening**
- Fremont Family YMCA
  - August 14, 9 to 11 a.m.
  - September 11, 9–11 a.m.
  - October 9, 9 to 11 a.m.

**Fremont Mall**
- August 16, 8–10 a.m.
  - September 20, 8–10 a.m.
  - October 18, 8–10 a.m.

**Hy-Vee**
- July 24, 9–11 a.m.
  - August 28, 9–11 a.m.
  - September 25, 9–11 a.m.
  - October 23, 9–11 a.m.

#### EVENTS

**Create Your Weight (6-week weight management series)**
Free informational session August 7, followed by 9 weeks of classes
- Cost: $140 (discount for FAMC employees)
  - 5:30–6:30 p.m.
  - To register, call (402) 727-3707.

**Women’s Health Series “Osteoporosis”**
Presenter: Nicole Dix, M.D., OB/GYN
  - September 20, noon–1 p.m.
  - To register, call (402) 941-7393.

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Most programs are free of charge. Registration is requested. Call the number listed or visit www.famc.org to register. All events take place in Health Park Plaza, third floor, unless otherwise specified.
Nip It in the Bud

Take a deep breath—the entire Fremont Area Medical Center campus became a designated tobacco-free zone July 1, 2007.

Not only does the designation reduce risks associated with second-hand smoke, it allows FAMC to maintain an environment of health and safety for everyone on the campus.

“A tobacco-free campus ensures we have a healthier and cleaner environment for our patients, visitors, and staff,” says Suzanne Forkner, Manager of Community Health for FAMC. “FAMC is proud to be a leader in healthcare for the Fremont area, and we are excited to continue our tradition of excellence in a tobacco-free environment.”

For information on smoking cessation classes, call (402) 941-7362 or toll-free at (877) 941-7362, or visit our web site at www.famc.org

Reaching for the Stars

The Joint Center and the Emergency Department recently earned top honors from Professional Research Consultants Inc. (PRC)—two prestigious Patient Perception Awards.

Consideration for these awards is based on the percentage of patients who rate a facility, healthcare provider, outpatient service line, or inpatient unit “excellent” on Overall Quality of Care with PRC, a leading healthcare marketing research firm.

Fremont Area Medical Center congratulates the winners and thanks patients for sharing their opinions.

Emergency Department—Overall Quality of Care

4-Star Award

The experienced team in the Emergency Department sees more than 13,000 patients per year. Continually exceeding patient safety standards set forth by The Joint Commission, FAMC’s Emergency Department was rated in the top 25 percent in Overall Quality of Care.

The Joint Center™ — Inpatient Orthopedics—Overall Quality of Care

5-Star Award

The Joint Center’s specialized team of nurses and therapists focuses on the needs of patients, whether preoperative, post-surgical, rehabilitative, or emotional. The “well patient” philosophy of care has shortened patient recovery times as the team helps patients recover from hip, knee, and shoulder replacement surgeries. FAMC’s Joint Center℠ scored in the top 10 percent in Overall Quality of Care.