Think Young

Feel AgeLess with a New Walking Program

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Congrats to FAMC!
Named a Top Performer by CMS

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Join Us on Tuesday, February 8 for FAMC’s 2011 Heart Health Expo. See Insert for Details.
**CONNECTIONS TO YOUR CENTERS OF EXCELLENCE**

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Visit our website: www.famc.org

Public Relations  
Fremont Area Medical Center  
450 East 23rd Street  
Fremont, NE 68025

Jenny Campbell of Fremont is the winner of a Sony Reader from the October issue of Healthline. Watch for Jenny’s story in the next issue.

**FAMC Earns National Recognition for High-Quality Patient Care**

Fremont Area Medical Center has been named a Top Performer by the Centers for Medicare and Medicaid Services (CMS) for delivering high-quality patient care in four clinical areas—acute myocardial infarction (heart attack), heart failure, pneumonia, and surgical care.

FAMC, along with approximately 225 other acute care institutions across 36 states, is voluntarily participating in a groundbreaking six-year demonstration project conducted by CMS and the not-for-profit hospital alliance Premier. The goal of the project, known as Hospital Quality Incentive Demonstration, is to determine if patient outcomes improve when hospitals are rewarded for better quality healthcare by receiving higher Medicare payments, a concept known as “pay-for-performance” or “value-based purchasing.”

Based on fifth-year results from the project, FAMC ranked in the top 20 percent of hospitals in overall quality for treatment of heart attack, heart failure, pneumonia, and surgical care. FAMC was also named a Top Improver for hip and knee replacement, meaning FAMC was among the top 20 percent of hospitals with the largest percentage of quality improvements in that category. Due to its successes, FAMC will receive recognition from CMS for the fourth consecutive year.

**Congrats!**

Thank you to all who stopped by Fremont Area Medical Center’s booths at the Dodge County Fair and Husker Harvest Days, as well as those who attended the Diabetes Expo at FAMC in October. The following people’s entries were randomly drawn from those in attendance.

- Lindsey Schreck of Scribner was the winner of a Sony Reader from the Dodge County Fair in August.
- Wilfred Wiese of Howells was the winner of a digital camera for visiting FAMC’s booth at Husker Harvest Days in September in Grand Island.
- Beth Fiala of Howells and Lynnae Harts of Fremont were winners of gift baskets from the Diabetes Expo in October. Each basket included a wellness package, subscription to Diabetes Self Management, pedometer, water bottle, blanket, meal planner, and more!

**Have a Story to Share?**

Can you tell us a story of something positive that happened to you or a loved one at Fremont Area Medical Center? We want to hear it. Each issue, we will select one entry from stories submitted via e-mail or mail to be printed in an upcoming issue of Healthline. The winner also will receive an iPod Nano.

Submit your story by e-mailing us—visit www.famc.org (click on “Contact Us”)—or you can mail your submission to:

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RESOLVE to Make a New You

Following the annual celebration that includes holiday feasts and indulgences, you have more than likely welcomed the new year and created your resolutions. Whether you’re ready to lose weight or kick a bad habit for good, follow these tips to stay true to your 2011 commitments.

As one of the most common New Year’s resolutions, losing weight or maintaining a healthy weight can be a challenging task, especially following a season filled with rich food and drinks.

“People seem to be motivated to start a weight-loss program on January 1,” says Andrea Svoboda, Registered Dietitian and Nutrition Services Manager at Fremont Area Medical Center. “However, by March many have given up trying to lose weight. Perhaps they stopped because they began a rigid routine, and after a few weeks, it was too much. It’s important to start with small steps, which ultimately lead to the long-term goal of healthy weight maintenance.”

Keep Your New Year Vow

Create Your Weight, a nine-week class at FAMC, helps individuals identify short-term goals and provides the tools needed to meet them. Svoboda teaches the classes, which include:

• exercise tips
• nutrition label reading
• overall healthy eating behaviors
• recipe adaptation
• stress management

Participants weigh in weekly to track progress. They also receive a weekly packet of information and a complimentary book called Healing the Hungry Self.

“When undertaking weight loss, slow and steady wins the race,” says Svoboda. “Healthy changes affect the number on the scale, self confidence, and overall health.”

Free introductory session on January 24 at 5:30 p.m. in FAMC’s Health Park Plaza. To learn more about Create Your Weight, call (402) 727-3707.

No Butts about It

For individuals who want to quit smoking this year, Fremont Area Medical Center offers a six-week smoking cessation plan that deconstructs the habit puff by puff and gives smokers the support needed to kick the habit for good.

Certified Tobacco Cession Facilitators guide smokers on their path to quitting, utilizing American Lung Association guidelines. Combined with education about the harms of tobacco, the class provides a tracking method for smokers to better identify their triggers.

“By determining an individual’s stressors and learning what motivates that person to smoke, we’re able to work toward reasonably reaching his or her set quit date,” says Ken Saunders, Pharmacist and Certified Tobacco Treatment Specialist at FAMC. “In the past 45 years, the number of people who smoke has been cut in half. If you’re a smoker, you too can quit.”

The next Tobacco Cessation class starts February 1, 2011. See the insert for details.
Fremont Area Medical Center strives to offer area residents access to the tools they need to age successfully so they can live life to the fullest with optimal health. The AgeLess Program for seniors is one way we accomplish that goal.” — Deb Hanson, Public Relations, Marketing, and Volunteer Services Assistant

Check Your Meds

Members of Fremont Area Medical Center’s AgeLess Program and the general public can receive assistance with their medications. They can review their prescriptions with a FAMC pharmacist to better understand their medications and check for alternatives that could help lower the cost of their monthly prescription bill.

Recommendations for changes—either prescriptions that should not be taken together or qualified generic options—are referred back to each member’s prescribing physician to determine what will best serve the patient’s needs.

The AgeLess Program at FAMC offers health education, preventive screenings, and socialization to area seniors. It’s free, and the services available through the AgeLess Program are guided by four key factors that promote healthy aging.

1. Education & Socialization

Learning something new helps preserve brain function, and maintaining relations with family and friends can help diminish feelings of isolation and depression that are common in seniors. A medical assistance program, quarterly newsletter, and travel opportunities are available to AgeLess members.
Prevention

According to the Centers for Disease Control and Prevention (CDC), only one-fourth of people ages 50 to 64 are up-to-date on preventive services, such as cancer screenings and immunizations. Making lifestyle changes can also help prevent health problems. As a result, seniors should exercise regularly and quit smoking to help reduce their risk for chronic diseases.

“Prevention Connection Seminars are available through the AgeLess Program,” says Deb Hanson, Public Relations, Marketing, and Volunteer Services Assistant at FAMC. “Members also can benefit from a reduced monthly membership rate to the YMCA Wellness Center at FAMC—$15 for individuals or $20 for couples. Members can work out under the supervision of trained staff who explain each piece of equipment and make recommendations to help them meet their personal fitness goals.”

Mary Lou and Bob Kroenke, both 83, never miss the Prevention Connection Seminars on the third Wednesday of each month. The meetings start at 8:30 a.m. in the auditorium on the third floor of Health Park Plaza. During this time, Mary Lou and Bob enjoy listening to experts from FAMC explain health issues or new approaches to treatment and answer questions from the audience.

“As retired teachers, we enjoy the continuing education aspect, and the breakfast [scrambled eggs, bacon, muffins, fruit, and coffee] is terrific,” says Bob. “Plus, we are able to catch up with our friends.”

Upcoming topics include heart health (February), colorectal health and cancer screening (March), and healthy cooking (April).

Brunch & Learn

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Regular screenings can help seniors manage risk factors for particular diseases or check for the presence of cancer or heart disease. Early detection offers physicians the best opportunity to effectively treat serious conditions. Preventive screenings are offered the second Wednesday of each month, from 7 to 8:30 a.m., at Health Park Plaza.

“Attending AgeLess events such as monthly Prevention Connection Seminars are a fun way for seniors to socialize while learning more about their health and how to preserve it,” says Hanson. “Our membership has grown to about 400 members, with 50 seniors regularly attending the monthly meetings.”

Screening

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Get Moving

The AgeLess Program is proud to offer a new series for active seniors—the Walking Club. Kicking off this month at the Prevention Connection breakfast on January 19, from 8:30 to 10 a.m., in Fremont Area Medical Center’s Health Park Plaza, members will receive maps of safe places to walk and tips on starting an exercise program. Plus, they can join a contest to encourage friendly competition.

“Even if you have already experienced a health challenge, you can walk to help ward off depression, diabetes, and further problems,” says Deb Hanson. “The Walking Club is a great way to bring folks together for a fun and healthy challenge.”
Where Hard-to-Heal Wounds Meet Their Match

You’ve been worried about that wound on your toe for months, but you’re not sure where to go for help. With the opening of the Center for Wound Healing™ at Fremont Area Medical Center in August 2010, healing is now closer than you may have known.

The Center combines physician expertise, proven protocols, and advanced treatment methods under one roof. Candidates for treatment at the Center include individuals suffering from diabetic pressure ulcers, venous stasis ulcers, arterial insufficiency ulcers, surgical wounds, and radiation wounds.

“A wound is considered nonhealing if it persists for three to six months,” says Keith Leatherbury, MD, Board-Certified General Surgeon on the Medical Staff at FAMC. “Many wounds are related to underlying medical problems, such as diabetes or vascular insufficiency. One of our strengths is that we’re able to involve specialists—including vascular surgeons, infectious disease specialists, orthopaedic surgeons, and podiatrists—to give patients the comprehensive care they need.”

Individualized Treatments

According to Dr. Leatherbury, treatments tailored to each patient are a hallmark of care at the Center. After evaluating a wound, a process which may include an initial assessment and tests to gauge blood flow, X-rays, and lab studies, physicians choose an appropriate treatment, such as debridement (removal of damaged tissue), surgery, compression bandages, advanced bioengineered skin grafts, or hyperbaric oxygen (HBO) therapy. The Center possesses two HBO chambers where patients are exposed to pure oxygen in a pressurized environment. HBO treatment typically entails 20 to 30 treatments, during which oxygen increases blood flow to patients’ wounds and stimulates healing.

“Many wounds require a coordinated effort to heal, which can be difficult to find,” Dr. Leatherbury says. “Fortunately, that kind of effort is what we specialize in.”

Don’t let a chronic wound control your life. Visit www.famc.org and search keyword “Wound Care” to learn how the Center for Wound Healing can help you.

Taking a Walk Once More

Charlie Dooling of Fremont developed a wound on his foot two years ago. It lingered as a result of diabetes. When the wound recurred after treatment at a wound center in Omaha, he decided to give healing another try closer to home.

“My physician referred me to the Center for Wound Healing at Fremont Area Medical Center,” says Charlie. “I underwent a few debridements of the wound and wore an off-loading cast for six weeks. By the end of that time, the wound was completely healed.” Throughout his treatment, Charlie visited the Center once per week, where the staff gave him detailed instructions on how to proceed. Today, he’s grateful to be walking better.

“I’m very happy with the care I received at the Center,” Charlie says. “The staff at FAMC made me better when no one else could.”
Our patients eat meals together and participate in group physical therapy. We have found that by keeping them together as a group, they are able to encourage one another. The positive atmosphere at The Joint Center helps patients overcome any hurdles they may face.” —Christopher Ihle, MD, Medical Director of The Joint Center.
Signed last summer, an agreement was inspired by a desire from the Medical Center and cardiologists to combine efforts to provide cardiovascular services locally and underscore their commitment to pursue medical outreach in surrounding areas.

“We came together to determine how we could better serve the needs of patients in this area,” says Brian Brodd, Director of Cardiopulmonary Services at FAMC. “The answer was to expand the availability of our diagnostic services. As an example of this expansion and collaborative agreement, FAMC cardiovascular specialists are providing services outside the Fremont area by taking currently unavailable specialty clinics to rural communities.”

**Translating Great Services into Greater Coverage**

Already available at FAMC, diagnostic cardiovascular and physician services are making their way into the North Loop communities of Plainview, Osmond, and Creighton, Nebraska. Additional surrounding communities have expressed an interest in these services, and opportunities are being explored to continue this expansion of our cardiovascular program.

“Taking our cardiovascular services to the North Loop provides a significant opportunity for us to grow,” says Brodd. “The cardiologists we partner with are highly respected within the community. We’re pleased to be able to make available the same top-quality care available in larger metropolitan areas to smaller, more rural communities.”

According to Michael Dehning, MD, Cardiologist on the Medical Staff at FAMC, his group has earned its high standing in the community by gradually expanding services during the past 15 years.

“The cardiology services we offer our patients are outstanding,” says Dr. Dehning. “With the help of our new Cardiac Catheterization Lab, we have expanded the diagnosis and treatment of patients with cardiovascular conditions. In addition to cardiac procedures, Dr. Douglas Guy also diagnoses and treats patients with peripheral vascular disease. Pacemaker and defibrillator patients continue to be seen by Dr. David Sterns. It is due to the close partnership we’ve established with FAMC that we are able to offer cardiovascular services to more people.”

Visit [www.famc.org](http://www.famc.org) to learn more about cardiopulmonary services at FAMC and take a Heart Attack Risk Assessment.
Questions & Answers

with FAMC Medical Staff Physicians

Healthline recently sat down with physicians from the Fremont Area Medical Center Medical Staff to get answers to some of your commonly asked questions.

Is it possible to deliver a baby vaginally after a cesarean?

Nicole L. Dix, DO, OB/GYN: This is a valid concern of many mothers who have had a cesarean and are now considering giving birth vaginally. Approximately one in three women in the United States undergo a cesarean birth, and nearly 1.5 million caesareans are performed across the nation each year.

The American College of Obstetricians and Gynecologists (ACOG) deemed vaginal birth after cesarean, also known as VBAC, safe and appropriate for most women who have had one prior cesarean and, in some cases, those who have had two previous incisions or who are carrying twins. This is a discussion each mother should have with her physician.

Do women’s symptoms of heart attack differ from the signs men exhibit?

Michael M. Dehning, MD, Cardiology: Warning signs of a heart attack do tend to vary in women. In fact, most women don’t suffer from chest pain during the attack. It’s not always like in the movies—where someone is grabbing his or her chest and falling over in pain. Many symptoms are very subtle. Knowing the difference in symptoms between men and women could save your life or the life of a loved one.

Atypical symptoms in women include:

- back, neck, or jaw pain
- burning sensation in the chest, similar to heartburn
- dizziness
- fatigue
- lightheadedness
- nausea
- shortness of breath
- sweating
- vomiting
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- fatigue
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- sweating
- vomiting

Women should never feel embarrassed to seek medical attention. If you think you or a loved one is experiencing a heart attack, dial 911 immediately rather than relying on transport by private vehicle.

Should I worry about my child suffering from whooping cough?

Terry N. Wooldridge, MD, Pediatrics: There’s been a lot of media attention paid to whooping cough as of late, and rightly so. Whooping cough is a bacterial infection of the respiratory system characterized by severe coughing spells ending with a classic “whooping” sound as a person breathes in.

The recent national epidemic—the worst since 1955—is primarily affecting infants under 6 months of age and children ages 11 to 18. Although the epidemic is mainly concentrated in California, in Nebraska, 381 cases have been reported from 2008 to July 2010. Nebraska law required all students entering grade seven for the 2010-2011 school year to receive a whooping cough booster shot (Tdap).

You can protect your baby by talking with your physician about administering the DTaP (diphtheria, tetanus, acellular pertussis) immunization.

Can a surgeon correct urinary incontinence at the same time a woman undergoes a hysterectomy?

Ansar U. Khan, MD, Urology: Surgical hysterectomy is often an opportune time to have incontinence treated. Urinary incontinence occurs when an individual experiences uncontrollable leakage of urine, such as with physical activity, coughing, sneezing, or laughing. Incontinence may also occur with prolapse of the bladder (cystocele) or rectum (rectocele). Incontinence is normally treated with a urethral sling. Vaginal prolapse should be treated at the same time with vaginal surgery or through the abdominal approach.
March is National Colorectal Cancer Awareness Month. To honor it, Fremont Area Medical Center, with assistance from the American Cancer Society and Three Rivers District Health Department, is providing the community with free colon cancer screening kits.

Taking a Stand Against Colon Cancer

FAMC staff members understand the importance of early cancer screening, which is why they have partnered with the American Cancer Society and Three Rivers District Health Department to offer the community an early detection tool.

“We will be distributing colon cancer screening kits to the community, and people will be able to complete the tests and return them to FAMC for processing at no charge,” says Stephen Dreyer, MD, FACS, General Surgeon on Medical Staff at FAMC. “Results will then be sent to the patient and his or her physician.”

Taking Cancer to Task

The fecal occult blood test (FOBT) checks for blood in the stool, which may indicate any polyps, damaged blood vessels, or cancerous growths.

“The FOBT is very sensitive, and there is the risk of receiving a false positive or a false negative,” says Dr. Dreyer. “However, the possibility of detecting cancer, or polyps that can lead to cancer, and the lifesaving implications, far outweigh the negative aspect.”

According to the American Cancer Society, colorectal cancer is preventable nearly 90 percent of the time, so it’s important to get screened on a regular basis if you are older than age 50. It takes about 10 years for polyps to develop, and undergoing screenings regularly could potentially prove lifesaving.

Plan to attend the Colon Cancer Kick-Off Event on February 24. See the calendar insert for details. Also, visit www.famc.org for a list of pharmacies distributing free fecal occult blood tests.

Did You Know?

According to the American Cancer Society, each year nearly 150,000 Americans are diagnosed with colorectal cancer and approximately 50,000 die from this largely preventable disease.

Your Cancer Checklist

Could you be at risk for colorectal cancer? Consider these questions.

1. Are you age 50 or older?
2. Do you have a family history of colorectal cancer?
3. Are you a smoker?
4. Are you a heavy drinker?
5. Are you overweight or obese?
6. Do you maintain an unhealthy diet?
7. Do you rarely exercise?

If you answered “yes” to the first three questions, you could be at high risk for colorectal cancer and should consult with your doctor regarding your screening options.

If you answered “yes” to the last five questions, you could have an increased risk of colorectal cancer and should continue your regular screenings.
Our Board of Directors

Entrusted with the task of managing the Foundation’s finances and funding Fremont Area Medical Center in an appropriate and efficient manner are the 18 dedicated volunteers who comprise the FAMC Foundation’s Board of Directors.

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As a nonprofit healthcare facility that uses no county or taxpayer funds, the Medical Center relies on community support channeled through the Foundation to enhance services and programs.

Through the Foundation, community members can participate in gift programs, such as honor gifts, memorials, planned gifts, endowments, and scholarships, to invest in FAMC and the community.

**Fundraising for a Good Cause**

Last year’s A D’Vine Affair, a popular wine tasting event organized by the Foundation, raised more than $17,000 for the development of a cancer resource center at the Medical Center. The cancer resource center will benefit cancer patients and their families.

Proceeds from the Foundation’s annual golf tournament went toward the purchase of portable equipment for cardiology outreach clinics and the creation of a garden oasis at A. J. Merrick Manor. The garden provides a retreat for residents and their families with a fountain donated by the Priscilla Flower Mission at the center of a lush landscape of flowers and vegetable plants.

The Foundation also recently established the Employee Family Crisis Connection Fund for Medical Center employees. It is designed to offer support during difficult times.

**The Next Generation of Care**

With an eye on the future of healthcare in Fremont and the surrounding area, the Foundation recognizes the importance of a skilled medical workforce. To support the education of the next generation of local healthcare professionals, the Foundation provides scholarships each year to students with strong academic performance, character, and commitment to the Fremont community.

These scholarships, which range from $500 to $1,000, can ease the financial burdens of students pursuing a career in the healthcare field while ensuring the tradition of local quality medical care carries on.

To learn more about the Fremont Area Medical Center Foundation or how you can contribute, go to www.famc.org and click the “Give to FAMC” tab, or please contact the Foundation at (402) 727-3566.

A D’Vine Affair

Take a break from your busy schedule to enjoy a night of wine tasting for a great cause. Join the Fremont Area Medical Center Foundation at the annual A D’Vine Affair on Thursday, April 28, 2011.

For more information about A D’Vine Affair and other upcoming FAMC Foundation events, contact the FAMC Foundation at (402) 727-3566.
What’s the **difference** between our joint center and theirs?

**97% of patients recommend us.**

You don’t have to go far for exceptional joint care. The Joint Center at FAMC ranks in the top 10 percent nationally for patient satisfaction, and 97 percent of our patients say they would recommend us to friends and family. Our board-certified orthopaedic surgeons work with the latest technology. You’ll also find specially-trained orthopaedic nurses and rehabilitation specialists, plus private rooms. Of course, our patients say it all. This place is different.