

The *Sound*



Volume 3 • June 2016

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And so much more!

From the President's Desk



David G. Argueta

and Prevention, men are more likely than women to have undiagnosed high blood pressure, higher incidence rates of obesity, and untreated mental illness. Males are also less likely than women to visit a primary care physician, and have a lower average lifespan regardless of ethnicity or background.

With all of that considered, we as men owe it to our wives, sisters, daughters and many other loved ones to do a better job of taking care of ourselves.

This month, our issue features a guest column from Dr. Miguel Mercado, one of the leading urologists in our area. We also highlight some of the leading diseases affecting men, such as cancer, cardiovascular disease and depression.

We hope you will enjoy our issue, and to all the men, please consider making an appointment with your primary care physician during Men's Health Month.

A handwritten signature in black ink, appearing to read 'D. Argueta', written in a cursive style.

David G. Argueta

President
CHI St. Luke's Health
The Woodlands & Lakeside Hospitals

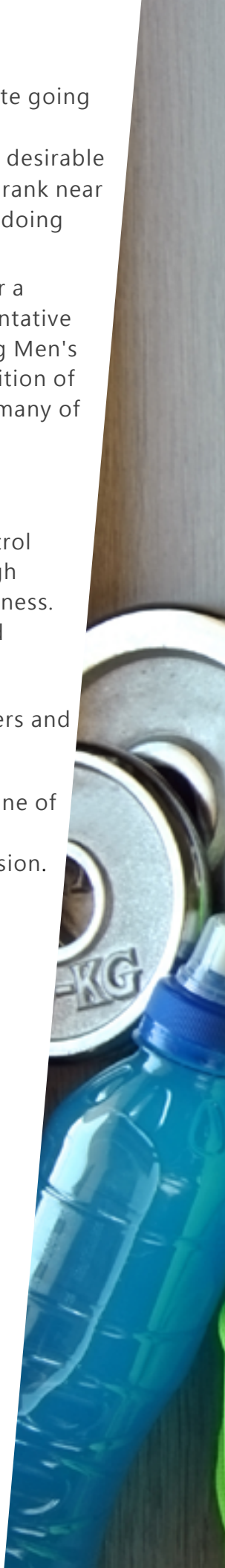
It is a widely held belief that men hate going to the doctor.

If you asked men to rank their most desirable activities, visiting the doctor would rank near the bottom, probably just ahead of doing your taxes.

This is a serious issue for men, because for a variety of diseases, we as men need preventative care even more than ever. With June being Men's Health Month, we wanted this month's edition of The Sound to serve as a forum to discuss many of the health issues that affect men.

The facts speak for themselves.

According to the Centers for Disease Control





Top 3

Health Concerns For Men

By Amrutha Patil, Administrative Intern

The saying goes that there's a greater chance of a man taking his car for its routine check-up than him seeing a healthcare provider for a health screening. Turns out this may be true, and the effects are sobering. According to the latest census data from Measure of America at the Social Science Research Council, the life expectancy at birth for males is approximately five years less than that of females. This gap has been widening since 1920, and chances are it may continue to do so unless more men take a greater charge of their healthcare.

Cardiovascular Disease

According to the American Heart Association, more than 1 in 3 adult men are affected by some form of cardiovascular disease. Heart and blood vessel disease, also known as cardiovascular disease, includes many types of problems caused by various factors. For instance, plaque build-up in the walls of heart's arteries can prevent the smooth flow of blood and may cause fatal blood clots that can stop blood flow, causing what is known as a heart attack or stroke. Other types of cardiovascular diseases include heart failure, in which the heart doesn't pump blood as well as it should, an abnormal rhythm of the heart known as arrhythmia, and heart valve problems. Any form of heart disease can evolve into a serious or fatal complication if left undetected and untreated. In fact, heart disease is the leading cause of death among men in the United States, with 1 in every 4 male deaths occurring due to cardiovascular diseases. High blood pressure, high LDL cholesterol, and smoking, while being the key risk factors, are not all inclusive. Overweight, poor diet, physical inactivity and excessive alcohol use all put men at a higher risk for heart disease. Moreover, combined with the fact that men tend to binge drink twice as much, this puts them at an even greater risk of alcohol-related cardiovascular diseases.

(Continued on the next page.)

Lung Cancer

Although more women live with lung cancer every year, more men are annually diagnosed with the disease. Lung cancer is classified into two types, small cell cancer and non-small cell lung cancer (NSCLC). Small cell cancer develops when healthy cells in the lungs change and grow uncontrollably, becoming a mass called a tumor, which can be cancerous or benign. These tumors may also shed cancerous cells, and a cancer is said to have “metastasized” when these cells migrate into lymph nodes or to other distant parts of the body. Per 100,000 Americans, 16 percent more men develop lung cancer than women. The reason behind this statistics may lie in the fact that smoking, a main contributing factor for small cell and non-small cell lung cancer, is the culprit behind 90 percent of lung cancer deaths in men. Furthermore, when men smoke they are 23 times more likely to develop lung cancer than non-smokers. Compare this to female smokers, who are 13 times more likely to develop lung cancer than those who don't smoke. There are, however, other important risk factors for lung cancer other than smoking, which include exposure to asbestos, radon or a having a genetic predisposition for lung cancer.



Depression and Suicide

Many mental illnesses affect everyone differently, and as such should be approached and treated per each individual's needs and lifestyles. This is no less true for men and women affected by depression. Otherwise also known as clinical depression or major depressive disorder, depression is a mood disorder that creates a persistent feeling of sadness and loss of interest. An individual with depression may have trouble performing normal daily activities and may feel their life is not worth living. According to The National Institute of Mental Health, at least six million men suffer from depressive disorders, which may also include the presence of suicidal thoughts. Men with depression are more likely to have difficulty sleeping than women who have depression, and while women are more likely to attempt suicide when depressed, men are more likely to die as a result of it. Genetic disposition to depression, brain chemistry, hormones or stress may all trigger depression in men. However, with long-term treatment that includes medication, psychological counseling or both, depression can get better.

While statistics for the development and diagnosis of the aforementioned diseases may be less in favor of men than women, there are several actions men can take to prevent these conditions. First and foremost, a more proactive attitude in taking control of their health and wellbeing, including more routine visitation with healthcare providers, would go a long way in ensuring the adaption of preventive health measures. Positive behavioral and lifestyle changes can significantly help prevent all three diseases highlighted in this article, and education and awareness early on in a man's lifetime are two of the keys to a healthy life overall.

Around *Campus*

Stroke Month Awareness

As part of our commitment of being designated a Comprehensive Stroke Center, The Woodlands hospital offers free stroke education and screening throughout the year. Hospital employees and visitors were recently screened as part of **Stroke Month in May**.



Identify A Stroke **F.A.S.T.**



F = FACE

Does the face look uneven?
Ask the person to smile.



A = ARM

Does one arm drift down?
Ask the person to raise both arms.



S = SPEECH

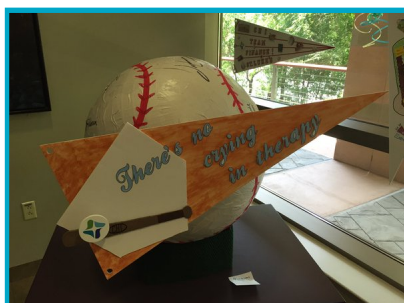
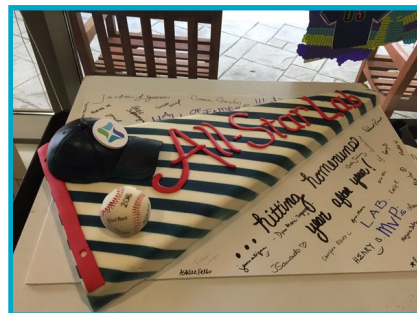
Does their speech sound strange?
Ask the person to repeat a simple phrase.



T = TIME

It's time to call **911** if you observe any of these signs.
Ask to be taken directly to the Emergency Department at Baylor St. Luke's Medical Center.

Employee Appreciation Week Photos



Happy Birthday Carson!



Carson Whittaker, one of the first graduates of the NICU at The Woodlands Hospital, celebrated his 13th birthday on May 11 by donating 13 stuffed animals for pediatric patients. His generosity on his birthday will surely bring lots of smiles!

Carson (center) shown with nursing staff from the Family Birthing Center.

Workplace Wellness



Pictured from left to right: Rama Mulukutla, MD, St. Luke's Medical Group; Ashlee Garling, CMA, St. Luke's Medical Group; and James Nowak, City of Willis Police Chief.

CHI St. Luke's Health and the United Way of Montgomery County are partners in "**Workplace Wellness**," a United Way community health screening program. In the past six months, complimentary health screenings have been provided to employers in Montgomery County, including Splendora ISD and the City of Willis.

Mission

By Sister Carmen Sanchez, Spiritual Care

When we think of health, most of us think of eating well, sleeping eight hours a night, and exercising to avoid physical illness. In 1948, the World Health Organization defined Health as “a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” This certainly, for me encompasses what I believe health is. Health embraces not only the body, “but the mind and spirit as well...and the whole being and outlook of man.” (James H. West)

Today, more of us are aware that essential to being healthy, our spiritual wellbeing. Our spirituality, if grounded on that ‘higher’ power, will give our bodies a serenity, harmony and balance that contributes to good physical health. When we lose touch with our ‘high’ power—our God—we forget who we are. **“Forgetting who we are creates thoughts and actions that lead to an unhealthy lifestyle and eventually to illness.”** (Barbara Brennan)

This is where I see the importance of living our Core Values and other spiritual values. For me to live without Integrity, Compassion, Reverence, or Excellence in my daily life, creates a state of imbalance in me. I agree with Deepak Chopra, author, who writes “the body will send a message that something is lacking in the present—an imbalance ...seen in physical symptoms.” Or again, “just as a candle cannot burn without fire, men cannot live without a spiritual life.” (Buddha) Scripture tells us that Jesus was the model of this, keeping a strong relationship with God the Father.

To all our men (and women) at CHI St. Luke’s Health, I pray that you have a “good looking body...and the heart and soul to go with it.” (Epictetus) May you not pray for easy lives, but pray to become stronger men or women, always grounded in that ‘higher’ power.





Quality & Safety

By Teresa Oehler, Director of Quality

DNV Healthcare Site Visit Update

CHI St. Luke's is accredited by the DNV Healthcare, Inc., which is a provider of hospital accreditation, infection risk management, and standards development. DNV conducts annual site visits at each facility.

It is possible that The Woodland's hospital may have a DNV site visit within the coming month. The DNV has full discretion as to when they will conduct a visit, even though we have requested that they do not come during weeks when we have scheduling conflicts—June 6-10; July 25-29; August 1-5; and September 5-9 (Labor Day week).

We thank you for always being ready to demonstrate and discuss the incredible care you provide to our patients each day.

Living Our Mission Measures: Zero CLASBI's Celebration

Congratulations to The Woodland's hospital for having 100 days without a Central Line Associated Blood Stream Infection (CLASBI)!

The hospital recently experienced an increase of CLASBI's in 2015 and the first part of 2016. Several areas collaborated to respond to the increase. They implemented dressing changes, a Scrub the Hub campaign, **and** conducted regular audits to find opportunities that helped improve our outcomes.

Way to go Nursing, Infection Control, Supply Management and MD support for your incredible achievement. On April 13, 2016 a house-wide celebration was held with pizzas that were delivered to all areas.

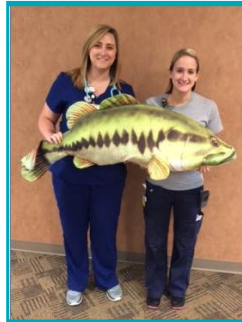
"Quality is not an act, it is a habit." Aristotle

Safety First

Great Catch for Patient Safety!

Our incident reporting system, affectionately known as IRIS the “great catch” mascot, recognizes employees who make a great catch to ensure patient safety. Take a moment to congratulate these employees on doing a great job.

Have you seen someone make a great catch? Recognize them today by contacting **Heather Busshart, Risk Manager**, at hbusshart@stlukeshealth.org.



Safety Units of Month: March & April

Congratulations to the Quality & Education and the Pharmacy departments for being the Safety Units of the Month for March and April, respectively.

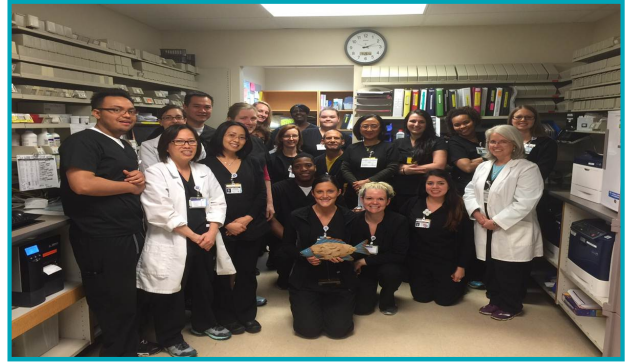
The **Quality and Education** department is recognized for:

- Implementing and expanding shared governance
- Providing SafetyFirst Error Prevention training
- Successfully completing the TDSHS Complaint, DNV Stroke, and Springwoods Village DNV surveys
- Focusing on Living our Mission Metrics
- Increasing prevention through internal process audits



The **Pharmacy** department is recognized for:

- Relentless efforts in improving patient safety and quality of care
- A smooth and incredibly fast Pyxis rollout
- Numerous great catches made on a daily basis



Nursing

By Katie Kim, Education

Nurses' Week Recognition

I would like to recognize all the hard work and dedication our shared governance teams displayed during Nurses' Week. At Lakeside, Springwoods Village, and The Woodlands hospitals, we had events every day to appreciate all of the staff members who help nurses succeed while at the same time, we celebrated the profession of nursing as a whole.

We were excited to host our Inaugural Nursing Awards Ceremony at our Light up the Lake Event on May 11. Also, for the first time, our leaders signed up to walk a day in the shoes of a nurse through shadowing experiences during Nurses' Week.

Thank you to the many hands that helped to coordinate these events!



Shared Governance

By Katie Kim, Education

Exciting changes coming to The Woodlands Hospital within the next six months due to the collaborative work of our shared governance teams:

- Daisy Award: *Team Vitality*
- Pet Therapy: *Team Vitality*
- Changes to core measures tracking for nursing staff: *Quality & Safety*
- Workflow improvements for pain reassessment and IV tubing labeling: *Quality & Safety*
- New Safe Harbor response plan: *Professional Practice Council*
- Revised suicide policy: *Professional Practice Council*
- PCA Boot Camp: *PCA/Unit Secretary Council*
- No Pass Zone Campaign: *PCA/Unit Secretary Council*
- BLS/ACLS education roll-out: *Education Council*
- Revamped Skills Fair & GN Residency programs: *Education Council*

We will share more information about these changes as they launch.

Service Line *Spotlight*



We are excited to announce that our new Rehabilitation Institute will open later this month.

Inpatient Rehabilitation provides individuals with debilitating illness or injury the opportunity and hope for restoring their functional independence. Our goal is for our patients to return to their optimum level of function – in a home-like environment to have a better quality of life.

Our new Rehabilitation Institute enables us to live our mission of creating healthier communities and allows us to provide a safer and more efficient patient experience. Our 15-bed unit, located on the 5th floor of the Woodlands Hospital's West Tower, includes services such as physical therapy, speech therapy and social workers. In addition, the unit features a large gym space, as well as an area for patients to resume activities for daily living, such as cooking and doing laundry.



By expanding our continuum of care and offering an onsite rehabilitation unit, we are able to ensure that the patient receives the quality of care that they deserve. Access to an ICU and a unified EMR, ensure that we are able to provide our patients with the highest level of care available.

We are looking to complete our inpatient rehabilitation team. If you know someone who would make a great addition, please encourage them to apply on our careers website. We are recruiting for the following positions:

- RN (Night)
- RN – Flex Team II (Day and Night)
- Unit Tech (Night)
- Manager – Nursing

Employee *Spotlight*



Benjamin Conti
CT Technologist Lead
Springwoods Village
Hospital

Benjamin Conti has been with CHI St. Luke's Health for over 3 years. Prior to joining the Springwoods Village team, Benjamin was the CT Technologist at Lakeside Hospital.

What do you love most about working at CHI St. Luke's The Woodlands?

What I love most about working for CHI St. Luke's is that I am given the opportunity to grow as a professional and that I get treated with the utmost respect by the leadership and staff on a daily basis.

If you can have one super power, what will it be?

If I had one super power, it would be to read people's minds. Knowledge is a power, and to know what someone is thinking would truly benefit me, especially being in the medical field!

How do you recharge?

I love all of the parks and running trails, which allow me to enjoy staying active and spending time outside.

Do you have a hidden talent that you'd like to share?

My hidden talent is not really a hidden one; I do love to karaoke when I have time. I wouldn't say it's a talent, but it sure is a wonderful hobby!



Teresa Oehler
MS, RN-BC, CPHQ
Director of Quality
The Woodlands Hospital

Teresa Oehler has been with CHI St. Luke's Health for 30 years. She currently serves as the Director of Quality over The Woodlands, Lakeside and Springwoods Village Hospitals.

What do you love most about working at CHI St. Luke's The Woodlands?

The people and our mission! Over the past 30 years I have worked in many capacities and many areas and the people are always amazing.

What would you be doing if you weren't at your current job?

I kid my husband that a great job for me would be a vegetable chopper on a cruise ship. That would keep me busy all day, is not as messy as fruit and I could graze healthfully.

If you can have one super power, what will it be?

To read and comprehend at the speed of light

How do you recharge?

I am blessed with the absolute best family and friends in the world so treasure time spent with them.

Recognize



June Service Announcements

1 Year

Kady Cart
Barbara Garza
Helen Mbah
Christina Pierce
Kari Stuart
Amanda Cassidy
Liliana Gonzalez
Richard Mccarter
Shereanna Pryor
Gregory Uhler
Diana Cupit
Kara Goyette
Mubasher Mian
Shanae Ragland
Karen Viray
Dejuan Fvette-Finley
Arielante Lee
Jordan Miller
Rhoel Ramil
Jennifer Wasson
Jaycee Galloway
Justine Machado
Javier Perez
Dominique Robertson

2 Years

Andrew Brooks
Ericson Gonzales
Fiona Lowry

Aiza Rempillo
Alana Fishburn
Teresa Lindsay
Eric Ransom
Tara Stone

3 Years

Joy Corgiat
Carmen Davis
Ma Gina Milan
Laura Martinez
Daniel Stroade
Benjamin Daughdril
Justin Fuller
Kelli Jarrell
Juan Ochoa Rivera
Amber Valdes

4 Years

Raquel Elejarde
Stacy Glezman
Laurie Martin
Sherley Skora
John Garcia
Monica Hughes
Krystle Riley

5 Years

Andrew Brazil
Tia Finch
Kristina Hooker

Roberto Olivarez
Amy Covanes
Jose Garcia
Cynthia Kennedy
Johnny Thompson
Pinky Enarle
Milea Gonzalez
Amanda Mccants

6 Years

Joshua Davis
Julio Rodriguez-Bird
Kathy Ross
Angela Smith

7 Years

Nora Ball
Douglas Cafarella
Kristen Herrera
Sheila Randall
Tom Schmadeke

8 Years

John Conyers
Alisa Henley
Jade Managbanag
Angelique Norman
Amy Gooch
Lauren Johnson
Ashley Mcgrath

9 Years

Hannah Angiuli
Christie Decker
Nicholette Kerr
Robin Mccleary
Jamie Caro
Sonya Harris
Lindsay Lindseth

10 Years

Christine Falcon
Jenny Gruchow
Robert Mccoy
Noel Sanchez

11 Years

Daniel Kelly

12 Years

Krista Burleson
Maria Ocon

13 Years

Margaret Cecil

23 Years

Robert Spray Jr.

Welcome Aboard

Elizabeth Amrein
Maria Castillo De
Tuno
Angela Holitzke
Early King

Mary Zacharia
Amy Battle
Susana Diaz
Warner Jones
Norma Salinas

Atlena Beckford
Deborah Douglas
Kristin Kelly
Christopher Strait
Teresa Bryan

Stefani Freemyer
Corenda Kimble
Deann White

Mark Your *Calendar*

JUNE 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 <i>Farmers Market</i> The Woodlands Patio 11 am – 2 pm	9	10	11
12	13	14 <i>Botox Myth & Facts</i> SLMG 5:30 – 6:30 pm	15	16 <i>New Year, New You</i> Speaker Series Conf.Room 2-4; 11am <i>Stroke Gold Award Presentation</i> Swan Café, Noon	17	18
19	20	21	22 <i>Farmers Market</i> The Woodlands Patio 11 am – 2 pm	23	24	25
26	27	28	29	30		

Botox: Myths & Facts

Chaitali Nanegrani, MD

Tuesday, June 14 • 5:30-6:30 pm

St. Luke's Medical Group–Indian Springs

10857 Kuykendahl Road, Suite 130 • Spring, Texas 77382

Guest Column

By Miguel Mercado, MD



Miguel Mercado, MD
Urologist

Men's Health: More Than Just About Quality of Life

Most people are very much aware of the classic and important categories of risks to overall health: high blood pressure, high cholesterol, and diabetes. Unfortunately, many men ignore early warning signs and do not seek medical care until something is clearly wrong. By this time these disease processes could be late in their progression with irreversible detrimental changes.

However, male patients may be much more likely to seek care early when certain male functions begin to decline. Repeated commercials during sports events have cleared a path to discussing erectile dysfunction (ED) and overcoming a potentially embarrassing condition. This means many men will finally go to the doctor for the first time in their middle age. It is at this juncture the urologist can intervene to not only improve quality of life but also begin the discussion of overall health.

Much research supports the theory that ED can be an early sign of cardiovascular disease. After all, good blood flow is required both for the heart and that other all-important organ. Damage to blood vessels from cholesterol, high blood sugar, and high blood pressure greatly affects both. In my practice, we commonly work alongside primary care, internists, and cardiologists to treat the whole patient.

Another interesting and recently growing field is the treatment of low testosterone. Many men in middle age begin to feel tired more easily, see a decreasing ability to concentrate, experience muscle turning into fat, start to struggle with ED, and deal with a lower libido. All of these can be signs of low testosterone which can be easily treated by replacing this male hormone. As experts in our field, we also recognize that these symptoms can be caused by other conditions, and can help identify when the expertise of other specialties is required. Has the patient's quality of sleep recently changed, whether by lack of sleep or sleep interrupted by snoring? Is there a possibility of depression? Could there be a problem with the thyroid gland? Is there excessive stress? Are there issues in the emotional bond between partners in a relationship that in turn affect the physical bond?

Regardless of what symptom initially leads men in their middle age to seek the care of a urologist, when we work together to identify the cause, we explore the body in its entirety. By treating the patient holistically we can help them feel young while at the same time beginning the path to overall health.

Dr. Mercado is a practicing urologist at CHI St. Luke's Hospital–The Woodlands with a special interest in Men's Health, Robotic Surgery, and General Female and Male Urology. He is a graduate of Columbia University College of Physicians & Surgeons and specialized in Urology at Baylor College of Medicine. He is part of Texas Urology Specialists, P.A.