5 SMART Holiday Eating Tips

PAGE 2

Giving Meaning to TECHNOLOGY

PAGE 7

Find the hidden apple for your chance to win $50 in Chamber Bucks! Details on page 2.

Prescription for Bone Health

PAGE 8
Eat Smart this Holiday Season

What we eat affects our health, which makes eating smart an important habit. Now that the holidays are almost here, complete with an abundance of food, it’s the perfect time to follow some helpful tips.

Remember to eat and drink everything in moderation, and use these tips from the American Dietetic Association to help you enjoy yourself and be mindful of your health.

When you’re dining as a guest:

» Don’t skip meals to preserve available calories before a dinner party. If you’re overly hungry, you’re likely to eat more. Have a light, high-fiber meal or a snack such as fruit and lean meat before a party.

» Once at the party, survey the options and decide what you’ll eat the most of and those items that will be a small portion or just a taste, such as rich sauces, heavy desserts, or cream-based dishes.

When you’re cooking:

» Reduce cholesterol by substituting two egg whites for every whole egg.

» Replace whole-fat cheeses and other dairy products with reduced-fat or fat-free options.

» Use applesauce instead of oil or butter in some recipes. Be mindful that the more applesauce you use as a substitute, the more the texture or consistency of the dish may change.

Visit our website at www.famc.org for healthy holiday recipes.
Skilled Cancer Care with a Personal Touch

In 2011, approximately 230,480 cases of breast cancer will be diagnosed, according to the American Cancer Society. Ruth Garrison, 93, from Wahoo, Nebraska, never thought she would be a part of this statistic. In March, she found a lump in her breast.

“When I found the lump, I told my physician, who referred me for further testing,” Ruth says. The results verified it was cancer.

After meeting with Mohammed Zahra, MD, Radiation Oncologist on the Medical Staff at Fremont Area Medical Center, Ruth underwent a lumpectomy, a surgery to remove cancer in the breast, followed by six weeks of radiation therapy.

“Whenever we meet with a patient, such as we did with Ruth, we answer any questions he or she may have,” Dr. Zahra says. “In addition to providing personalized care, we offer three-dimensional radiation treatment planning with intensity-modulated radiation therapy (IMRT), which helps us keep community members close to home while fighting cancer.”

A Place of Healing and Hope

Being diagnosed with cancer can be an overwhelming experience for anyone. The FAMC Medical Staff is dedicated to offering high-quality, personal care in a warm and happy environment.

“I can’t say enough about my experience,” Ruth says. “If I was ever scared or had a question about a treatment or machine, the staff would explain things to me in positive, healing terms.”

While undergoing radiation therapy at FAMC, Ruth celebrated two special days: her birthday and the birth of her twenty-fifth great-grandchild, Daniella.

“Everyone was so kind,” Ruth says. “The staff celebrated right alongside me and my family, and they offered us so much support and love. Don’t be afraid. Rely upon those attending you whose primary concern is for your comfort and well-being; plus the marvels of modern medical technology are great.”

Visit www.famc.org to learn more about FAMC’s cancer care services.

Save the Date for Screenings

No one wants to receive a cancer diagnosis. However, when detected early, cancer can be highly curable.

“The fear associated with cancer is tremendous,” says Mohammed Zahra, MD, Radiation Oncologist. “However, cancer can be treated successfully, especially when detected by screenings and clinical checkups in the early stages. Patients should make time for these valuable screenings and talk with their physicians if they think something is not right.”

Dr. Zahra encourages all women to undergo a baseline mammogram by age 40. Women with a family history of breast cancer should speak with their physicians about earlier screenings.
Pulmonary Medicine Specialists is a group of eight Pulmonologists who provide services across the Omaha Metro area and now to the greater Fremont area.

The following physicians with Pulmonary Medicine Specialists, PC, joined the Fremont Area Medical Center Medical Staff earlier this year.

- James Bowers, DO
- Harvey Hopkins, MD
- Guillermo Huerta, MD
- Gary Koenig, MD
- Frank Mezzacappa, MD
- Sylvia Rael, MD
- Jonathan Spencer, MD
- Louis Violi, MD

All of these physicians are certified in pulmonary disease by the American Board of Internal Medicine.

Earlier this year, Fremont Area Medical Center welcomed eight Pulmonologists—physicians specializing in the treatment of lung diseases—to our Medical Staff, bringing expanded, full-time pulmonary care to residents of the surrounding area.

The physicians of Pulmonary Medicine Specialists, PC, of Omaha began practicing at the Fremont Medical Park Plaza on the east side of FAMC’s campus on July 5. In addition to treating individuals with a variety of conditions (See “What Is a Pulmonologist?”) on an outpatient basis, the pulmonologists—who serve as Medical Directors of our Respiratory Therapy Department, Pulmonary Clinic, and Sleep Center—also help other physicians care for critically ill individuals in the Intensive Care Unit (ICU) and those struggling with sleep disorders.

“We’re excited to have what we believe is the premier pulmonary group in Omaha,” says Brett Richmond, Vice President of Professional Services at FAMC. “Thanks to our partnership with these physicians, we are able to offer patients expanded pulmonary and sleep services coverage.”

Enhanced Availability

A member of Pulmonary Medicine Specialists is available for outpatient appointments at the Pulmonary Clinic Monday through Friday. Pulmonologists rotate to provide weekly coverage at FAMC, and during their time here, they also provide daily inpatient consultations and read and interpret pulmonary and sleep studies.

“My colleagues and I are excited about practicing at FAMC,” says Jonathan Spencer, MD, Medical Director of Pulmonary and Sleep Services at FAMC. “Our group has always planned to go where needed to be the best help we can be. This partnership allows us to bring our knowledge to FAMC, where the community will benefit from having additional physicians on staff.”

To schedule an appointment with a Pulmonary specialist, call (402) 727-3882. To contact the clinic directly, call (402) 941-7250. Also, visit our website at www.famc.org for more information about these physicians.

What Is a Pulmonologist?

Pulmonology is a subspecialty of internal medicine in which practitioners—called Pulmonologists—treat diseases of the lungs and bronchial tubes, which carry air into the lungs.

According to Jonathan Spencer, MD, Pulmonologist, people who are candidates to be treated by a Pulmonologist are those suffering from complex pulmonary diseases, including asthma, chronic obstructive pulmonary disease, and emphysema. Pulmonologists may also perform certain surgical procedures, such as those to obtain samples of lung tissue for biopsy or to visualize pulmonary blood vessels.
Patient Satisfaction on Call

Upgrades to the nurse call systems at Fremont Area Medical Center and A. J. Merrick Manor are providing patients and residents the peace of mind that only comes with a prompt and efficient response. These upgrades supplement rounding performed by nursing and other clinical staff.

FAMC upgraded the conventional nurse call system with the Responder® 5 to improve patient satisfaction and safety. In the past, when patients would press the nurse call button at the bedside, the action would ring to the central nurse station. As part of the established computer interface, the Responder 5 system automatically updates which cell phone or pager to contact based on patient assignments for each nursing shift.

“Whether patients need assistance to go to the bathroom or experience a change in their conditions, the Responder 5 system pushes the call to the appropriate staff member who can proceed directly to the patient, answering the call quickly and efficiently,” says Jayma Brown, RN, Assistant Vice President of Hospital Nursing at FAMC. “The sooner nurses can respond, the sooner patients get the assistance they need.”

Expanding Its Reach

The new call system has been in place for more than a year at FAMC. A. J. Merrick Manor upgraded in January 2011, with features customized to meet the needs of both residents and short-term patients.

“A voice-activated feature allows our short-stay residents to communicate their needs directly so the appropriate staff can respond promptly,” says Kim Flemming, Director of Nursing for A. J. Merrick Manor. “People in our 70-bed long-term units have a simpler version, bypassing various buttons that may be hard for them to see or push but still providing a direct line to their assigned caregiver.”

Patients at FAMC are urged to be the center of their healthcare team by asking any questions they may have. For more information, visit www.famc.org and search for “patient safety.”

“Now that we can monitor our progress with our new call system, each unit has goals to reduce response time with an opportunity for improvement. Hitting our goals each time reduces patient anxiety and ensures we are providing the best care.”

—Rachel Reiman, Administrator of A. J. Merrick Manor

Key Features of Responder® 5

Because patients and residents are at the forefront of all we do, our new nurse call systems have been implemented with them in mind. Here are a few of the many benefits of the new system:

• direct communication versus intermediary contact with nurses’ station
• options at the bedside route calls to the nurse, nurse technician, or other staff member assigned to respond to that patient and type of request
• tracking mechanisms to provide data about response times to show where improvement is needed or has been achieved
Welcome, Dr. Montoya

Fremont Area Medical Center recently welcomed a new physician to the Medical Staff.

Fremont Area Medical Center is pleased to welcome Paul Montoya, MD, Family Practice Physician, to the Medical Staff. Dr. Montoya received his medical degree from the Creighton University School of Medicine and completed his residency through the Lincoln Medical Education Partnership-Family Medicine Program.

He is board certified by the American Board of Family Medicine and is a member of the American Academy of Family Physicians.

Dr. Montoya has joined Prairie Fields Family Medicine with Thomas McKnight, MD, and Thomas Wolf, MD.

*Dr. Montoya can be reached at (402) 721-7077.*

Welcome, Julie Erickson

Fremont Area Medical Center would like to extend a warm welcome to its new Director of Home Health Care and Hospice—Julie Erickson, BSN, MS.

Possessing more than 20 years of experience in home health care, Erickson brings exceptional compassion, knowledge, and sharpened skills to her new role as Director of FAMC’s Home Health Care and Hospice. Home Health Care provides services to patients who are recovering from an illness or injury, while Hospice staff members care for patients with a terminal illness to ensure they have the highest quality of life possible.

**A Caring Heart, A Practiced Mind**

Erickson received her nursing degree from Lankenau Hospital School of Nursing in Wynnewood, Pennsylvania. She then pursued her Bachelor of Science in nursing at Thomas Jefferson University in Philadelphia, Pennsylvania, and her Master’s in Health Services Administration at University of St. Francis in Joliet, Illinois.

She most recently served as the Director of Professional Services for Innovative Senior Care Home Health and Hospice in Overland Park, Kansas. During her time as Director of Professional Services, Erickson was responsible for overseeing all aspects of clinical care of skilled intermittent home health.

Please join us in welcoming Erickson to the FAMC team.

*For more information about Home Health Care and Hospice care at FAMC, call (402) 941-7333 or visit our website at www.famc.org.*
The Next Step in Patient Care

As the healthcare industry evolves to meet the needs of the digital world, patient safety and quality of care must continue to be top priorities. To create a better patient experience, Fremont Area Medical Center recently upgraded the electronic medical record (EMR) system with the T6 Project.

FAMC first implemented an electronic medical record (EMR) system in 2005. In July 2011, FAMC enhanced this system with the T6 Project, a clinically driven program aimed to improve the quality and safety of patient care.

According to David Schieffer, MBA, T6 Project Manager at FAMC, the T6 Project represents six valuable components of care while implementing new systems at FAMC:

- accessibility
- patient-centered care
- easiness of processes
- effectiveness
- safety
- efficiency

“The enhancements delivered by the T6 Project enable a more comprehensive system of care for patients and providers,” Schieffer says. “This project allows for a more efficient exchange of data to create a better patient-centered care model. The initiative moves us one step closer to the capability to electronically exchange patient information among providers in the community.”

A Seamless System of Care

A major component of the T6 Project is the implementation of computerized provider order entry (CPOE). This system enables physicians to perform online order entry, a process that enhances patient safety and promotes more effective communication.

“The CPOE system has built-in logic that detects issues, such as a patient allergy to a prescribed medication or adverse drug interactions,” Schieffer says. “When a provider places the order electronically, the system alerts the user of any problems or potential risks for patients, thus reducing the margin of error and improving care for our community.”

Enhanced Patient Care

The T6 Project resulted in additional features, including immediate access to patient records and test results, electronic documentation of labor and delivery, and consolidation of clinical information specific to patients in various hospital departments.

“Our goal through the T6 Project is to provide enhanced patient care,” says Peg Kennedy, Vice President/Chief Nurse Executive at FAMC. “Our focus is to continue meeting the needs of the community and enable information to become more ‘real time’ and accessible.”

Visit www.famc.org for more information about news at FAMC.

“Implementation of the T6 Project really puts FAMC on the leading edge of healthcare. Electronic records are the wave of the future in medicine, and to be able to implement this project now puts our medical community well ahead of our national peers. While it is a large adjustment for physicians, nurses, and ancillary staff to complete tasks electronically that were previously completed on paper, it will pay large dividends in the long run with regard to patient safety and efficient healthcare delivery.” — James L. Sullivan, MD, Chief Medical Information Officer at FAMC
Nutrition and Your Bone Health

Don’t wait for an injury to occur to assess your bones’ health. Protect your skeleton with adequate nutrition, weight-bearing exercises, and a bone-density scan performed by age 50.

Consuming key nutrients, including calcium, vitamin D, and magnesium, is important for lifelong health and building bones. School-age children need the most calcium up to 1,300 mg per day; women ages 51 and older require 1,200 mg; and most other adults need 1,000 mg per day minimum.

The skin creates vitamin D when it’s exposed to sunlight. This process can be difficult in winter months, especially for people who work indoors or nights. Women require 600 to 800 international units (IU) or 15 to 20 mcgs per day; if pregnant or nursing it is 600 IU daily. The calcium requirement during pregnancy or while nursing goes up to 1,300 mgs per day, so it’s important to work with your physician to determine appropriate vitamin levels. Some may require larger amounts of vitamin D due to difficulty absorbing—this can be determined through blood testing.

“Vitamin D helps the body absorb bone-building calcium,” says Christopher L. Ihle, MD, Orthopaedic Surgeon on the Medical Staff at Fremont Area Medical Center. “Supplements should contain both calcium and vitamin D to work most effectively. Before you start taking supplements, particularly if you have a history of kidney stones, discuss individual recommendations with your physician.”

Get Moving

Weight-bearing exercises are an important component of bone health, especially when combined with proper nutrition. These exercises improve balance, coordination, and muscle strength, and they help tone muscles. Dr. Ihle recommends discussing personal risk factors with your primary care provider and then starting slow, working up to walking 20 minutes each day.

“People with arthritis can minimize the impact to painful joints by sticking with closed-chain exercises, such as walking in a pool, cycling, or using an elliptical machine,” Dr. Ihle says. “For people with moderate to severe joint pain, ask your physician about supplementing your diet with 1,500 mg of glucosamine and 1,200 mg of chondroitin sulfate daily.”

Visit www.famc.org for more information about orthopaedic services available through The Joint Center at FAMC.

You Are What You Eat

According to Christopher L. Ihle, MD, Orthopaedic Surgeon, there is an epidemic of sarcopenia—loss of muscle mass associated with aging—in our senior population. Inactivity and inadequate protein intake contribute to this condition, which increases seniors’ risk of bone frailty, falls, insulin resistance, and weight gain.

“To maintain healthy muscle mass levels, adults should consume 1.2 mg of protein per 1 kg of weight per day [1 kilogram = 2.2 pounds] and 1.5 mg of protein per 1 kg of weight per day to build muscle,” Dr. Ihle says. “People concerned about consuming adequate protein in their diets can obtain 20 mg to 40 mg per day through protein supplements. Talk with your physician for individualized protein recommendations.”
Watch for These Upcoming Events

**CHILDBIRTH AND INFANT CARE CLASSES**
To register for a class, or for more information about childbirth education classes, call (402) 727-3882.

Childbirth Prep Class (Monday)
Nov. 7, 14, 21, 28
6:30–8:30 p.m.

Childbirth Prep Class (Thursday)
Dec. 1, 8, 15, 22
6:30–8:30 p.m.

Childbirth Prep Class (Saturday)
Nov. 12
8:30 a.m.–noon

Baby Basics/Breastfeeding (Saturday)
Nov. 19
8:30 a.m.–noon

Baby Basics (Monday)
Dec. 5
6:30–8:30 p.m.

Baby Basics (Thursday)
Nov. 10
6:30–8:30 p.m.

Breastfeeding Class (Monday)
Dec. 12
6:30–8:30 p.m.

Breastfeeding Class (Thursday)
Nov. 17
6:30–8:30 p.m.

Mommy & Me
Nov. 2, 16, Dec. 7, 21
10–11 a.m.

**SUPPORT GROUPS**

American Chronic Pain Association
(402) 727-3439
Meets the first and third Mondays of each month from 7–9 p.m.

Living with Diabetes Support Group
(402) 727-3355
Oct. 25, Nov. 29
6–7:30 p.m.

Breast Cancer Support Group
(402) 727-3439
Meets the second Monday of each month from noon–1 p.m.

Celiac Sprue Support Group
(402) 727-3439
Meets the fourth Wednesday of each month from 6:30–8:30 p.m.

Compassionate Friends Support Group
(402) 727-3439
Meets the second Thursday of each month from 7–9 p.m.

Fibromyalgia and Chronic Fatigue Support Group
(402) 727-3439
Meets the fourth Monday of each month from 7–9 p.m.

Grief Support Group
(402) 727-3663
Nov. 17
7–9 p.m.

Leukemia & Lymphoma Support Group
Call (402) 727-3439 to register.
Oct. 20, Nov. 17, Jan. 19
11:30 a.m. to 12:30 p.m. (lunch provided)

Look Good...Feel Better
Individual sessions are available by calling (402) 727-3580.
Provides women with a free bag of makeup and a makeover, tips about wig care, and guides about appearance-related side effects to cancer treatment.

National Alliance for Mental Illness (NAMI) Support Group
(402) 727-3439
Nov. 8, Dec. 13
6:30–8:30 p.m.

Prostate Cancer Support Group
Nov. 15
7 p.m.
Clarion, Cabin Creek Room
(402) 727-3439 or email prostatesupportfremont@hotmail.com

Rainbow Grief Support Group (Ages 6–18)
(402) 727-3439
Oct. 24, Nov. 7, 15
4–5 p.m.

**SCREENING PROGRAMS**
No registration necessary.

Blood Pressure Screening
Fremont Family YMCA
Nov. 15, Dec. 13, Jan. 10
8:30–10:30 a.m.

Fremont Mall
Nov. 15, Dec. 20, Jan. 17
8:30–10:30 a.m.

HyVee
Oct. 26, Nov. 23, Dec. 21
8:30–10:30 a.m.

Community Wellness Blood Draw
Gilford Tower
Nov. 30
6:30–9 a.m.
No appointment is necessary.
Fremont Family YMCA
Jan. 18
6:30–9 a.m.
No appointment is necessary.

Screenings Available at Community Wellness Blood Draws:
Wellspring blood profiles—$30
Thyroid-stimulating hormone (TSH) test—$15
Prostate-specific antigen (PSA) test—$15
Glycated hemoglobin (HgbA1C or A1c) for diabetes management—$15

A 10- to 12-hour fast is recommended for ideal results. Take medications as scheduled unless directed differently by your physician. You can drink water or black coffee. Tests are offered at a reduced fee and cannot be filed through health insurance. Cash or personal check accepted at time of service. Screenings are not intended as a substitute for regular medical exams.

**EVENTS**

Girls’ Guide to Nabbing a Doctor
A women’s event for meeting a primary care physician to help manage your health.
Oct. 25
5:30–7:30 p.m.
Christensen Field

Prescription Drug Take-Back Day
Oct. 29
10 a.m.–2 p.m.
FAMC Main Lobby

The Halloween Scene Trick-or-Treating Event
Oct. 30
3–4 p.m.
FAMC East Lobby

AgeLess Prevention Connection
(402) 727-3844
Nov. 16, Jan. 18
Visit our website at www.famc.org for monthly program topics or information about joining AgeLess.

Keeping Well in Mind, Body, and Spirit
(402) 727-3882
Dec. 13
5:15–6:30 p.m.
This is a free educational program for adults facing cancer, either personally or as a friend or family caregiver.

Men’s Health Seminar
(877) 433-2873
Presented by Ansar Khan, MD, Urologist.
Nov. 9
6–7:30 p.m.

Women’s Health Seminar
Presented by Ansar Khan, MD, Urologist.
Nov. 2
6–7:30 p.m.

Prediabetes Class
(402) 727-3355
Nov. 3
6–9 p.m.

Kicking It with Saint Nick Holiday Open House
Dec. 15
5–7 p.m.
FAMC East Lobby

Most programs are free of charge, unless noted otherwise. Call the number listed or visit our website at www.famc.org to register. All events take place in Health Park Plaza, third floor, unless otherwise specified.

www.famc.org • Healthline [9]
Book Signing Event Benefits Hospice Suite Project

Jim Higley, Fremont native and author of “Bobblehead Dad,” held a book-signing event on Saturday, July 9, at the Blue Bottle Coffee House. Jim’s book has been listed on the top 10 list of Motivational books on Kindle. The FAMC Foundation received a $1,000 donation from the event made possible by the Bob and Arlis Higley family. The donation will benefit the Hospice Suite Project.

Meet Our New Foundation Director

Fremont Area Medical Center’s Foundation works year round to raise funds to improve the care offered at FAMC. This August, Hannah Bretz stepped into the Foundation Director role to lead these fundraising efforts.

In reflecting on her arrival at FAMC, Bretz said, “I hope to continue and accelerate the success of the FAMC Foundation, and I am excited to contribute to FAMC’s dedication to compassion, respect, integrity, teamwork, and innovation.”

Before joining the FAMC Foundation, Bretz served as Major Gifts Officer at Drake University Law School, where she worked to advance the school’s mission and educational programs through the engagement of alumni and the professional community. Bretz also worked as a Teaching Artist in the Drake University Community School of Music. She holds a Bachelor of Arts Degree from the Chicago College of Performing Arts at Roosevelt University.

To learn more about the FAMC Foundation, visit www.famc.org and click “Give to FAMC.”
A Foundation for Future Generations

Fremont Area Medical Center is dedicated to providing for the health of our communities for generations to come. This is often made possible because of generous contributions from local businesses, individuals, and various organizations.

The Fremont Area Medical Center Foundation serves as the vehicle to accept donations for Fremont Area Medical Center. Despite being county-owned, FAMC does not receive funds from taxes or the county.

According to a recent study released by HealthGrades, a top healthcare ratings agency, FAMC ranks among the top 5 percent of U.S. hospitals for patient safety, and it remains one of the most technologically advanced healthcare providers in Nebraska. While continually meeting and exceeding patient expectations, FAMC remains loyal to the community and its staff. These milestones have been made through the support of the community.

Helping the Foundation, Helping the Community

The gift of unrestricted funds allows FAMC to address the most immediate needs of the hospital. A local volunteer Board of Directors manages the Foundation’s financial gifts and ensures the funds are used for the enhancement of the Medical Center.

Ways and Means

There are many ways you can contribute to the success of the Foundation’s mission to enhance and expand the services of Fremont Area Medical Center. Participate in the Foundation’s annual Golf Tournament or Wine Tasting, make an honorary or memorial donation, directly give to support funds that aid health and wellness programs in our community, and more. Through the FAMC Foundation, your gift will leave a lasting legacy.

In an effort to make giving to the Foundation even easier, look for a new credit card portal scheduled to be unveiled in October on the Medical Center’s website—www.famc.org—that will enable you to make a donation online, any time, any place.

For more information about the Fremont Area Medical Center Foundation or how to make a donation, email Hannah Bretz at hbretz@famc.org or call (402) 727-3566.

Nonprofit hospitals continually have lower healthcare costs and mortality rates than for-profit hospitals, despite being dependent on charitable contributions.
One woman in eight either has or will develop breast cancer in her lifetime. **Early detection is the best protection.**

The best way to beat breast cancer is to detect it early – and one of the most effective methods is annual screening mammograms.

The American Cancer Society recommends women 40 and over have a screening mammogram every year. If it’s time for your mammogram, please call your physician’s office or Fremont Area Medical Center at (402) 727-3882.

For more information about breast cancer or digital mammography, please visit us online at www.famc.org.

The American Cancer Society recommends women 40 and over have a screening mammogram every year. Women at higher risk should talk to their physician about when to start screening for breast cancer.

**Your Early Detection Plan**

**Beginning at age 20:**
Perform breast self-exams and look for any signs of change.

**Age 20 to 39:**
Schedule clinical breast exams every three years.

**By the age of 40:**
Have a baseline mammogram and annual clinical breast exams.

**Ages 40 to 49:**
Have a mammogram every one to two years depending on previous findings.

**Ages 50+:**
Have a mammogram every year.

**All Ages:**
Maintain a healthy weight, follow a low-fat diet, get regular exercise, quit smoking, and reduce alcohol consumption.