

InTouch

THE MAGAZINE OF DETAR HEALTHCARE SYSTEM

**The right
physicians
for you**

Meet our newest
medical staff
members

**Move your body
to build your mind**

**Living well with
heart disease**

**DeTar's
30-Minute
ER Commitment**

**Are you
healthwise?
Take our quiz!**

 **DeTar HEALTHCARE SYSTEM**
More than care. Commitment.

www.detar.com



Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.** Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.
- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.



William R. Blanchard, FACHE
Chief Executive Officer

Dear neighbors,

Like most businesses, hospitals measure all types of results. In fact, we have a saying around the DeTar Healthcare System: “If it’s not measured, it’s not managed.” I believe reviewing our processes and addressing opportunities for improvement is why the DeTar Healthcare System has been able to consistently provide enhanced healthcare to our community for

more than 84 years. To help us continue our efforts, we carefully examine the level of care we provide, the skill of our practitioners and the satisfaction of our employees, patients and physicians. Our results are in, and we had an exceptional year!

MAKING THE GRADE

The national Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey helps us gauge our current performance and identify opportunities to improve the service we provide. You, our patients, have rated our overall performance a 9.28 on a scale of one to 10, with 10 being the highest possible score. We’ll continue our quest to reach that perfect 10.

Research shows us that patient safety and satisfaction are both heavily influenced by employee satisfaction, so I was excited to see the results of the employee satisfaction survey. Employees gave the

DeTar Healthcare System an overall score in the 93rd percentile. We also found that 90 percent of our employees view the DeTar Healthcare System as one of the best places to work in our community, and 95 percent plan to stay with the organization over the next several years. With employee satisfaction at this level, we know you’ll continue to receive the level of healthcare you expect from the DeTar Healthcare System.

LIFESAVING CARDIAC CARE

If you haven’t seen enough numbers yet, I’d like to tell you about one more area where we’re excelling. Thanks to the dedication of our board-certified interventional cardiologists and our entire heart team, DeTar Hospital Navarro outperforms national door-to-balloon standards—a specific measurement of heart attack treatment times. The interval begins upon the patient’s arrival in the emergency department and ends with the inflation of a balloon catheter in the patient’s blocked artery. Our performance means heart attack patients at DeTar Hospital Navarro receive lifesaving treatments even faster than national guidelines recommend. So if you experience chest pain or other heart attack warning signs, choose DeTar Hospital Navarro for a rapid response.

Thank you for your support.

Regards,

WILLIAM R. BLANCHARD, FACHE
Chief Executive Officer
DeTar Healthcare System

The numbers say it all!

Hospitals grow and thrive through the satisfaction of customers, including physicians, employees, patients and visitors. At the DeTar Healthcare System, we welcome your comments and would like to share our results:

- Our patients rated our overall performance a 9.28 on a scale of one to 10.
- 90 percent of our employees view us as one of the best places to work.
- 95 percent of employees plan to stay with us over the next several years.



MEET OUR NEWEST MEDICAL STAFF MEMBERS

We're pleased to introduce three physicians who've joined the medical staff of the DeTar Healthcare System. These skilled professionals offer the expertise that will complement our talented staff and help us maintain our goal of offering you enhanced healthcare.



MARY LOU FRAGILE, D.O.
Family Medicine

**Crossroads Family Care
Associates**
601 E. San Antonio St.,
Suite 401 W
Victoria
(361) 485-1885

Mary Lou Fragile, D.O., a family medicine physician, has joined Kamran Bhatti, M.D., at Crossroads Family Care Associates.

Board certified in family medicine by the American Board of Family Medicine and the American Osteopathic Board of Family Physicians, Dr. Fragile received her medical degree from West Virginia School of Osteopathic Medicine in Lewisburg, W.Va. We're impressed with the skill and knowledge Dr. Fragile brings to our medical staff, and we believe you'll be equally impressed with the level of care she brings to you. Dr. Fragile is now accepting new patients. Call **(361) 485-1885** to schedule your appointment.



MICHAEL J. FINGER, M.D.
Urology

2501 N. Navarro
Victoria
(361) 573-6351

Michael J. Finger, M.D., a dedicated board-certified physician, brings a great deal of experience to our community, having enjoyed a long and distinguished career. First in his graduating class at Georgetown University in the District of Columbia, Dr. Finger completed his urology training at Walter Reed Army Medical Center in the District of Columbia. He served 20 years in the Army, during which time he was chief of urology at Fort Belvoir, Va. Dr. Finger is now accepting new patients. Call **(361) 573-6351** to schedule your appointment.



DIRK SIGTENHORST, M.D.
Cardiovascular and
Thoracic Surgery

605 E. San Antonio St.,
Suite 510 E
Victoria
(361) 572-4750

Board certified in cardiovascular and thoracic surgery by the American Board of Thoracic Surgery, Dirk Sigtenhorst, M.D., provides enhanced care with skill, compassion, dignity and respect. Dr. Sigtenhorst completed his undergraduate work at Texas A&M University in College Station and earned his medical degree from the University of Texas Southwestern Medical School in Dallas before completing residency programs at the University of Texas Health Science Center at San Antonio and the University of Louisville School of Medicine in Louisville, Ky. Before joining DeTar's medical staff, this native Texan practiced for 14 years in Longview.

If you or someone in your family needs heart, lung or other vascular surgery, trust the DeTar Healthcare System and Dr. Sigtenhorst to get you back to good health. To learn more, talk with your primary physician for a referral, or call **(361) 572-4750** for an appointment.

For a list of physicians by specialty, visit www.detar.com.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



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DeTar's 30-Minute ER Commitment

Patients at emergency rooms (ERs) across the country are experiencing increased wait times. But since April, patients arriving at ERs at either DeTar Healthcare System campus have experienced our 30-Minute ER Commitment. The staff throughout the DeTar Healthcare System is dedicated to providing quality care as efficiently as possible.

"We tracked patient wait times over several months and found that the vast majority of patients were being seen within 30 minutes, so we were confident we could commit to this pledge," says William R. Blanchard, FACHE, DeTar's chief executive officer.

Time of arrival is noted as soon as the patient checks in with our ER reception area staff and is monitored from that point forward. The physician visit time is documented as soon as the patient assessment begins.

IMMEDIATE ATTENTION

Since all ER visits are treated based upon the nature and severity of the illness or injury, duration of the visits will vary. However, we promise to do everything possible to ensure all patients are evaluated and treated by a physician within 30 minutes of their arrival. The most severe cases will always receive immediate attention.



DeTar does all this without compromising quality. It's not our objective now, nor will it ever be, to "rush" patients through the ER. Our process improvements focus on getting patients into a room as quickly as possible and enabling our medical staff to begin their assessment and treatment in a timely manner.

We're pleased to report that since the 30-Minute ER Commitment was established, DeTar ERs have consistently averaged door-to-physician times of 30 minutes or less.

We're here for you!

The 30-Minute ER Commitment is offered only at the DeTar Healthcare System.

For more information about DeTar's ERs, visit our Web site at www.detar.com.