

Get healthy in 2012

Getting regular checkups and screenings is the best thing you can do to protect your health. That's because when problems are found early, there's a better chance for a successful treatment. Even if you feel fine, it is still important to see your healthcare provider regularly to check for potential problems.

There are specific times when you should see your healthcare provider. Age-specific guidelines are as follows:

For both men and women:

• Blood pressure screening:

- Have your blood pressure checked every 2 years unless it is 120-139/80-89 Hg or higher. Then have it checked every year.
- If the top number (systolic number) is greater than 130 or the bottom number (diastolic number) is greater than 85, call your doctor.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be monitored more closely.

• Cholesterol screening:

- Women age 45 and older should be checked every 5 years.
- Men age 35 and older should be checked every 5 years.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be monitored more closely.
- Some individuals should consider taking aspirin to prevent heart attacks but always check with your physician first.

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Parkview Noble Hospital gives \$137,250 to area organizations

Parkview Noble Hospital has identified nine compatible organizations in Noble County to receive a share of approximately \$137,250 in Community Health Improvement funds for 2012. The organizations meet the hospital's guidelines for being able to work collaboratively and proactively to improve the health of the community, are:

- Cancer Services of Northeast Indiana
- Cole YMCA
- Common Grace

- Drug Free Noble County
- LEAP of Noble County
- Life and Family Services
- Noble County Association for Retarded Citizens, Inc.
- Noble House
- Noble Transit

To be eligible, the organizations demonstrate how they address specific community health needs and show that they are able to measure the specific improvements their programs contribute to community health.

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Parkview Noble Hospital recently handed out \$137,250 in funding to several community agencies the hospital is partnering with in 2012. Those celebrating the recent distribution of funds include, front row from left Casey Weimer, Cole YMCA; Anita Pattison, Life and Family Services; Debi Pfaffenberger, Noble House; Denise Lemmon, LEAP; Becky Calhoun, Drug Free Noble County; Tai Felger, coordinator, Parkview Community Health; back row from left, Lonnie Waltenberger, Foundations; Gregg Parker, Noble Transit; Dave Hunter, Parkview Noble Hospital COO; and Dan Barker, Common Grace. Missing from the photo was Amber Recker of Cancer Services of Northeast Indiana.

COMMUNITY CALENDAR

In keeping with Parkview Noble Hospital's mission to improve the health of our community, we offer classes, special events and community support groups on a variety of topics. For more information, call Parkview Noble at 260-347-8161 or toll free at 888-737-9311, ext. 78161.

CLASSES

Managing Your Diabetes

March 6 and 7; 5 – 8 p.m.

April 3 and 4, 9 a.m. – Noon

May 1 and 2, 5 – 8 p.m.

Topics discussed include blood sugar testing, how food affects your blood sugar, foot care, medication education, complications and more. Pre-registration required; call (877) 225-5747.

Lactation Class

This free class features instruction on breastfeeding and is geared to helping mothers get off to a good start. Classes scheduled as needed. Call (260) 347-8345 for an appointment.

Childbirth Class

This free class is for new moms as well as moms desiring a refresher course. Partners are welcome too! Call (260) 347-8345 to pre-register.

Sibling Class

This class teaches children ages 4 through 8 about their role as a new big brother or sister. A parent or adult family members needs to attend. Call (260) 347-8345 to pre-register.

Crib Class

Prospective parents are encouraged to attend this free class to learn about SIDS, crib safety and starting good sleep habits for their newborn. Call (260) 347-8345 to pre-register.

Parenting Class

This free class helps new parents care for their newborn. Topics include car seat safety, feeding, infant CPR, choking and more. Call (260) 347-8345 to pre-register.

SPECIAL EVENTS

Noble County Health Fair

Saturday, March 17, 7 – 11 a.m.

Central Noble High School
Parkview Noble Hospital, and Purdue Extension, co-sponsor this event which features numerous displays on health topics and offers reduced-cost blood tests. For more information, call the Purdue Extension office at (800) 601-5826.

Parkview Noble Hospital Rehab Bike Safety Rodeo

Saturday, Apr. 28, 8:30 a.m.

Parkview Noble Rehab parking lot

402 Sawyer Road, Kendallville

Join in the fun riding a bicycle obstacle course and learn about bike safety at the same time. Reservations required. Call (260) 347-8824 or toll free at (888) 737-9311, ext. 78824.

Save the date!

Parkview Noble Hospital Foundation Golf Classic

Thursday, May 31, 12:30 shotgun start

Cobblestone Golf Course

Get your foursome together for this fun and worthy golf benefit. Contact Foundation director Jane Roush at (260) 347-8809 for more information or to register your team.

SUPPORT GROUPS

Breast Cancer Support Group

March 10, April 14 and May 12, 10 a.m.

Noble 2 meeting room

This group is for breast cancer survivors, women currently battling breast cancer, as well as their family members and friends. (260) 351-3275 or (260) 318-4775.

Parkinson's Disease Support Group

March 13, April 10 and May 8; 6:30 p.m.

Rehab Office, 402 Sawyer Road

Patients with Parkinson's, their friends, family members, caregivers and more are welcome.

Call (260) 347-8824 or (888) 737-9311, ext. 78824.

Stroke Survivors Group

March 20, April 17 and May 15; 6:30 p.m.

Rehab Office, 402 Sawyer Road

Persons who have survived a stroke and would like to share their experiences and resources.

Tips are welcome. Call (260) 347-8824 or (888) 737-9311, ext 78824.

Parkview Noble Diabetes Support Group

March 27; 10 – 11 a.m.

April 24, 6:30 – 7:30 p.m.

Diabetes Education Room, lower level

This support group offers people with diabetes an opportunity to share ideas.

“Corned” Beef and Cabbage

A flavor-filled remake of a St. Paddy's Day favorite – now low-sodium and gluten-free!

4 lbs. lean beef brisket

¼ cup dark brown sugar

1 cinnamon stick

1 tsp. black peppercorns

10 whole cloves

2 bay leaves

1 tsp. each: dill seeds, mustard seeds, ground ginger

½ tsp. each: ground allspice, cardamom, mace

1 head cabbage, quartered

6 red potatoes, quartered

4 large carrots, peeled and quartered

2 parsnips, peeled and quartered

2 onions, chopped

1. Trim visible fat from brisket. Place in a large pot with spices and add water to cover. Bring to a boil and then reduce to a simmer. Cover and cook for 4 hours.
2. Add potatoes, carrots, parsnips and onions to the pot. Let beef and vegetables simmer for another 40 minutes. Add cabbage and cook for 20 minutes more.
3. Transfer corned beef to platter and slice across the grain. Drain vegetables and add to platter. Serves 12.

Nutrition per serving:

489 calories; 16 g total fat; 6 g saturated fat; 140 mg cholesterol, 153 mg sodium; 36 g carbohydrate, 7 g fiber; 11 g sugar; 50 g protein. Excellent source of vitamins A and C.



- **Diabetes screening:**

- Women age 45 and older and pregnant women at high risk should be checked at that time and every three years after that.
- If your blood pressure is above 135/80, your health care provider will test your blood sugar levels for diabetes.

- **Colon cancer screening:**

- Fecal Occult blood test every year starting at age 50.
- Flexible sigmoidoscopy every 5 years starting at age 50.
- Colonoscopy every 10 years starting at age 50
- Double-contrast barium enema every 5 years starting at age 50
- CT colonography (virtual colonoscopy) every 5 years after age 50.
- People with risk factors for colon cancer such as ulcerative colitis, a personal or family history of colorectal cancer, or a history of large colorectal adenomas may need a colonoscopy before age 50 and more often.

- **Osteoporosis screening:**

- All postmenopausal women with fractures should have a bone density test (DEXA scan).

- Women under age 65 who have risk factors for osteoporosis should be screened.
- All men ages 50 to 70 with risk factors for osteoporosis should discuss screening with their doctor.

For Women Only

- **Breast exams:**

- Beginning in their early 20s, women should do a monthly breast self-exam.
- Women should contact their doctor immediately if they notice a change in their breasts, whether or not they do self-exams.
- For women in their 20s and 30s, it is recommended that a clinical breast exam be performed by a healthcare provider every three years.
- Women age 40 and older should continue to receive a clinical breast exam as part of a periodic health exam, annually.

- **Mammograms:**

- Women age 40 and older should have a mammogram every year to check for breast cancer.

- **Pelvic exam and Pap smear:**

- Cervical cancer screenings (pap smears) should begin approximately three years after a woman becomes sexually active but no later than age

21 and should be done annually.

- Pelvic exams may be done more often to check for other disorders.
- For women who experience a normal Pap result three times in a row, check with your doctor. He/she may recommend performing a Pap smear only once every 3 years.
- Women who have had a total hysterectomy (uterus and cervix removed) may choose not to have Pap smears.

- **Endometrial:**

- Women at the time of menopause should be informed about the risks and symptoms of endometrial cancer and are strongly encouraged to report any unexpected bleeding or spotting to their physician.

For Men Only

- **Prostate cancer screening:**

- Most men age 50 or older should discuss screening for prostate cancer with their healthcare provider. African-American men and those with a family history of prostate cancer should start screening at age 45.
- During screening, a PSA blood test is done.

Occupational Therapist seeing patients in Ligonier

Parkview Noble Hospital occupational therapist Kimber Novak, OTR, has begun seeing patients at the Parkview FirstCare office in Ligonier.

Novak is in the Ligonier office from 9 a.m. to noon on Tuesdays and Thursdays.

Occupational Therapy primarily addresses the needs of people with injuries or illnesses involving the upper extremities such as shoulder, elbow, wrist and hand. The main focus is to evaluate and improve the patient's ability to function and do what they did prior to injury. Occupational therapy addresses a variety of conditions — including pre-and post-surgery conditions; sprains and strains; sports injuries; work-related injuries; arthritis; stroke; brain injury and more.

Parkview Noble Physical Therapist Jennifer Ferrell-Tester, PT, began seeing patients needing physical therapy in the Ligonier office in May of 2009. As the demand has increased and Ferrell-Tester has gotten busier, the need became such that a second therapist was needed in Ligonier, explained Outpatient Rehabilitation manager, Julie Desper, MA, CCC-SLP.



Kimber Novak and Jennifer Ferrell-Tester

You're invited

Public Tours of
Parkview Regional
Medical Center

Saturday, March 3, 2012
11:30 a.m. – 2:30 p.m.

Sunday, March 4, 2012
12:30 – 3 p.m.

Please enter through Entrance 1.
Then enter at the main entrance and
lobby area for the tours.

11109 Parkview Plaza Drive
Fort Wayne

*Near the intersection of I-69
and Dupont Road*



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residents on the western side of Noble County,” Desper added.

Novak said Ferrell-Tester, who sees patients in Ligonier on Mondays, Tuesdays and Thursdays, has been treating a number of patients with shoulder pain and she expects that to continue to be a need as she starts practicing in Ligonier. “Shoulder pain is a big issue among many people,” she said. “Often the pain can be reduced or relieved with therapy and exercises.”

While new to Ligonier, Novak is not new to Parkview, having worked for 14 years with Parkview and 18 years total as an occupational therapist.

“I enjoy what I do,” Novak added. “It gives me pleasure to see the patients feel better and resume their life and activities. This may mean they are able to return to work for an adult or return to school or school sports for a teen. Whatever stage in life they are in, I’m happy to be able to help them reach their therapy goals.”

A physician referral is required for a patient to be seen at the Ligonier office for occupational and physical therapy. For more information, call the Parkview Noble Outpatient Rehabilitation office at (260) 347-8824 or (888) 737-9311, ext. 78824.

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“I am pleased that we are able to give these funds to these agencies. I personally know many of the leaders and am aware of the great service they provide to the residents of Noble County,” commented Parkview Noble Chief Operating Officer Dave Hunter. “This is important for us to identify and work with organizations in our area who share our mission of seeking to improve the health of the residents of our communities.”

As the community’s only non-profit hospital, Parkview Noble Hospital supports the local community through gifts to area agencies. The hospital’s Community Health Improvement Program is funded annually through a portion of the hospital’s operating margin.