

# HealthLines

## What Women Want

*New imaging center to feature digital mammography*

What do women want when it comes to health care? Most women expect convenience, comfort, privacy and compassion. In addition, women want access to the best physicians and the most up-to-date technology. Now area women can have it all when Margaret Mary Community Hospital opens its new Women's Imaging Center this summer.

Conveniently located on the first floor of the hospital, the center will offer specialized diagnostic services including mammography, pelvic and breast ultrasound and bone density testing.

The décor and setup of the new women's center has been designed with a woman's tastes and needs in mind. Knowing that diagnostic tests can create anxiety and stress, we designed the center to be a calming environment complete with relaxing music, comfortable bath robes and artwork taken by local photographers.

To provide greater privacy and convenience for women, the center also has its own separate entrance.

"Women receiving a mammogram or ultrasound don't necessarily want to run into a neighbor or other acquaintance while in the hospital," said Beth Linville, Mammography Technologist. "The separate entrance allows women to get the services they need without having to register in the main lobby or pass through hospital hallways."

New to the women's center is the addition of digital mammography. A digital mammogram uses compression and x-rays to image the breast, but instead of capturing the image on film (as with traditional mammography), the image is captured to a computer as a digital image.

"From a physician's perspective, digital mammograms are faster

*Women's Imaging Continued on Page 2*



*Mammography Team: Beth Linville, Mammography Tech; Radiologist Doug Bruns, DO; Donna Sauley, Breast Health Navigator; Radiologist James Brownne, MD; and Louise Bishoff, Mammography Tech.*

## Meet Our New President

### Timothy Putnam

Having served as CEO for a 39-bed hospital in Aledo, Illinois for the past six years, I'm very familiar with how small community hospitals work. Before coming to Batesville, I had heard positive comments about Margaret Mary Community Hospital. After spending several months here, I've been impressed from top to bottom. I'm impressed with the quality of our team members, with our state-of-the-art facilities and by the capabilities of our physicians.

Growing up in Lynnville, Indiana, I'm proud to say I'm a native Hoosier. I've always chosen to raise my family in a smaller town and believe there's a real sense of camaraderie that can only be found in a small community. My wife, Sara, and I have been married for 25 years and we have four daughters. We are all looking forward to making southeastern Indiana our home.

Meeting new people in this area, I've noticed many of them take great pride in our hospital. It is my goal to ensure that MMCH continues to offer the same compassionate, quality care you've come to know in the past.

When you need medical attention, we understand you need a hospital you can trust. It is our goal to gain your confidence – beginning with the registration process all the way through recovery. We hope you'll choose MMCH as your partner in health. If you have any comments or suggestions, feel free to contact me at [tim.putnam@mmch.org](mailto:tim.putnam@mmch.org) or (812) 933-5118.

**Best regards,**

*Tim Putnam*



# Freedom to Enjoy Life

When Mary Stephens of Batesville couldn't walk out to her barn without her knee hurting, she knew she had to do something. The arthritis in Mary's knee was keeping her from doing the things she loved most.

"Nothing seemed to help my knee," said Mary. "In my free time, I enjoy gardening, and taking walks around my property, but it had gotten to the point where I couldn't even do that. The arthritis caused me to limp, and I had trouble getting up and down."

Having had a successful total knee replacement on her left knee in 2001, Mary decided it was time to have surgery on her right knee. Fortunately, when she met with Thomas Carothers, M.D. of TriState Orthopaedics and Sports Medicine, she found out her knee could be fixed with partial knee replacement surgery at



*Thanks to her knee replacements, Mary Stephens works in her garden without pain or discomfort.*

MMCH. A partial knee replacement involves resurfacing only the damaged area of the knee, while preserving the unaffected portions and retaining the ligaments that are critical to retaining normal feel.

"I can definitely tell my right knee is more stable as a result of doing the partial knee replacement," said Mary. "My recovery was also quicker. I had the surgery in January of 2008 and was back working in my garden in the spring. I can do everything I did before. Most days I get up and go without realizing I even had surgery."

The board-certified surgeons of TriState Orthopaedics have been affiliated with MMCH for more than 25 years. Together with the MMCH rehabilitation staff, they provide comprehensive care for patients with acute and chronic joint and muscle pain.

## Podiatrist Joins Medical Staff

MMCH welcomes Amy Jelinek, Doctor of Podiatric Medicine and a Certified Wound Specialist, to its medical staff. Dr. Jelinek has

completed a three-year Podiatric Medical and Surgical Residency at the North Chicago VA/St. Joseph Hospital in Chicago, Ill. She is also a Board Qualified Podiatric Surgeon by the American Board of Podiatric Surgery. Dr. Jelinek is surgically trained in diabetic wound care, bunion surgery, flatfoot

reconstruction and trauma. She is also ankle arthroscope certified by the American College of Foot and Ankle Surgeons.

Dr. Jelinek accepts Medicare patients and is a provider in the Medicare diabetic shoe program. To schedule an appointment, call (812) 663-3005.



*Amy Jelinek, DPM*

## Women's Imaging

*Continued from front page ...*

because we no longer have to wait for the film to be developed," said Radiologist James Browne, MD. "Digital mammography also makes viewing images easier because my computer monitor enables me to zoom in, adjust the image brightness or change the contrast as needed."

Physicians also benefit from digital mammography because it allows for faster delivery of medical images. Since digital mammograms are stored in computers, they can easily be sent electronically to other health care professionals for analysis.

Despite the advantages of digital mammography, Dr. Browne encourages women to have their annual mammograms whether digital or film.

"Both forms of mammography have high success rates in detecting breast cancer," said Dr. Browne. "Digital mammography, however, has been proven to be more

successful at detecting cancer in women who are under 50 years old, premenopausal or have dense breast tissue."

For women who find out they have an abnormal mammogram, MMCH's women's center has a Breast Health Navigator on staff. Donna Sauley, RN, can answer questions and provide support for women who have been told they

need a breast biopsy or have breast cancer.

"Knowing what resources and services are available and being able to access them can be a challenge for anyone facing breast cancer," said Sauley. "It's my job to help

patients and their families understand their treatment options and get the care they need."

The new Women's Imaging Center, as well as our newly renovated Emergency Services Department, will be completed this July. In celebration of its opening, an open house will be held for the public. Stay posted for more details.



## About our Pediatric Services

# Helping Kids be Kids

At MMCH, we believe that kids should be kids. We want them to run, jump, play, use their imaginations and do all the things kids like to do. That's why we offer a variety of pediatric programs designed with a child's unique needs in mind. At MMCH, we're committed to improving the quality of life for every child.

## Therapy and Rehab

Our professional therapists help children improve their day-to-day function, as well as their self-esteem and overall independence. Through positive reinforcement, they use a variety of creative techniques that challenge children while they have fun.

Children receiving therapy are seen at the Outpatient Rehabilitation Center on State Road 129. Pediatric therapy is divided into three categories - physical, occupational and speech. While some children may only need one form of therapy, others may benefit from a combination of all three. Our pediatric therapists see patients in a dedicated treatment room designed just for kids.

If you're child needs **occupational therapy**, our therapists can help improve the fine motor skills your child needs for handwriting and self care, as well as the skills needed for play and daily activities.

Children receiving **physical therapy** will spend the majority of their time maximizing their ability to move. Our physical therapists can help your child improve their motor skills, balance, coordination, strength and endurance.

If your child is in need of **speech therapy**, our therapist can help your child improve his or her ability to communicate wants and needs. Our speech therapists can help children with articulation or language delays.

Our pediatric therapists are licensed, certified and experienced in pediatric treatment and rehabilitation. They have completed special training to help children with developmental delays, genetic syndromes, Cerebral Palsy, Spina Bifida, Autism, Torticollis, Attention Deficit Disorder and sports injuries. To learn more about our pediatric therapies, call (812) 934-6199.



Jessica  
McKittrick, Age 8

"I'm very happy with Jessica's therapy and rehab. The staff knows her and everyone is so friendly. I also appreciate the flexible scheduling. They see Jessica four days a week and they always work around her school schedule."  
-Becky McKittrick

## Pulmonology

MMCH's pediatric pulmonology clinic treats children with asthma and other conditions of the airway and pulmonary system. Carolyn Kerckmar, MD and Karen McDowell, MD see patients monthly at the Outpatient Clinic located on the second floor of The Hansen Center. Both physicians are pediatric pulmonologists in the Division of Pulmonary Medicine at Children's Hospital Medical Center in Cincinnati. Dr. Kerckmar is co-director of the pediatric pulmonology division and is director of the asthma center. Dr. McDowell's special interests include asthma, flexible bronchoscopy and general pediatric pulmonology. To schedule an appointment, call (812) 933-5110.

## Cardiology

MMCH's pediatric cardiology clinic treats children with heart murmurs, congenital heart defects, chest pain, rapid heart rates and other problems related to the heart. A pediatric cardiologist with Children's Hospital Medical Center, Kan Hor, MD sees children at the Outpatient Clinic located at The Hansen Center. To schedule an appointment, call (812) 933-5110.

## Wheelchair Clinic

MMCH's Occupational Therapy Department offers a wheelchair clinic for patients ranging from birth through adolescence.

The pediatric wheelchair clinic is held from 1-4 p.m. on the second Wednesday of each month at the Outpatient Rehab Center. At the clinic, an occupational therapist assesses each child's activities of daily living, functional range of motion, strength, cognition and functional skills. The occupational therapist, along with an assistive technology specialist, will then determine what types of customized wheelchairs and other medical equipment

are needed to enable parents and caregivers to safely care for the child at home. A written prescription from your doctor is required. To learn more, call (812) 934-6512.

Hunter  
Meyer, Age 4

"Hunter was born with an irregular heartbeat. When we were told we had to have his heart checked every three months, I was glad to hear that a children's cardiologist comes to Batesville. It's much more convenient than going to the city."  
-Sharon Meyer



To better understand the health status and behaviors of Ripley County, MMCH recently conducted a phone survey. The entire Community Health Assessment is available online.



The health assessment can be found on the bottom left side of the homepage.

## What's **NEW** at MMCH?

### Car Seat Program

Everyone knows how important it is to strap your child in a car seat before driving. Unfortunately, up to 90 percent of car seats are used incorrectly in some way. For this reason, MMCH is proud to be a certified Car Seat Safety Checkpoint.

If you'd like to make sure your children are as safe as possible when you travel, our certified car safety technicians can verify that your car seats are not on the recall list and make sure they are installed correctly. At MMCH, we have 11 certified technicians on staff who have all taken part in the four-day child safety training offered by the National Highway Traffic Safety Administration.

To schedule your car seat safety check, call (812) 933-5257. All appointments are free and last approximately 45 minutes.

### Women's Conference

Don't miss out! If you haven't registered for this year's Speaking of Women's Health conference, you still have time. Scheduled for June 13 at Batesville High School, the theme for this year's event is "*University of Me: Earn a Degree in Healthy Living!*" Registration begins at 7 a.m., and your day includes free health screenings, two breakout sessions and a keynote presentation.

Presented by Leigh Anne Jasheway-Bryant, MPH, this year's keynote will show you how to laugh away life's daily stressors and learn how to say no when more come your way. Cost is \$25 for this half-day event. Ticket request forms are available at [www.mmch.org](http://www.mmch.org) or by calling (812) 933-5208.

### Wound Care Clinic

For people with diabetes, poor circulation or other health conditions, a wound can be a serious and life-altering medical condition. Fortunately, MMCH recently opened a new wound care clinic designed to treat and heal patients with non-healing wounds.

Under the direction of General and Vascular Surgeon Brian Albers, MD, a team of specially trained physicians and nurses develop a treatment plan designed specifically for each patient. The wound care team also includes Jon Geers, MD, general and vascular surgeon, and Deb Hartman, RN, certified wound, ostomy and continence nurse. The clinic is held on the second floor of The Hansen Center in Batesville. For more information, call (812) 933-3728.

