

Health, Ink.

A community newsletter from Southern Hills Medical Center, part of the TriStar Family of Hospitals

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Healing Wounds, Easing Worry

SOUTHERN HILLS' NEW WOUND CARE CENTER OFFERS ADVANCED THERAPIES FOR NON-HEALING WOUNDS

As a Korean War veteran, Tommie Pickel, 70, of Smyrna, Tenn., has been all over the world. "These feet have seen a lot," he said. Nothing could bring this tough guy down until he experienced chronic wounds on his feet, a complication of diabetes. But in October, he found hope as one of the first patients at the Advanced Wound Care Center (AWCC) at Southern Hills Medical Center. "I'm just glad they're not giving up," he said.

The AWCC offers advanced treatment on an outpatient basis for Middle Tennesseans like Mr. Pickel who suffer from a non-healing wound.

"Chronic wounds impact your quality of life," said Rudella Kelley, RN, BS, CWCN, clinical coordinator. "You don't want to be active or involved. We are focused on reducing the number of amputations, improving quality of life and making life more normal for these patients."

"Southern Hills saw a need: 5 million people suffer from chronic, non-healing wounds that linger despite conventional management," said Leo Espinel, M.D., AWCC medical director. "People at high risk for non-heal-

ing wounds include those with diabetes, cardiac and vascular disease, cancer trauma, venous thrombosis and complications associated with surgery," he added. "These patients need specialized treatment and care."

"We start with a comprehensive

wound assessment, then take a multidisciplinary approach to wound healing and prevention," said Dr. Espinel. "There is no recipe that fits everybody, but we work in

conjunction with a patient's primary physician."

Advanced treatments may include bioengineered skin substitutes, therapeutic dressing materials and antimicrobial topical therapies. Growth factors—substances that stimulate healing—might be applied topically. Vascular surgery may be recom-

mended to combat poor circulation, the root of many chronic wounds. About 15 percent of chronic wounds may also benefit from hyper-

baric oxygen therapy (HBOT), which delivers oxygen at a rate two to three times higher than normal air pressure inside a chamber.

Patient education is also important. "We counsel patients on basic skin care, good nutrition and foot care," said Kelley. "We not only want to heal the wounds, but we want to ensure there's not a recurrence."

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(TOP) NEAL TAYLOR, RRT, PREPARES TOMMIE PICKEL FOR HBOT TREATMENT. (BELOW) CHUNTIEL JAMES, RN, DISCUSSES WOUND DRESSING WITH TOMMIE PICKEL.



WHAT'S INSIDE

- > NEW HOPE FOR LUNG CANCER
- > SCREENING FOR COMMON CANCERS
- > COMMUNITY CALENDAR

 For more information about the Advanced Wound Care Center at Southern Hills Medical Center, call TriStar MedLine at 342-1919.



**AGGRESSIVE
TREATMENT
SAVED
DONALD ROY**

DR. JEFF PATTON
CONGRATULATES
DONALD ROY ON
CONTINUING TO BE
CANCER-FREE.

Beating the Odds

Donald Roy knows he is a lucky guy. When a doctor called him into his office two days before Christmas in 2002 and told Roy that he had advanced lung cancer, the odds were against him.

“I didn’t know what to think, but I knew lung cancer wasn’t good at all,” Roy said. “I didn’t know if I had six months, a year ... I started thinking about having to leave my wife and all that stuff.”

His grandmother had died from lung cancer in the ‘60s, even though she never smoked. With a tumor snaked around his esophagus, bronchial tube and vocal cords, Roy, who smoked half a pack of cigarettes a day for 20 years, expected to be next. Then doctors at Southern Hills Medical Center offered him hope.

They convinced Roy to participate in a clinical trial with the Sarah Cannon Cancer Center, testing new chemotherapy drugs targeted to kill lung cancer. After three-and-a-half months of chemotherapy, his tumor shrank by 90 percent, making it possible for a surgeon to remove his left lung in May 2003.

In remission for three years now, Roy, 42,

is back to running his business, Adept Limousine. Other than a hoarse voice from a paralyzed left vocal cord, he exudes vitality.

“Technically, I’m not supposed to be here,” Roy said. “I’m thankful for my doctor and the whole team that saved my life. Lung

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cancer is a death sentence, but doctors have learned so much, and every year, they learn more.”

When Roy started experiencing shortness of breath soon after turning 40, he thought he needed to get back into the gym. Then came a persistent cough that lasted for a month. He finally decided to

visit his primary doctor at Southern Hills after coughing up blood.

A chest X-ray revealed a spot on the top right lobe of his left lung. The doctor diagnosed him with pneumonia and sent him home with antibiotics. By a follow-up visit the next week, Roy was still coughing, and the spot on his lung had grown.

After a CT scan and a battery of tests, doctors diagnosed him with stage III non-small cell lung cancer. His 5-inch-wide, 9-inch-long tumor was judged inoperable. His prognosis looked bleak until Roy met with Dr. Jeff Patton, a medical oncologist at Southern Hills, who suggested using the chemotherapy clinical trial.

“Dr. Patton had a great approach that made me feel at ease,” he said. “He laid out step by step what we were going to do, and if that didn’t work, he had a backup plan.”

The first few treatments left Roy exhausted, sleepless and suffering from rashes, cold sweats, fever and nausea. Finding the right anti-nausea medicine and sleeping aids made those side effects more tolerable. Roy still lost 20 pounds—and his hair, after the third treatment. “That was the hard part, because then it became real,” he said.

Roy stopped driving limos during most of his chemotherapy, and his staff kept the business going. “The number of people who stepped up for me, some of whom I didn’t even know, were a real inspiration,” he said. “You start fighting for them, too, because you don’t want to let them down.”

Roy was as surprised as his doctor when a CT scan that spring revealed that his tumor had shrunk by 90 percent. Along with chemotherapy, he credits his vast improvement to taking a handful of herbs daily, which Dr. Patton approved, and a positive attitude. “I had my ‘why me’ days, but I tried to keep those to a minimum,” he said.

Roy still worries about his cancer recurring sometimes, but mostly, he takes each day a breath at a time. He doesn’t get upset as easily or let a day pass without telling his wife that he loves her.

He feels grateful—for his life and for the medical team at Southern Hills that helped him defy the odds. “They treated my wife and me with dignity and respect,” Roy said. “We never felt put out. They were kind, compassionate and genuine, and it wasn’t a mask.”

On the Trail of a Killer

SOUTHERN HILLS PIONEERS NEW WEAPONS AGAINST LUNG CANCER

The latest lung cancer treatment at Southern Hills Medical Center pairs chemotherapy with surgery to kill visible and invisible cancer. Chemotherapy targets hidden remnants that may linger after surgery and form new tumors.

For patients in later stages of lung cancer, chemotherapy, along with radiation, can improve the quality of life and even extend it by shrinking tumors, and in some cases, making them operable.

Southern Hills, which participates in clinical trials as part of the Sarah Cannon Cancer Center, was among the first to offer this treatment.



“We have a lot more patients being treated with chemotherapy in stage I and stage II than the rest of the country, and that is because we adopted what is now the standard of care early,” said Dr. Jeff Patton, a medical oncologist at Southern Hills and medical director of Tennessee Oncology.

“BY JOINING IN CLINICAL TRIALS, WE’RE ABLE TO OFFER CUTTING-EDGE TREATMENT.”

DR. JEFF PATTON

A Deadly Diagnosis

Just 10 years ago, lung cancer was a death sentence, even for patients in the early stages. They were treated with surgery, if the tumor was operable. For 30 to 40 percent of patients, however, the cancer returned six months to five years later.

“It’s not that the surgeons did a bad job,” Dr. Patton said. “They removed the cancer, but before they could get to it, microscopic amounts had already spread.”

There are two major types of lung cancer, small-cell and non-small cell, said Dr. Karl Kuhn, a pulmonologist at Southern Hills Medical Center. Non-small-cell accounts for nearly 80 percent of all cases

and includes several subtypes. Small-cell is much more aggressive and is usually detected too late to be stopped.

No Reliable Screening

Unfortunately, there are no reliable screening tests for early detection of lung cancer. Most cases are diagnosed after the cancer has become advanced, when a patient seeks help for a persistent cough, shortness of breath or chest pain. If a chest X-ray reveals suspicious shadows in a lung, the patient is referred to a pulmonologist such as Dr. Kuhn, who uses several methods, including CT scans and biopsies, to confirm the diagnosis.



DR. KARL KUHN

The pulmonologist also evaluates the patient’s lung function. “If the patient has only 30 percent lung function because of another condition such as chronic obstructive pulmonary disease, surgery to remove part of the lung is not an option,” Dr. Kuhn said.

Proven Treatments

Until recently, chemotherapy was ineffective against most lung cancers. Doctors finally found combinations of drugs effective enough to kill budding cancer cells.

An international clinical trial in 2003 showed that chemotherapy after surgery boosted five-year lung cancer survival by 15 percent. The best candidates for this treatment include patients in stage I or II of lung cancer, with adequate lung function. Improved anti-nausea drugs and less toxic, more effective chemotherapy can reduce the side effects of treatment, Dr. Patton said. “Now most chemotherapy is given in the office, and a large percentage of patients are able to continue working.”

Giving Back Hope

Chemotherapy can also offer hope for patients diagnosed in advanced stages. “In the old days, only one out of 10 of these patients lived a year,” Dr. Patton said. “Now, four out of 10 live a year, and two out of 10 live two years. That never used to happen. Quality of life clearly improves for patients whose tumors shrink on chemotherapy,” Dr. Patton said.

More hope is on the horizon. Patients treated at Southern Hills could have the chance to participate in clinical trials testing new drugs that cut off the blood supply to cancerous tumors as well as starve them of blood.

“By participating in clinical trials, we’re able to offer cutting-edge treatment,” Dr. Patton said.

ARE YOU AT RISK...?

PROSTATE CANCER

Prostate cancer is the most common cancer, other than skin cancers, in American men. Risk factors include family history, age (chances increase rapidly after age 50), race (occurs 60 percent more often in African-American men) and a diet rich in red meat or high-fat dairy products. Men over 50 and those with risk factors should be screened at age 45.

COLON CANCER

Colon cancer is one of the most detectable and most treatable forms of cancer if found early. Risk factors include family or personal history of polyps or cancer, blood in the stool and a high-fat, low-fiber diet. Routine screenings should begin at age 50, or earlier if risk factors are present.

BREAST CANCER

The chance of developing invasive breast cancer at some point in a woman’s life is about 1 in 8. Risk factors include family history, age, early age at your first period, late or no pregnancies and a diet high in saturated fat. Women should perform monthly breast self-exams, have a yearly breast exam by a physician and schedule annual mammograms after age 40.

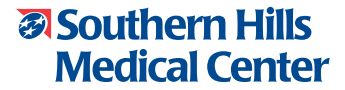


For more information on screening guidelines, go to “Cancer Resources” under the “Your Health” section of SouthernHills.com.

**The Sarah Cannon
Cancer Center**

THE STAR HEALTH SYSTEM

Community Events



TRISTAR HEALTH SYSTEM.

Health Education

RED HOT MAMAS

From hip huggers to hot flashes—what a long, interesting trip it's been. You've seen a lot of changes in your life, and one of the biggest is just beginning: menopause. Join the club—Red Hot Mamas at Southern Hills Medical Center is devoted to providing medical information and peer support to women dealing with menopause. Monthly programs focus on helping to understand and manage the physical and emotional changes experienced in the years before, during and after menopause.

Classes are held Thursdays from 6:30 to 8:30 p.m. on January 26 and February 23.

DIABETES SUPPORT GROUP

Open to diabetics and their families, these quarterly meetings cover a wide variety of health-related topics.

Class is held Tuesday, January 17, April 18, July 18 and October 17 from 7 to 9 p.m.

LIFESTYLE SOLUTIONS

A 12-week medically supervised weight loss program for individuals who need to lose 25 lbs. or more. Classes are led by a registered dieti-

cian and focus on exercise and lifestyle changes that result in healthy weight loss. A physician referral and release to participate in exercise is required.

Classes are held Mondays at 5:15 p.m. and the next session is from February 6 to April 24.

SOUTHERN HILLS GEMS SOCIETY

You've got a lot of living to do, and staying healthy and fit is a priority. The Southern Hills GEMS (Generations Excelling Mobile and Strong) Society promotes health and wellness with monthly programming and seminars designed to meet the needs and health interests of active adults ages 50 and over.

Classes are held Thursdays from 11 a.m. to 1 p.m., on December 1 and February 9.

Safety/Prevention

INFANT CPR & SAFETY

Attend this introduction to accident prevention and safety, including clearing an airway obstruction and cardiopulmonary resuscitation (CPR), through demonstrations and hands-on practice.

Class is held Thursdays from 6 to 9 p.m., on December 1 and February 16.



Childbirth Education

LABOR OF LOVE

This educational series discusses the anatomy and physiology of pregnancy, nutrition, conditioning exercises, labor and delivery process, breathing and relaxation techniques, along with medical interventions.

You may choose to attend either a five-week class held on Mondays from 6:30 p.m. to 8:30 p.m. or a two-week class meeting on Saturdays from 9:00 a.m. to 2:00 p.m. The next five-week session begins on Monday, January 9 and the next two-week session begins on Saturday, February 4.

BREASTFEEDING

Study the advantages of breastfeeding, latch-on, correct positioning, problem prevention and tips on storing human milk. Free nursing mother's companion book included.

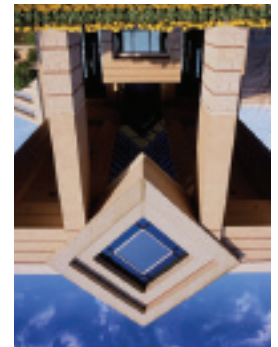
Class is held Mondays from 6:30 to 8:30 p.m., on February 13.

EARLY PREGNANCY

This program is designed to help expectant mothers and fathers understand all the changes experiences in this exciting time. Classes will review nutritional needs, exercise and comfort measures, along with precautions and warning signs.

Class is held on Thursday, February 5 from 6 to 9 p.m.

 For more information or to register for any of these classes, call TriStar MedLine at 342-1919 or visit SouthernHills.com



For more information, contact TriStar MedLine at (615) 342-1919 or (800) 242-5662.

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