

Expanded Coverage for HealthSpring, Humana Patients

HUMANA AND HEALTHSPRING RECENTLY ANNOUNCED AGREEMENTS WITH TRISTAR HEALTH SYSTEM — OF WHICH SOUTHERN HILLS MEDICAL CENTER IS A MEMBER — TO PROVIDE THEIR ENROLLEES WITH ACCESS TO HEALTHCARE AT 14 HCA-AFFILIATED HOSPITALS IN TENNESSEE.

“Employers have asked us for additional health care options and insurance choices,” said Tim Scarvey, vice president of managed care for TriStar Health System. “Our relationship with HealthSpring and Humana will increase access to affordable, quality health care for the more than 160,000 Medicare beneficiaries in Middle Tennessee.”

The new two-year agreement between Humana and TriStar began July 1 and encompasses all Humana plans. Humana, headquartered in Louisville, Ky., is one of the nation’s

largest publicly traded health benefits companies, with approximately 6.6 million medical members in 18 states.

A new agreement between HealthSpring and TriStar was effective Aug. 1. It will provide access to HCA hospitals for both of HealthSpring’s Medicare managed care plans and will be offered as an expanded network option for commercial group plans. HealthSpring is the largest independent health care company in Middle Tennessee, providing health benefits to more than 32,000 commercial group members.

For Our BlueCross Patients:

IN ORDER TO PROVIDE BLUECROSS/BLUESHIELD PATIENTS WITH CONTINUED access, TriStar will waive any additional out-of-network penalties that BlueCross enrollees may incur for receiving services at HCA-affiliated hospitals in Tennessee. This offer is effective with dates of service as of May 1, 2003, but will not apply if the BlueCross benefit plan does not allow for out-of-network benefits.

HCA-affiliated hospitals will extend this offer until your company’s next health insurance renewal date, at which time you will have the opportunity to consider an alternative health insurance carrier that contracts with our hospitals. The offer to waive any additional out-of-network penalties will not extend beyond Dec. 31, 2003.

For information on selecting a health insurance plan that includes access to the HCA-affiliated hospitals, please contact (615) 781-4135 or (800) 242-5662.



Getty Images

Mothers-to-Be Get the Royal Treatment

Southern Hills Medical Center gives mothers-to-be comfort and choice when their delivery time approaches. Take a look at what’s new:

RENOVATED LABOR AND DELIVERY SUITES — Two suites were recently upgraded with oak cabinetry, vanities, private bathrooms, televisions that include DVD players and VCRs, Jacuzzi tubs and comfortable sofas.



ALTERNATIVE BIRTHING METHODS — Southern Hills is currently the only hospital in Tennessee offering water labor for appropriate candidates. Doula assistance is also available.

IN-ROOM DINING PROGRAM — New moms have the chance to enjoy a meal of their choice upon request. They can order from a restaurant style menu featuring salads, entrees, sides, desserts and beverages.

DUCKLING CLUB — As club members, parents-to-be can take advantage of the free early pregnancy class, a personal tour of newly remodeled birthing suites and an individualized birth planning session.

Additional information on women’s and childbirth services can be found at SouthernHills.com under women’s services.



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

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TriStarHealth.com

TRISTAR HEALTH SYSTEM

Southern Hills Medical Center

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Dr. Christopher Holloway

Physicals A SIGH OF RELIEF

Jeff Frazier



DO YOU DREAD YOUR ANNUAL PHYSICAL EXAM? DO YOU PUT IT OFF UNTIL YOU FEEL ILL? IF THE ANSWER IS YES, **CHRISTOPHER HOLLOWAY, M.D.**, WANTS TO CHANGE YOUR OUTLOOK.

"Most office visits are to address health problems, but it's also important to schedule yearly physical exams so that we can screen for disease at an early stage," says Dr. Holloway, a family practitioner with Family Practice Associates of Southern Hills Medical Center. A comprehensive physical exam is designed to detect medical conditions before they become serious, helping to prevent heart disease, diabetes, cancer, obesity and other serious problems.

A regular health assessment also allows you to establish goals toward a healthier future, Dr.

Holloway says. By taking a serious look at your health goals, you're taking preventative measures against disease as you age.

As you and your family schedule your physical exams, remember the following:

START EARLY. Instead of postponing doctor visits until you are sick, start focusing on health wellness, Dr. Holloway says.

"What we're seeing in patients at age 65 are issues that possibly could have been addressed at age 15, like the prevention of osteoporosis," he says. "A physical helps you focus on exercise, diet, and lifestyle choices that will diminish the risk of disease later."

KNOW YOUR HISTORY. In addition to a head-to-toe exam, Dr. Holloway evaluates a patient's family history and health trends that

run in the family. "I look for any abnormality that may represent an early manifestation of systemic disease."

The Q&A part of the physical exam is essential, Dr. Holloway says, and he spends a lot of time going over a patient's daily routine and lifestyle habits. "I get so much information from talking to patients," he says. "If there's something wrong, the patient usually gives us the answer — we just have to listen for it."

CONQUER YOUR FEARS. No matter how friendly a doctor's bedside manner, some patients are still terrified of getting physicals. "Most are apprehensive about what the doctor might tell them," Dr. Holloway says. "But

more often than not, their goals are more attainable than they realized."

Dr. Holloway urges his patients to set their physical exam as a yearly goal. "You'll feel better about

your health once you know," he says. "Physicals give patients a sigh of relief."



~ Prep for Physicals

Make sure to bring the following to your physical exam:

1. Your past medical history, including immunizations or previous surgeries.
2. Knowledge of your family's history of disease.
3. A list of any medications or drug allergies.
4. Questions about your health.
5. A calendar — to set next year's appointment.

WHAT'S INSIDE

- > BREAST HEALTH **BASICS**
- > VIRTUALLY **PAINLESS** COLONOSCOPY
- > COMMUNITY EVENTS **CALENDAR**

Knowledge is Power

Awareness Crucial to Breast Cancer Survival

EARLY DETECTION OF BREAST CANCER CAN GREATLY INCREASE A WOMAN'S CHANCE OF SURVIVAL — EVEN BY AS MUCH AS 90 PERCENT.



Dr. Jeff Patton

Steve Lowry

“There are really high survival rates with early detection,” says Jeff Patton, M.D., an oncologist at Southern Hill Medical Center. “We cure over half of all breast cancers. And if a cancer is found when it’s very small (less than a centimeter), our survival rate is more than 90 percent.”

Dr. Patton urges women to have yearly clinical exams, and to “do self-exams at the same time each month and make them consistent.” He notes that there are cases where “cancer didn’t show up on a mammogram, but a patient persisted and cancer was found early.”

Greater awareness of risk factors can also save lives. Although the two most common risk factors — advanced age and family history — can’t be helped, knowledge can lead to increased vigilance, Dr. Patton says.

The third most common risk factor is atypical hyperplasia, or abnormal excess cells. Other factors include early age at your first period, late age at having your first child or never having been pregnant.

Southern Hills Medical Center, as a member of the Sarah Cannon Cancer Center (SCCC), regularly participates in breast cancer trials and other research. “We’re doing exciting work with new chemotherapies and new biological

agents,” Dr. Patton says. “SCCC’s coalition of 30 doctors collects data and shares information that can save lives.” For more information on mammograms, contact the Outpatient & Women’s Imaging Centers at 781-4139.

BREAST HEALTH BASICS

To detect any problems early, women should:

- * Perform monthly breast self-exams.
- * Have a yearly breast exam by a physician.
- * Have annual mammograms after age 40.

BREAST CANCER RESOURCES

As National Breast Cancer Awareness Month approaches in October, search the following resources for the latest on mammograms, clinical breast exams and breast cancer research.

National Cancer Institute's Cancer Information Service
1.800.4 CANCER • www.cancer.gov

The Susan G. Komen Breast Cancer Foundation
1.800 I'M AWARE® • www.komen.org

Sarah Cannon Cancer Center
615.986.4300 • www.SarahCannon.com

“Women should do self-exams at the same time each month and make them consistent.” Dr. Jeff Patton

New Pill Makes Colon Screenings Easier

Many people don’t realize that colon cancer is the nation’s second leading cancer killer. In fact, each year 56,000 men and women die from a disease that may be preventable, and is 90 percent curable if detected early. So why aren’t more people having a colon cancer screening?

Jonathan D. Rotker, M.D., gastroenterologist at Southern Hills Medical Center, believes that patients fear the preparation more than the colonoscopy itself. “With the sedation that is used, the procedure is generally painless, with little recovery time,” Dr. Rotker explains. “And with a new pill preparation, the procedure becomes even easier.”

The traditional preparation for colonoscopy has been rather unpleasant, requiring a patient to ingest up to a gallon of salty or harsh-tasting fluid to cleanse the bowels. Now there is the option of a pill called Visicol.



Dr. Jonathan Rotker

photos by Jeff Frazier

Approved by the FDA two years ago, it is generally as effective as the solution. But it’s not for everyone. For those with heart failure, kidney failure or other conditions, Visicol might not be the best choice. Talk with your doctor.

Dr. Rotker urges patients not to put off a colon cancer screening. “Don’t be embarrassed to ask your doctor about the test.”

Colon cancer usually develops from polyps, which are growths in the lining of the colon, or large intestine, which have the potential to transform into cancer. They are more common after the age of 50, and routine screening

typically should begin at this age. Polyps usually do not cause symptoms, which is why examination of the colon needs to be done. During the colonoscopy, polyps can usually be removed.

Those who have risk factors may require screening at a younger age. Risk factors include blood in the stool, family history of polyps or cancer or personal history of polyps or cancer. Those with high-fat, low-fat diets are also at risk.

More than 150,000 people are diagnosed with colon cancer each year. Dr. Rotker hopes greater awareness will

lead to more screenings. “People like [“The Today Show’s”] Katie Couric have helped bring colon cancer into the spotlight,” he says. “I hope that more people will follow her lead and have a colonoscopy performed before it’s too late.”

Risk Factors for Colon Cancer

- * Family history of polyps or cancer
- * Personal history of polyps or cancer
- * Blood in the stool
- * High-fat, low-fiber diet

Community Events

Health Education

WANT TO QUIT SMOKING?

Southern Hills is hosting the American Lung Association eight-week Smoking Cessation program.

■ Classes will be held on Wednesdays from 11:30 a.m. to 12:30 p.m. in the Cardiopulmonary Rehab area. Register by calling 342-1919.

FREEDOM FROM SMOKING CLINIC SCHEDULE

■ Wed., Sept. 3

Session 0: On the Road to Freedom Decision Process

■ Wed., Sept. 10

Session 1: On the Road to Freedom Studying Your Habit Building Motivation

■ Wed., Sept. 17

Session 2: Wanting to Quit Coping With Urges Making a Plan

■ Wed., Sept. 24

Session 3: Quit Day

■ Fri., Sept. 26

Session 4: Winning Strategies Recovery and Support

■ Wed., Oct. 1

Session 5: The New You Stress Management Weight Control

■ Wed., Oct. 8

Session 6: Staying Off Active Fun, Exercise Assertive Communication

■ Wed., Oct. 22

Session 7: Celebration Relapse Prevention Graduation

(K)NEWS FOR KNEES AND HINTS FOR HIPS

Are you looking for ways to alleviate joint pain and suffering? This free class on lifestyle modifications and treatments, presented by an orthopedic physician, will cover medication use, alternative therapies and surgical interventions, including total joint replacement.

■ Class will be held Sat., Sept. 20 and Sat., Oct. 25 from 8 a.m. to 9:30 a.m. in the main entrance classroom.

FREE DIABETES SUPPORT GROUP

Learn ways to control your diabetes in a group setting. Topics such as meal planning and medication use will be discussed. Presenter TBD.

■ Class will be held on Tues., Oct. 14 at 7 p.m. in the main entrance classroom.

OBESITY SURGERY SEMINAR

Take control of your obesity and your life! Attend a FREE seminar and learn more about laparoscopic gastric banding surgery. If you are at least 100 pounds overweight and tired of obesity-related health problems, this new procedure could change your life. Southern Hills Medical Center is the only hospital in Nashville performing this procedure.

■ Classes held in the main entrance classroom from 6 p.m. to 7:30 p.m. on Sept. 2, Oct. 7, Nov. 11, and Dec. 2.

Safety/Prevention

INFANT CPR & SAFETY

These demonstration and hands-on classes provide an introduction to accident prevention and safety. You'll learn how to clear an airway obstruction and how to perform CPR.

■ Classes held on the following Tuesdays: Sept. 18, Oct. 16, and Nov. 20 from 6:30 p.m. to 9 p.m.

Childbirth Education

You want the best for your baby and your whole family. Southern Hills Medical Center offers many classes that focus on preparing you and your family mentally, physically and emotionally for the arrival of your new baby.

LABOR OF LOVE

Educational series discussing anatomy and physiology of pregnancy, nutrition, conditioning exercises, labor & delivery process, breathing and relaxation techniques and medical interventions.

■ Mondays from 6:30 p.m. to 8:30 p.m. Sept. 15-Oct. 13 or Nov. 3-Dec. 1

SHMC AT SMYRNA

■ Tuesdays from 6:30 p.m. to 8:30 p.m. Sept. 16 -Oct. 14 or Nov. 4-Dec. 2

■ Saturdays from 9 a.m. to 2 p.m.

Oct. 11 & 18 or Dec. 6 & 13

EARLY PREGNANCY

Learn about fetal growth and development, nutrition, exercise, and more.

■ Classes held on the following Thursdays: Sept. 4 and Nov. 6 from 6:30 p.m. to 9 p.m.

BREASTFEEDING BASICS

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

■ Classes held on the following Mondays: Sept. 8, Oct. 20, and Dec. 8 from 6:30 p.m. to 9 p.m.

JUST FOR ME SIBLING CLASS

Prepares children ages 3-10 for their newborn sibling's arrival. Children will learn newborn characteristics and behavior, family changes to be expected and tips on how to help with the newborn.

■ Classes held on the following Tuesdays: Sept. 9, Oct. 21, and Dec. 9 from 6:30 p.m. to 8 p.m.

PARENTS AGAIN

Designed for couples that need a refresher in labor coping skills, breathing and relaxation techniques, current birthing procedures and what to expect during postpartum.

■ Classes held on the following Thursdays: Sept. 11, Oct. 23, and Dec. 11 from 6:30 p.m. to 9 p.m.

SAFE SITTERS

Boys and girls 12 and older will learn how to care for and establish a relationship with a child. They'll also learn about behavior and discipline, safety, first aid and infant and child CPR (introduction).

■ For specific dates and times, please call TriStar MedLine at 342-1919.



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

NEW PHYSICIANS JOIN STAFF OF SOUTHERN HILLS MEDICAL CENTER



LLOYD HANCOCK, M.D., FACP, FACE,
Endocrinology

Dr. Hancock graduated from Meharry Medical College in Nashville, and completed a residency at William Beaumont Army Medical Center in El Paso, Texas. He is certified by the American Board of Internal Medicine.



KARL KUHN, M.D.,
Pulmonary Medicine & Critical Care

Dr. Kuhn graduated from the University of Arkansas for Medical Sciences, and completed a residency at The Johns Hopkins Hospital in Baltimore. He is certified by the American Board of Internal Medicine and the American Board of Pulmonary Medicine.