

spring 2009

Livingwell

Highlands
Medical Center

Less Is More

New Technology Means
Faster Imaging Results

"Highlands Home Health Offers Incredible Support"

Hugh and Stroby Stewart's Story



Find the chick and you could **WIN** a gift card to a local restaurant. For complete rules, turn to page 2.



Highlands Medical Center



A Grateful Patient

Dear Highlands Medical Center,

WHILE A PERSON RARELY stays in a hospital by choice, I'm glad Highlands Medical Center was available for me. My care in the emergency room, intensive care unit and in a private room was "first class." The nurses, aides and other personnel all treated me as though I was their only concern. No doubt their smiles and kindness, in addition to their competence, helped in my speedy recovery.

Sincerely,
John Kellenberger

📧 Do you have a story you would like to share with the community about the care you received at Highlands Medical Center? Please write us at info@highlandsmc.com or Marketing and Business Development, Highlands Medical Center, P.O. Box 1050, Scottsboro, AL 35768.

Music for the Heart

LISTENING TO MUSIC may be good for the soul, but it turns out that it also may be good for the heart. New research shows that when you listen to your favorite tunes, your blood vessels open up more – in the same way as when you laugh or take blood thinners. This allows your blood to flow more smoothly, reducing your chance of developing a blood clot that could lead to heart attack or stroke.

The only catch is that the music should be good – at least to you. Because people react differently to various types of music, it's important to select music that you personally find to be joyful or relaxing.

📧 For more tips on healthy living, visit www.highlandsmc.com and click "Health Information."



Find the

chick and WIN!

LOOK FOR THE **chick** in this issue of *Living Well* for a chance to win a \$50 gift card to a local restaurant.

E-mail information to info@highlandsmc.com, or send a postcard or note with your e-mail address, name, address and phone number, indicating the page number and location of the chick to:

Highlands Medical Center
Attn: Marketing and Business Development
P.O. Box 1050
Scottsboro, AL 35768

All entries are due by May 30. Must be 18 years or older to enter. Highlands Medical Center employees and their immediate families are not eligible for the drawing. Winner will be drawn at random.



Congratulations to last issue's winner: Deborah Waldrop, of Flat Rock, AL

Did you find the sno-doll? It was hidden on the shelf on page 7.

On the front cover: Occupational Therapist Brittany Haynes (left) and Debra Brickley, RN, MSN, Director of Highlands Home Health comfort Hugh Stewart.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



“After I suffered an ankle injury while running in a cross-country meet, I was afraid I would have trouble running again. However, with the help of the staff at Highlands Therapy & Sports Center, not only is my ankle better, it feels stronger than it ever has and I’m starting to run again.”

— Andolyn Parrish, a seventh grader at Scottsboro Junior High

Andolyn Parrish strengthens her ankle using an exercise ball. With the help of Highlands Therapy & Sports Center Director of Therapy, Karen Polaschek, Andolyn was able to return to track and cross-country running.

A Runner’s Rehabilitation

*For Andolyn Parrish, a seventh-grade student at Scottsboro Junior High, **RUNNING IS A PASSION SHE CAN’T LIVE WITHOUT.***

*As a member of the track and cross-country team, **Andolyn enjoys competing and THE FEELING OF FREEDOM THAT COMES***

WITH RUNNING. However, neither Andolyn nor her parents expected that she would suffer A TRAUMATIC INJURY DURING HER FIRST YEAR RUNNING ON A TEAM.



Photo courtesy of; Tommy McGee, DMD

WHILE RUNNING IN A 2.1 MILE cross-country race, Andolyn felt severe pain in her ankle that wouldn’t subside. Although the pain was intense, it wasn’t until three weeks after the race that she went to the doctor and learned she had suffered a stress fracture.

“I was surprised to learn that I had injured my ankle so badly,” Andolyn said. “Even though I was nervous about my rehabilitation, I knew that I would do whatever it took so I could run with my team again.”

Getting Back on Track

After wearing an orthopaedic boot for six weeks, Andolyn started a physical therapy program at Highlands Therapy & Sports Center – a comprehensive therapy and sports medicine provider for athletes of all ages and skill levels.

“After Andolyn was injured, several parents of her cross-country teammates told me about Highlands Therapy & Sports Center and the exceptional care they offer athletes,” said Doug Parrish, Andolyn’s father. “After I took her to therapy for the first time, I saw firsthand how dedicated and compassionate the staff are to each patient. We never had to wait to be seen, and her physical therapist, Karen Polaschek, was always energetic and willing to help Andolyn learn how to make her ankle strong again.”

It only took Andolyn six weeks to rehabilitate her ankle, and she has already started running again with little to no pain.

“Andolyn is a hard worker and was willing to do anything I asked of her to get her ankle healthy and ready to run again,” said Karen Polaschek, Director of Highlands Therapy & Sports Center.

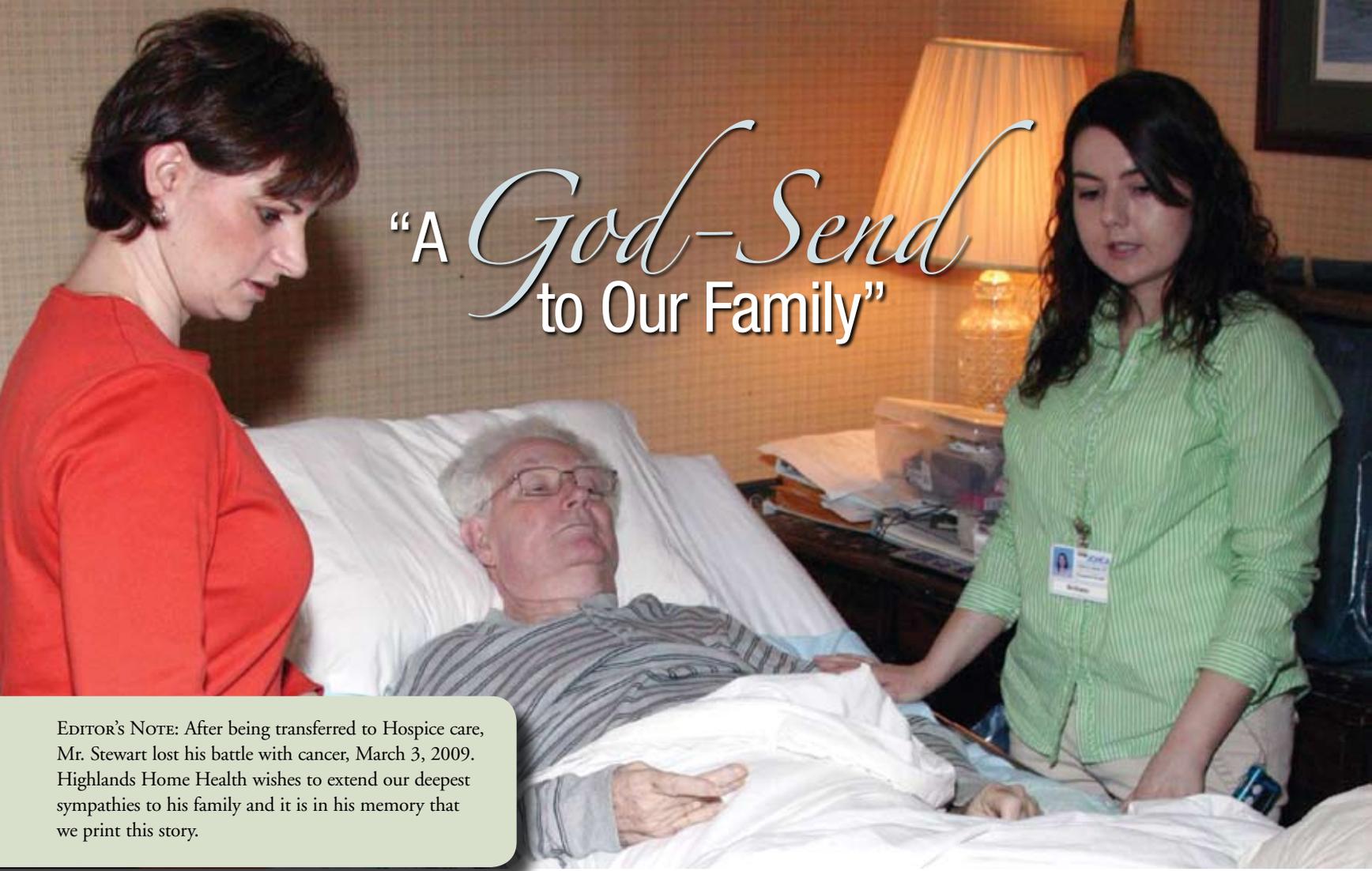
An Array of Services

Highlands Therapy & Sports Center provides physical, occupational and speech therapies, educational seminars, pre-season physicals, Certified Athletic Trainers for high school games and practices and Friday Night Injury Clinics during football season. Helping those of all ages, the Center offers individualized therapies to meet the needs of area residents.

☎ For more information on Highlands Therapy & Sports Center, call 218.3760.

Highlands Therapy & Sports Center team partners with your physician to enhance the healing process and plays a vital role in improving your game or getting you back in the game.

Individualized programs can also be developed to enhance an athlete’s performance level. One of Highlands Therapy & Sports Center’s therapists will assess the athlete’s needs and set up a personalized conditioning program that can be used in return to sports after injury or surgery.



“A God-Send to Our Family”

EDITOR'S NOTE: After being transferred to Hospice care, Mr. Stewart lost his battle with cancer, March 3, 2009. Highlands Home Health wishes to extend our deepest sympathies to his family and it is in his memory that we print this story.

Physical Therapist Nicole Berger and Occupational Therapist Brittany Haynes assist Hugh Stewart in performing exercises to strengthen his arms.

WHEN HUGH STEWART'S BATTLE WITH CANCER HAD WEAKENED HIM TO THE POINT THAT HE WAS UNABLE TO SPEAK OR SIT UP, HIS WIFE, STROBY, WAS UNCERTAIN AND AFRAID. THAT'S WHEN SHE TURNED TO HIGHLANDS HOME HEALTH.

IN OCTOBER 2008, Hugh began receiving skilled nursing along with physical, speech and occupational therapy from Highlands Home Health.

“Hugh is in his fifth year of battling cancer and has fought a good battle,” said Stroby. “At the time we began using home health services, I was worried and scared about his health.

Throughout the course of the week, Hugh interacts with several Highlands Home Health caregivers. From the physical therapist who helps him perform strengthening exercises to the nurse who draws blood and checks his vital signs, Stroby said she is thankful for the Highlands Home Health team.

One Service, Many Options

Not only does Highlands Home Health serve the entire community, but the organization also offers a number of services one might not expect to find in the home setting. Home health workers do more than simply help with daily grooming activities – although that is part of the services they provide.

Therapies and treatments available in the home include:

- intravenous (IV) medications
- physical therapy

- speech therapy
- occupational therapy
- treatment for non-healing wounds

“The array of services we can provide in a home setting is vast,” said Debra Brickley, Director of Highlands Home Health. “Patients are sometimes surprised to learn about the sophisticated services we offer in the home as well as the highly skilled, caring therapists and nurses we provide. The families are pleased with the results.”

“Everyone who visits us works so well as a team, like a well-oiled machine,” Stroby said. “Because of their dependability, the whole team makes us feel like we are a part of their family.”

Debra Brickley, Director of Highlands Home Health agrees.

“We have a very special staff,” Brickley said. “The people here are highly skilled, but they are also incredibly caring. They become attached to the families they serve and even feel like members of the family themselves.”

A Resource for Families

In addition to providing medical care, Highlands Home Health team members also educate patients and their families regarding proper medication use and disease processes. Patients are often more comfortable asking questions in a home setting, and the nurses, therapists and aides who visit them can offer a wealth of knowledge.

“Highlands Home Health was a God-send to our family,” said Jeff Stewart, Hugh and Stroby’s son, a local pharmacist and co-owner of Big C Drugs. “They have been so helpful in taking care of not only our dad, but in teaching our entire family in meeting his needs.”

Making a Family’s Wish Come True

When she reflects on the care Highlands Home Health has provided her husband, Stroby said there are many instances when the staff has gone above and beyond.

“Recently a nurse came to draw blood and after trying, it became apparent she wasn’t going to be able to get an adequate amount of blood,” Stroby said. “Instead of staying and trying to stick him multiple times, the nurse offered to return the following day. It was so considerate of her to take the extra time and effort to come back another day.”

Stroby said Highlands Home Health therapists also were instrumental in helping make her family’s Christmas wish come true.

“We were hoping that for Christmas Hugh would be able to sit in his chair in the living room and celebrate with the family,” she said. “Thanks to his physical therapist, Nicole Berger, he was able to achieve this goal.”

One nurse even gave her cell and home phone number to the Stewarts should they need to get in touch with her after hours for further questions.

“It’s incredible how much support I feel from this wonderful service,” Stroby said. “I know that at no time am I alone.”

To learn more about how Highlands Home Health can help you or a loved one, please call 259.4840.

GETTING HELP When You Need It

Do you believe a loved one may benefit from the services provided by Highlands Home Health? If so, speak to a primary care physician about a referral.

“Under Medicare, someone who is unable to easily leave their home, under the care of a physician and in need of skilled nursing services regularly may qualify for home health care,” said Debra Brickley, Director of Highlands Home Health. “I also encourage anyone who wants to learn more about our services or to understand eligibility issues to contact us. We are more than happy to help.”

To learn more, contact Highlands Home Health at 259.4840.



Stroby Stewart (left) reviews medical instructions with Highlands Home Health Director, Debra Brickley, RN, MSN.

“The people here are highly skilled, but they are also incredibly caring. They become attached to the families they serve, and even feel like members of the family themselves.”

— Debra Brickley, RN, MSN, Director of Highlands Home Health

Less Is MORE

Paperless, filmless – this is what integrating PACS (Picture Archiving and Communication System) has done to enhance physician communication and patient care at Highlands Imaging Center.

“**BY IMPROVING THE EFFICIENCY** of routine exams, PACS creates extra time to spend on unusual cases or more intricate exams,” said Christopher Green, M.D., board-certified radiologist at Highlands Imaging Center. “Because images in the system are able to be digitally manipulated, this allows for improved sensitivity for disease detection.”

PACS is a relatively new technology that has replaced X-ray film with digital imaging. PACS also links imaging reports with the actual images, allowing for easy viewing of both the report and the study at the same time. This time-saving technology allows you to receive your test results faster than ever.

How PACS Works

PACS captures various medical images using digital technology. Once the images are taken, they are transferred into the computer system, replacing the need for large volumes of film that take up room and can be misplaced.

This advanced system makes it possible for referring physicians, radiologists and specialists to view the images from any computer that has the proper software and Internet access.

“PACS allows me to work faster, which allows patients to get their results faster,” said John L. Reichle, M.D., board-certified radiologist at Highlands. “Because most patients want to know test results as quickly as possible, this is a tremendous advancement.”

On the Cutting Edge

While traditional film images cannot always be viewed clearly, PACS allows physicians to manipulate images to attain a better view. Images can be rotated, lightened, darkened and magnified – all at the click of a button. This capability allows physicians to get a closer look at potential areas of concerns, which helps them provide a more accurate diagnosis.

“Highlands utilizes a wide spectrum of imaging techniques,” said Harrell Cox, M.D., board-certified radiologist at Highlands. “Our team of board-certified radiologists use this modern equipment to offer the best care to patients.”

 For more information on Highlands Imaging Center, call 218.3800.



Christopher Green, M.D., board-certified radiologist at Highlands Medical Center, reviews an imaging scan with radiology technician and PACS coordinator, Christy Baker.

A New Face in a Familiar Place

If you have had an imaging scan, MRI or other test at Highlands Imaging Center, you may have noticed a new physician face: Christopher J. Green, M.D., board-certified radiologist, recently joined Highlands Medical Center's current team of board-certified radiologists, Harrell Cox, M.D., and John Reichle, M.D. Dr. Green is a 1995 Scottsboro High School graduate and is happy to be back in his hometown providing high-quality radiology services to the community. Dr. Green received his medical degree at the University of Alabama and completed his residency training at UAB Radiology, where he served as chief resident.

“Dr. Green has a great personality and has been a welcome addition to our staff of highly qualified radiologists,” said Brenda P. Lusk, B.S.R.T., Director of Highlands Imaging Center. “He is a hometown boy who has truly embraced our staff, our hospital and our community by his return to Scottsboro and Jackson County.”

Dr. Green, along with Dr. Cox, Dr. Reichle and the Highlands Imaging Center team, offers services in diagnostic radiology, which includes nuclear medicine, ultrasound, computed tomography (CT scans), X-ray and magnetic resonance imaging (MRI) scans.

 For additional information about Highlands Imaging Center, call 218.3800.

Straighten Up

Why your mother's advice to
sit up straight is worth following.

IF YOU LISTENED to your mother all those nights at the dinner table, you're probably a lot better off. Poor posture can lead to back pain, spinal dysfunction, joint degeneration and a stooped look that makes you appear less than confident. Unfortunately, bad posture often begins as early as 6 or 7 years old, due to an increased inactivity among children.

The following posture guidelines can help keep your back in shape the next time you're just standing around.

- * Feet should be shoulder-width apart with thigh muscles elongated without locking the knees.
- * Level your chin so that the highest point of your body is the top back region of your head.
- * Lifting the breastbone will move the shoulder blades down and straighten the spine.

- * Try to maintain a small hollow in your back, but avoid too much arching.

Additional elements can affect posture aside from the way in which you stand. Follow these tips for additional support:

- * Keep your back straight and use your thigh muscles when lifting heavy objects.
- * Sleep on a mattress supportive enough to keep your spine straight when lying on your side.
- * Use lumbar rolls to support your lower back when sitting in chairs or driving for long periods of time.

Make these easy adjustments to keep your mother proud and your back strong.

 For more information on healthy walking tips, contact Highlands Medical Center's Total Health Program at 218.3765.



Take Steps Toward Better Health

You likely know that **when you walk, it's good for your health.**
But do you know just *how* good?

WHILE YOU take a power walk around the neighborhood or a nearby park and enjoy the fresh air, the steps you take may be extending your life – literally. In addition to lengthening lifespan, regular walking can:

- boost levels of HDL (good) cholesterol
- control blood pressure
- help you maintain a normal weight
- improve sleep
- lower stress levels
- protect against bone fractures
- reduce your risk of certain cancers, Type 2 diabetes, depression, osteoporosis, stroke and heart disease
- relieve arthritis and back pain

At the Starting Blocks

Any amount of walking is good for your health, but for optimal results, walk at a brisk pace for at least 30 minutes on most days of the week. At a brisk pace, you should be slightly out of breath, but still able to maintain a conversation.

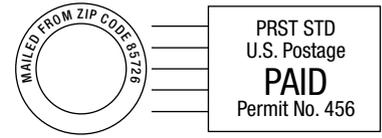
Walk slowly for about five minutes at the beginning and end of your walk to help your body warm up and cool down, and pick up your pace in between.

Before beginning a regular walking routine – or any exercise regimen – speak with your physician. Start slowly and build up to a longer length of time at a faster pace. No matter how you walk, your body will reap the benefits.

 For tips on walking and other fitness activities, contact the Highlands Medical Center Total Health Program at 218.3765.



380 Woods Cove Road
Scottsboro, AL 35768



www.highlandsmc.com



FOR YEARS you and your loved ones have counted on Highlands Medical Center. If we've made a difference in your life and you want to say "thanks," Highlands Foundation, a non-profit entity whose goal is to raise funds for enhanced medical services, is here.

Highlands Foundation uses these tax-deductible donations to:

- enhance existing technologies
- provide a wide range of healthcare programs to the community
- purchase the latest equipment
- upgrade facilities

We offer many thanks to these special individuals who have already helped make an impact.

Individuals:

- Deva Allen
- Pat Baird
- Teresa Bates
- Chad Bradford, M.D.
- Charles Bradford, M.D.
- Robin Bradford
- Ron & Linda Bray
- Debra Brickley
- Bo Butler
- Gary Bynum
- Debra Clay
- Kaye Covington
- Chris & Amy Croft
- Jill Green
- Misty Green
- Glenda "Bit" Hodges
- Yvonnia Jones

- Bill & Betty Knight
- Roxanne Koopman
- Tom & Mary Lackey
- Frank Letson
- Brenda Lusk
- Jane Lynn
- Ena Martin
- Johnny & Judy McCrary
- Sarah Meeder
- Doug Newby
- Dan & Nelda Newell
- Bryant & Betsy Pitchford
- Karen Polaschek
- Renee & Jim Powell
- Susanna Sivley
- John Smith
- Norma & Jackie Stockman
- Don Toney
- Gary Turner
- Mike & Melissa Vickers
- Jerry & Connie Wheeler

Businesses:

- Berry and Dunn Office Equipment
- Morrison's Cafeteria/Larry Thompson
- Mr. Rooter Plumbing Co./Stacy Ledwell
- The Daily Sentinel

Municipality:

- Town of Hollywood

If you would like to make a gift to the Highlands Foundation, or if you have questions, call the Highlands Marketing and Business Development office at 218.3672.

A Strong Foundation =
A Healthier Tomorrow



218.3760

www.highlandsmc.com