

# Harrison County Health News

A Quarterly Publication of Harrison County Hospital • Winter 2015

## A Lucky Man With A Great Team

In August of 2013, Steve of Corydon had an appointment with his vascular surgeon Dr. Thomas Klamer, of Norton Vascular Associates, about a vein in his leg. Steve was expecting to have surgery on the vein in his leg, but was not expecting the chain of events that would follow. At his appointment, Dr. Klamer found that Steve's hemoglobin level was extremely low.

Steve was given blood and began feeling better and saw his primary care physician Dr. Kelly Grossman with Corydon Medical Associates for a follow-up. Dr. Grossman asked Steve to see Dr. Stephen Bodney, general surgeon with General Surgery Associates of Harrison County. It was through a colonoscopy performed by Dr. Bodney, that Steve's colon cancer was discovered.

According to Dr. Bodney, Steve wasn't having any symptoms of colon cancer, however the cancer was blocking his colon to such an extent that Dr. Bodney almost couldn't get the scope through. "Colon cancer can be very silent until it is very advanced," explained Dr. Bodney.

In addition to the Stage 4 metastatic cancer in his colon, a PET CT scan discovered that Steve had a nodule in his lung. "Colon cancer is one of the few cancers that if you have a nodule on the liver or the lung, it's beneficial to go ahead and cut them out," explained Dr. Bodney.

Within a short period of time, Steve faced three surgeries. The hand assisted

laparoscopic surgery to remove the colon cancer was performed at HCH by Dr. Bodney. The surgery to remove the nodule on Steve's lung was performed by a specialist at another facility. And finally, Dr. Klamer performed the vein surgery at Norton Audubon Hospital. Steve's cancer treatment was overseen by Oncologist Dr. Thomas Woodcock at the Louisville Oncology office on the HCH campus. He underwent 12 chemotherapy treatments in Dr. Woodcock's office.

With the exception of two surgeries, Steve was able to complete his entire cancer treatment in his own hometown at Harrison County Hospital. "There is something to be said for the more individualized care that a patient can receive at a smaller healthcare facility," noted Dr. Bodney. Steve was impressed with many of his care providers, exclaiming "All of the doctors and nurses on the hospital campus have been great."

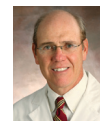
When asked what's next for Steve, Dr. Bodney says, "Now we do follow-up. After a year, Steve will undergo another PET CT scan and another colon scope. We'll stay in close contact, as cancer is most likely to recur in the first couple of years."

"What people need to know is that with appropriate screening 80% of colon cancer is preventable," explains Dr. Bodney. "Some insurance requires a referral. Patients should start screening at age 50, and if the results are negative, they won't have to do it again for ten years."



An unexpected chain of events led Steve, of Corydon, to wind up with Dr. Stephen Bodney (pictured above) and a team of local medical professionals to care for his treatment.

The team of physicians involved in Steve's treatment:



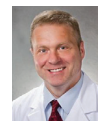
**Thomas Klamer, M.D.**  
Norton Vascular Associates - Corydon  
Steve's Vascular Surgeon



**Thomas Woodcock, M.D.**  
Louisville Oncology - Corydon  
Steve's Oncologist



**Stephen Bodney, M.D.**  
General Surgery Associates of Harrison County  
Steve's general surgeon



**Steven Perkins, M.D.**  
HCH Hospitalist/Internal Medicine  
Cared for Steve while he was an Inpatient at HCH



**Kelly Grossman, M.D.**  
Corydon Medical Associates  
Steve's Primary Care Physician



**John Gonzaba, D.O.**  
General Surgery Associates of Harrison County  
Provided follow-up care for Steve while he was an Inpatient at HCH

## In This Issue...

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# Harrison County Hospital Cancer Registry

Site of Cancer	# of Cases Reported (2013)
Breast	16
Colon	6
Rectal	2
Lung	21
Esophagus	3
Bladder	1
Endometrium	1
Prostate	1
Cervix	2
Small Intestine	1
Liver	1
Pancreas	1
Blood	1
Skin	2
Kidney	1
Brain	1
Lymph Node	1
Unknown	7

Cancer is a reportable disease in all 50 states of the nation and in many nations of the world. The information and statistics gathered regarding cancer is then compiled and reported to national cancer organizations such as the National Cancer Institute where this information is used for research for causes and treatment of the disease.

Hospital based Cancer Registries report all newly diagnosed cases of cancer each year to the State Central Database where multiple cancer records are edited and compiled to forward the data to the national database. In 2009, Harrison County Hospital started a hospital based Cancer Registry to meet this reporting requirement.

The Cancer Registry is not only required to report newly diagnosed cases of cancer but also maintains and supports Cancer Committee meetings that govern and direct the cancer program and activities for the hospital. The registry also maintains and supports Multidisciplinary Tumor Conferences where physicians from multiple disciplines such as Family Medicine, Diagnostic Radiology, Surgery, Pathology, Medical Oncology, and specialists in the area of Physical Medicine, Dietary, and Discharge Planning discuss actual patient treatment planning and coordinate care for patients undergoing cancer treatment.

In 2013, Harrison County Hospital diagnosed a total of 69 new cancers for the year. A breakdown of the different sites of cancer diagnosed is shown at left.

Once a cancer diagnosis is made, the Cancer Registry is required to maintain a lifetime follow of that patient. Once a year the registry is required to contact the patient's physician or the patient themselves to ensure that the patient is receiving the necessary medical care for their disease as well as monitor their progress from the treatment/ treatments they are either receiving or have received.



**The *NEW* Harrison County Hospital Historical Committee Yearbook** is now available for purchase in the Hospital Gift Shop.

Know someone who is or has worked at Harrison County Hospital? Here's the perfect gift!

*\*Proceeds of the Historical Committee Yearbook benefit the Harrison County Hospital Foundation.*

CT Lung Screening has been identified as the first screening test that can reduce the number of deaths from lung cancer. Lung cancer remains the most common cause of cancer death in the USA and across the world.

Among the elder population with a history of smoking, recent research shows that low-dose CT Lung Cancer Screening scans reduced the odds of lung cancer deaths by 20% with appropriate clinical follow-up.

Ask your physician if a low-dose CT Lung Screening at Harrison County Hospital is right for you. The cost of the screening is \$115. The exam takes less than one minute – with total procedure time lasting less than 15 minutes.

There are more than a few reasons to call.

**Schedule your CT Lung Screening today by calling 812-738-7864.**

## HCH Foundation Donors - Third Quarter 2014

### Partners in Health

#### Individual

Scott Cobel, MD  
John & Cindy Daily  
Kerrin C. Dunn, MD  
Don & Susan Gossman  
Larry & Monica Harmon  
Ed & Rowena Hoehn  
Curtis A. Jordan, MD  
Lisa Long  
Max & Barbara Martin  
Betty Robson  
Ed & Linda Runden  
Robert & Teresa Schickel  
Mark & Kathy Shireman  
Gloria Smith  
Patricia and Michael Tate  
Anonymous  
Callie Zimmerman

#### Organization

Blue & Co., LLC  
Cerner  
Harrison REMC  
Horseshoe Southern Indiana  
Logan's Healthcare & Uniform

#### Other Donors

Ronald Alstott  
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Aubrey Cheatham  
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Heather Cloud  
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David Kintner  
Mike Kintner  
The Kintner House Inn  
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Larry Schmidt  
Bob Scott  
Lewis Shawler  
Steve Siebel  
Kevin Smith

Mike Smith  
Steven Stepro  
David Sturgeon  
Evelyn Taylor  
Shawn Wagner  
Carlton &  
Jeanette Watson  
Dallas Waynescott  
Verlin Whitman  
Scotty Williams  
Steve Williams

#### Honor

All Veterans  
Don & Jerry Ann Piontkowski

## HCH FOUNDATION

#### Memorials

LeRoy Beavers  
Jeff, Sandy, Ryan, &  
Ross Schmidt  
Everett & Madalyn Eckart  
Gerry & Laurie Eckart  
Verna Gunther  
Ed & Rowena Hoehn  
Effie E. Owen  
Paul & Lorine Martin  
J. Gordon Pendleton  
Lisa Long  
Charles Robson  
Betty Robson  
Lowell Smith  
Gloria Smith



Jennifer Murphy, FNP-BC

Lisa Clunie, MD

Sandy Lemmel, FNP

### New Face at First Capital Medical Group!

Harrison County Hospital and First Capital Medical Group welcome nurse practitioner Sandy Lemmel to the HCH Physicians Group! Sandy joins Lisa Clunie, M.D. and nurse practitioner Jennifer Murphy.

First Capital Medical Group is located in Corydon at 1995 Edsel Lane, Suite 3, near the Corydon Cinemas. The family practice is accepting patients of all ages.

To schedule an appointment at First Capital Medical Group, call **812-738-4915**.

**1995 Edsel Lane, Suite 3  
Corydon, IN  
812-738-4915**



Left to right:

Deborah Hall, M.D.,  
Erin Walther, FNP-BC,  
Angella Talley, M.D.,  
Emily Pittman, M.D.,  
John Norton, M.D.

## Kids First Pediatrics Keeps On Growing!

**Corydon Location:**  
2201 Concord Avenue  
Suite 100



**Georgetown Location:**  
5300 State Road 64  
Suite 105

Just like your child, Kids First Pediatrics continues to grow! With two new providers and a new location in Georgetown, we'll be more available to you and your family than ever before!

Dr. Norton, Dr. Hall, and Dr. Pittman are excited to welcome Angella M. Talley, M.D. and family nurse practitioner Erin Walther to Kids First. In addition, we've opened a new location in Georgetown, just off of I-64. Kids First is now accepting new patients at both locations.

To schedule an appointment in Corydon or Georgetown, call (812) 738-1200.

# Exercise Away the Winter Blues

by Mickey H. Gramig

Winter turns some people into sluggish creatures who just want to hibernate until spring. Short days marked by bone-chilling wind, ice and snow blur into long nights that only feel colder. It's no wonder so many people fall into a frozen funk.

A proven way to shake off the winter doldrums? **Exercise!**

Working out releases "feel-good" brain chemicals, called endorphins, that lift your mood and reduce anxiety. Exercise also keeps your cardiovascular system strong, strengthens the heart muscle, lowers blood pressure and LDL "bad" cholesterol, and boosts HDL "good" cholesterol.

Thirty minutes or more of exercise three to five days a week can significantly improve your outlook, according to the American Heart Association. And you don't have to go to a gym, hire a coach or buy any equipment. Here are some easy ways to get started:

**Walk it off.** Bundle in layers and take a brisk walk.

Better yet, wake up early for a climate-controlled jaunt through the mall. Who knows – you may meet a walking buddy!

**Get dance fever.** So you think you can dance?

Why not! Crank up the music and let loose. You can stretch, warm up and cool down with slow favorites, and work in some cardio with faster steps in between. Who cares if you're not ready for prime time – just enjoy yourself.

**Roll and stroll.**

Some skating rinks have special times set aside for just that – pushing a stroller while you're on skates. It's just as much fun for the kids as it is for the parents!

**Bring it home.**

Take a class when the time suits you. Exercise videos are free at the public library. If you have cable TV, check for fitness channels; many are available on demand.

**Get creative.**

Use items you already have in your home to do some strength training. Try holding soup cans while you do a biceps curl or using a kitchen chair to complete some squats.

Exercise alone won't fight off extreme cases of the winter blues, which could be classified as seasonal affective disorder (SAD). Talk to your doctor if these symptoms have you feeling frozen: anger, sadness, helplessness or hopelessness; loss of interest in your regular activities; and changes in appetite, weight, energy or sleep habits.



**Harrison County Hospital Foundation  
Diabetes Awareness 5K Glow Run/Walk  
Friday, April 10, 2015  
Hayswood Park, Corydon**

Registration is at 7:00pm, Walk is at 8:00pm

Sky Lantern Lift Off is at 9:00pm

Registration includes T-shirt and Glow Bracelet

\$20.00 Registration fee before April 1, 2015

\$25.00 Registration fee after April 1, 2015 or at the event

Family maximum of \$75.00 (includes 4 t-shirts and 4 glow bracelets)

**For more information, contact the Foundation Development Office at 812-738-8762. Print registration form at [www.hchin.org](http://www.hchin.org).**

## TLC for Seniors Transitional and Lifelong Care

**Dr. Kelly Grossman and Joan Melton**, Certified Geriatric Nurse Practitioner, work closely with the healthcare teams at Harrison County Hospital and Corydon Nursing Homes to help senior patients who may need short-term or long-term nursing home care. Their goal is to demonstrate respect to all senior patients and their families, identify each person's unique healthcare needs, work with the patients, families and caregivers to achieve positive, safe outcomes, and help patient's transition back to home or reach their highest functional potential. Call 812-738-6245 for more information.

## JANUARY

**5 & 12** **Childbirth Education Class**, Parvin Baumgart Education Center, 6:30-8:30pm.  
Call 812-738-7830 ext. 2012 to register. Class is FREE if delivering at HCH!

**6** **Free Blood Pressure & Bone Density Screening**, HCH Main Lobby, 9:00-11:00am.

**13** **Diabetes Self-Management Class**, Accredited by the American Association of Diabetic Educators, Capitol Room 2, 9:00am-4:00pm. Physician referral required; call 812-738-8713 for more information.

**13** **Kidney Smart Class**, Capitol Room 1, 10:00-11:30am. Free class to learn about kidney function, medications, lifestyle, and diet and treatment options.

**19** **Breastfeeding Class**, Parvin Baumgart Education Center, 6:30-8:30pm.  
Call 812-738-7830 ext. 2012 to register. Class is FREE if delivering at HCH!

**21** **Free Diabetes Support & Information**, Capitol Room 2, 12:00pm-2:00pm.  
Registration is required by calling 502-494-5266.

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## FEBRUARY

**3** **Free Blood Pressure & Bone Density Screening**, HCH Main Lobby, 4:00-6:00pm.

**9** **American Red Cross Blood Drive**, Blood Mobile in HCH Parking Lot, 1:00-5:00pm.

**10** **Diabetes Self-Management Class**, Capitol Room 2, 9:00am-4:00pm.  
Physician referral required; call 812-738-8713 for more information.

**14** **Free Community Health Screening**, Rehab Services, 8:00-10:00am.  
Registration is required by calling 812-738-7869.

**18** **Free Diabetes Support & Information**, Capitol Room 2, 12:00pm-2:00pm.  
Registration is required by calling 502-494-5266.

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## MARCH

**2 & 9** **Childbirth Education Class**, Parvin Baumgart Education Center, 6:30-8:30pm.  
Call 812-738-7830 ext. 2012 to register. Class is FREE if delivering at HCH!

**3** **Free Blood Pressure & Bone Density Screening**, HCH Main Lobby, 2:30-4:30pm.

**3** **Siblings Class**, Capitol Room 1, 5:00-6:00pm. Registration is required by calling 812-738-8708. A free class especially for the big brothers and big sisters of newborns prior to baby's arrival at HCH.

**10** **Diabetes Self-Management Class**, Capitol Room 2, 9:00am-4:00pm.  
Physician referral required; call 812-738-8713 for more information.

**16** **Breastfeeding Class**, Parvin Baumgart Education Center, 6:30-8:30pm.  
Call 812-738-7830 ext. 2012 to register. Class is FREE if delivering at HCH!

**18** **Free Diabetes Support & Information**, Capitol Room 2, 12:00pm-2:00pm.  
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Harrison County Hospital

# Health & Wellness Fair 2015

Saturday, February 28 • 9:00-11:00am

**FREE screenings and booths with resources, information and giveaways!**

**Free & Open to All**




1141 Hospital Drive NW  
Corydon, IN 47112

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## Need a New Year's Healthy Food Resolution?

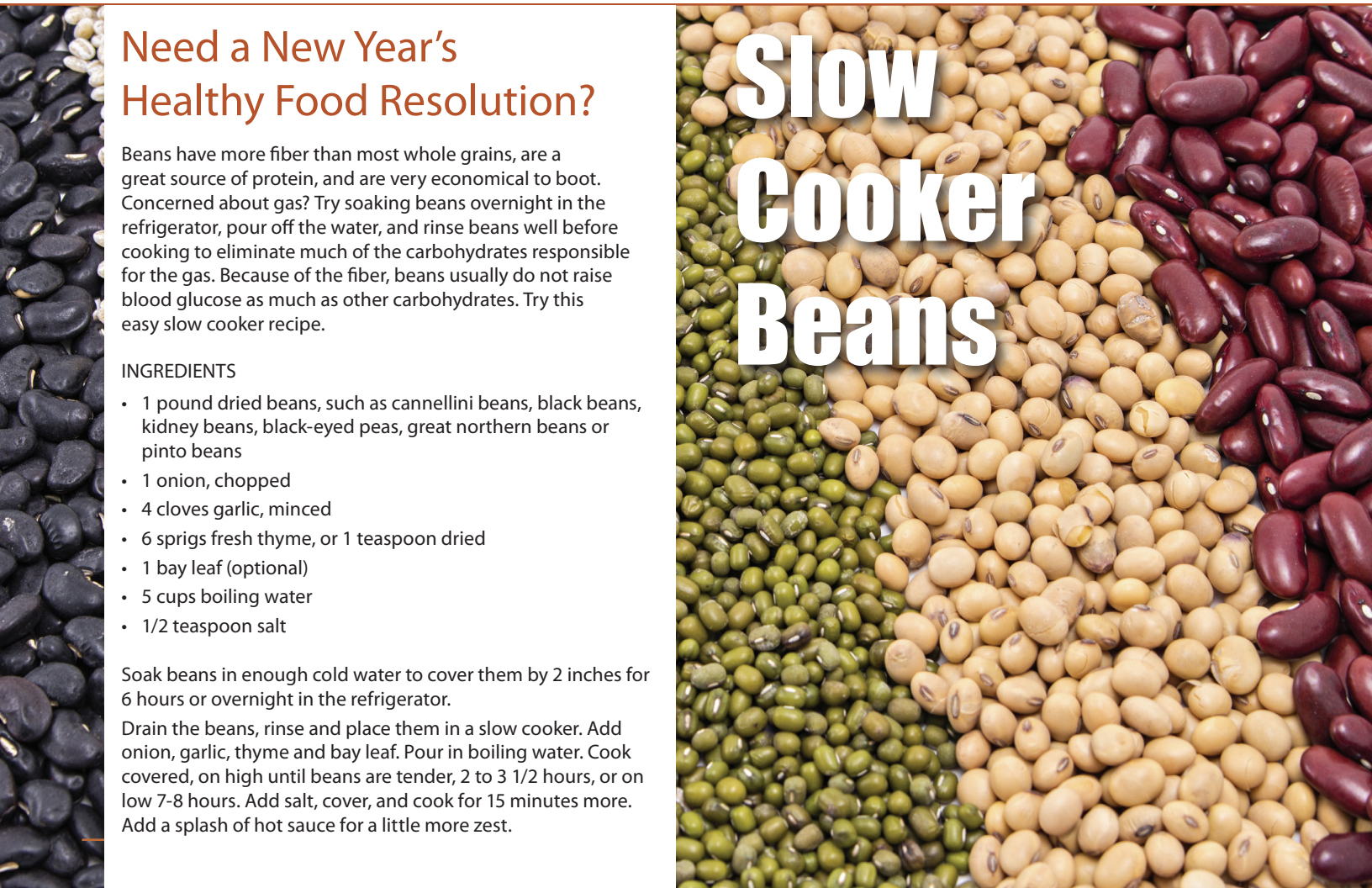
Beans have more fiber than most whole grains, are a great source of protein, and are very economical to boot. Concerned about gas? Try soaking beans overnight in the refrigerator, pour off the water, and rinse beans well before cooking to eliminate much of the carbohydrates responsible for the gas. Because of the fiber, beans usually do not raise blood glucose as much as other carbohydrates. Try this easy slow cooker recipe.

### INGREDIENTS

- 1 pound dried beans, such as cannellini beans, black beans, kidney beans, black-eyed peas, great northern beans or pinto beans
- 1 onion, chopped
- 4 cloves garlic, minced
- 6 sprigs fresh thyme, or 1 teaspoon dried
- 1 bay leaf (optional)
- 5 cups boiling water
- 1/2 teaspoon salt

Soak beans in enough cold water to cover them by 2 inches for 6 hours or overnight in the refrigerator.

Drain the beans, rinse and place them in a slow cooker. Add onion, garlic, thyme and bay leaf. Pour in boiling water. Cook covered, on high until beans are tender, 2 to 3 1/2 hours, or on low 7-8 hours. Add salt, cover, and cook for 15 minutes more. Add a splash of hot sauce for a little more zest.



# Slow Cooker Beans