

Health Connection

BROUGHT TO YOU BY RED BUD
REGIONAL HOSPITAL



**Tired of
not sleeping?**
The Sleep Center
at RBRH can help

**Expanding care
for adults**

**Don't keep quiet
about incontinence**

Breathe easy

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Can't sleep?

Our Sleep Center can help you rest easier

How many hours of sleep did you get last night? If it was less than eight, you may be one of the 47 million adults suffering from sleep deprivation, a serious medical condition that can accelerate the aging process. Until recently, many health professionals didn't take lack of sleep seriously. But new research proves that not getting enough "beauty rest" increases the risk of several health problems. The good news is that the Sleep Center at Red Bud Regional Hospital (RBRH) can help.

How do you know whether you're getting enough rest? Experts say if you feel drowsy during the day or if you routinely fall asleep within five minutes of lying down, you're probably among the sleep deprived. While we're getting our shut-eye, cell growth and repair take place. Sleep also

helps our bodies conserve energy and other resources the immune system needs to fight infection and mount an effective attack should we get sick later.

DANGER SIGNS

The most common signs that you may have a sleep disorder are:

- loud snoring and gasping or choking for breath during sleep
- persistent inability to fall asleep or stay asleep
- irresistible urge to sleep
- itchy, tingly sensations in your legs while resting
- involuntary contractions of leg muscles during sleep

WE'RE HERE FOR YOU

The Sleep Center at RBRH is staffed with a board-certified pulmonologist who interprets sleep studies and provides patients with useful, current information about sleep disorders and treatments. If you suspect you have a sleep disorder, consult your physician immediately about having a test scheduled at RBRH.

! Get your zzzs!

For more information about the Sleep Center at RBRH, call (618) 282-4944.



Breathe easier

The next time you go for your annual checkup, don't be surprised if your physician asks you to breathe into a spirometer. This quick, simple test that measures lung function is recommended by the National Lung Health Education Program for current and former

smokers ages 45 and older and for anyone with respiratory symptoms. Spirometry results can clue physicians in to early signs of chronic obstructive pulmonary disease, a lung condition that causes progressive breathing problems.

RBRH provides respiratory testing on an inpatient and outpatient basis. Call (618) 282-4923 to learn more about respiratory testing.

Dear friends,

At Red Bud Regional Hospital (RBRH), we're committed to enhancing services for our patients. In a recent report by HealthStream, we improved our fourth-quarter scores for inpatient and emergency department (ED) services. In 2008, 87.5 percent of patients surveyed said they would definitely recommend RBRH. This is a 25 percent increase from the survey in the fourth quarter of 2007. The ED also improved its fourth-quarter score for the same category from 70.9 percent to 74 percent. These scores are both well above the national average for these areas.

This is due to the commitment RBRH employees have made to improve patient care and the continued support from our management team in creating a culture of service.

RBRH also implemented many new care-improvement initiatives, including more frequent checks on patients in the inpatient service area and ED. We're also making follow-up telephone calls with all ED patients after their visit to check on the care received. These new tools and our committed staff will continue to make RBRH the hospital of choice in our region.

Regards,

SHANE WATSON
Chief Executive Officer
Red Bud Regional Hospital



Shane Watson
Chief Executive Officer

The secret's out

Don't keep quiet about incontinence

More than 6 million people—mostly women—are keeping a secret. According to experts, that's how many suffer from incontinence (the involuntary loss of urine) and are too embarrassed to get help. Incontinence affects more than 13 million Americans; 85 percent of them are women, and more than half don't seek medical help. Yet most of the time, incontinence can be greatly improved, if not cured.

HELP IS AVAILABLE

In January, Red Bud Regional Hospital (RBRH) began offering urodynamic testing for patients suffering with urinary complications. Urodynamic studies are a group of tests to determine how the nervous system affects the filling and emptying of the bladder.

Urodynamic testing can help explain such symptoms as:

- incontinence
- frequent urination

- sudden, strong urges to urinate
- problems starting a urine stream
- painful urination
- problems emptying the bladder completely
- recurrent urinary tract infections

Tests are customized for each patient's needs and are relatively simple. They're performed in the privacy of the physician's office.

! Take control!

Stephanie Skelly, M.D., board-certified gynecologist, performs urodynamic testing at RBRH's Specialty Clinic on an outpatient basis. Dr. Skelly performs and interprets tests for each patient and formulates a management plan, which might include surgery, pelvic floor exercises or medication.

To see if you're a candidate for testing, speak with your physician. The referring physician will call Dr. Skelly at (618) 939-1551 to schedule a consultation and test.



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RBRH expands services in Waterloo

Red Bud Regional Hospital (RBRH) is pleased that Carlotta Taylor White, adult nurse practitioner, has joined its medical staff. In February, White began practicing in Waterloo at Red Bud Family Health Center.



Carlotta Taylor White
Adult Nurse
Practitioner

ABOUT CARLOTTA TAYLOR WHITE

Before joining RBRH, White provided medical care for a large internal medicine practice encompassing three locations in Columbia, South County and Festus, Mo. She coordinated with a quality improvement group for a diabetes initiative that received recognition for best diabetes care in Missouri from the Centers for

Medicare & Medicaid Services. White obtained her master's degree in nursing and postgraduate adult nurse practitioner certification from the Jewish School of Nursing and Allied Health at Washington University in St. Louis, Mo.

White has extensive training and experience in diabetes care and chronic illness and is anxious to share her passion with community members. Plans are under way to establish a diabetes treatment program and other programs at RBRH.

White works closely with Amy Rohlfig, M.D., internal medicine and geriatrics physician. White sees patients in the Waterloo office while Dr. Rohlfig continues to see patients in the Red Bud office.

To schedule an appointment at the Waterloo office, call (618) 939-1551.



Are you at risk for diabetes?

Almost 21 million Americans have diabetes—yet more than 6 million don't even realize they have the disease.

Are you one of them? Answer the following questions to find out:

- Do you get little or no physical activity?
- Are you overweight?
- Have you ever had gestational diabetes or had a baby weighing more than 9 pounds at birth?
- Do you have a close family member (parent or sibling) with diabetes?
- Are you age 45 or older?
- Are you African-American, Hispanic American, Native American, Asian American or Pacific Islander?

If you answered yes to two or more questions, you may be at risk. Contact your physician to learn more.