

Help Us Complete Our New Emergency Department

# LIVING well

Look Inside for  
Our Classes  
and Programs



## Steps to Stop Cancer

This year, resolve to get up  
to date on cancer screenings

Free Wallet Card for Medication Records Inside

WINTER 2006 • VOL.3, ISSUE 1

 **Mercy**  
a member of CHW



## GRATITUDE AND BLESSINGS

Dear Reader,  
As 2005 draws to a close, Mercy Hospital of Folsom's healthcare team has much

to be thankful for and to look forward to. Our community has rallied in support of our planned \$18 million expansion, which centers around a much-needed, new benchmark Emergency Department. This fall, the City of Folsom made a generous commitment of \$1 million toward our \$5 million communitywide expansion campaign. We are truly grateful for this generosity.

We are planning to break ground on the new 25-bed Emergency Department in early 2006. Once started, the project will take approximately 15 to 18 months to complete.

As you make your New Year's resolutions, we encourage you to add regular cancer screenings to your list, as part of your effort to maintain a healthy lifestyle. See our article on page 5 for more information. And for details on our upcoming classes to help you stay well, see pages 6 and 7.

I wish you and your family a holiday season filled with health and blessings, and a prosperous new year.

Sincerely,

Don Hudson  
Hospital President  
Mercy Hospital of Folsom



## THE FUTURE OF IMAGING

Imagine a future where you will no longer have to wait hours in the Emergency Department for X-ray films to be printed or delivered. Imagine how much time would be saved if digital images could be viewed immediately from any PC with Internet capability—including computers at a doctor's office. Images would even be available for interpretation while a patient is still on the examination table. Patients could then have vital medical information downloaded to a CD to take to their personal physician.

Over the next two years this future will become a reality at Mercy Hospital of Folsom. The hospital is currently upgrading and replacing major equipment, which will provide the Folsom community with state-of-the-art diagnostic imaging without the historically long waits. We are committed to bringing the best in healthcare services to our community.

## MERCY MEDICAL GROUP COMING TO FOLSOM

Mercy Medical Group, a service of CHW Medical Foundation, is expanding to the Folsom and El Dorado communities. The new office building, located at 1700 Prairie City Road in Folsom, is scheduled to open in spring 2006, and will bring primary care doctors to the heart of Folsom. The office will house eight physicians specializing in family practice, internal medicine, pediatrics, and obstetrics and gynecology. Additionally, the medical group will offer on-site laboratory and X-ray services, as well as same-day and extended-hour appointments. Watch for more information in 2006.

## NEW EMERGENCY DEPARTMENT JUST HALF A MILLION AWAY

A million-dollar vote has put the end goal in sight for a community-wide campaign to raise the funds needed to build a new Emergency Department at Mercy Hospital of Folsom. On Oct. 11, the Folsom City Council voted to donate \$1 million for the expansion of emergency services at the hospital.

Mercy Foundation and a dedicated group of community volunteers have been working to successfully complete the campaign prior to breaking ground on the much-needed facility in early 2006. Prior to the city's commitment, the three-year campaign had raised \$3.5 million, thanks to the generosity of many individuals and businesses. Now, with city funding, the new Emergency Department is just half a million dollars away from becoming a reality.

"Our gratitude to the city is hard to express," says Rosemary Younts, Senior Development Officer for Mercy Foundation's Folsom office. "The \$1 million pledge will have a positive and lasting impact."

The timing of the city's contribution allows Mercy Folsom to move forward with construction of the new Emergency Department as planned. It also eliminates the risk of having to compromise key components that the hospital otherwise might not be able to afford.

"The City of Folsom recognizes that access to the best possible emergency care is essential for any commu-

nity," says Mercy Hospital of Folsom's President, Don Hudson. "In our community, we have a need—driven by rapid growth—to improve access to critical care, to reduce wait times and to enhance capability. We thank our city leaders for making this a priority."

The need for a new Emergency Department is urgent. Because of population growth in our area, emergency patient volume has increased by nearly 50 percent. By 2010, this volume is expected to increase by an additional 30 percent.

Mercy Folsom's new Emergency Department will provide five times more capacity than currently exists, and add significant new capabilities, while striving to cut wait times for patients to 15 minutes. The facility will take an estimated 15 to 18 months to complete, and will open sometime in 2007.

"Mercy Hospital of Folsom is one of the city's largest employers, and is a significant contributor to the economic vitality of our community," says Folsom Mayor Steve Miklos. "The donation also represents an important economic investment that will create new jobs for Folsom and attract additional employers to the community. The convenience and security of having a well-respected hospital factors into a company's decision to relocate or expand."

Architectural rendering of Mercy Hospital of Folsom's expanded Emergency Department.



### HELP US GET TO THE TOP

You can help us reach our goal of raising \$5 million for our new Emergency Department. With just half a million dollars left to go, every gift makes a difference. To make a tax-deductible donation, call Rosemary Younts at **916.817.2407**.



# Do You Know Your Meds?

CARRY A RECORD OF YOUR MEDICATIONS WITH A MERCY HOSPITAL OF FOLSOM WALLET CARD

IF SOMEONE ASKED YOU TO RECALL the names and doses of all the prescription and over-the-counter medications you take—including any vitamins, herbs and dietary supplements—could you answer correctly and completely? According to a recent study published in *Mayo Clinic Proceedings*, only 12 out of 43 patients (28 percent) could list all of their medications after being discharged from a large teaching hospital.

## **MEDICATION CONFUSION**

“It’s hard for patients to produce a list of all their medications when they make a sudden or unexpected visit to the hospital,” says Jill Kan, a Clinical Pharmacy Specialist at Mercy Hospital of Folsom. Medication names often have challenging pronunciations or spellings, and a trade (brand) name as well as a generic name. Some, such as Prozac and Prilosec, sound similar and may be confused.

“It’s important for healthcare personnel to be aware of all the medications that someone is taking, especially in an emergency,” says Ron DiGiambattista, a Mercy Folsom pharmacist. For example, a surgeon needs to be aware of any blood-thinning medications—even aspirin therapy—in a patient’s system so he or she can take measures to prevent excessive bleeding during an emergency operation. Having a current, complete medication list also cuts down on the risk of adverse drug interactions and double prescribing

for the same condition when a patient sees more than one doctor, Kan says.

## **A POTENTIALLY LIFE-SAVING SOLUTION**

Luckily, Mercy Folsom has a simple way to help you protect your health: a handy wallet card on which you can record and easily access your personal medication list. “We put together an accordion-shaped card that, when folded, is about the size of a credit card or driver’s license,” DiGiambattista says. The card features areas to list all medications, the doses, how often you take them, your prescribing doctors’ names and any allergies.

If all of your information won’t fit on one card, use two or three, DiGiambattista suggests. And it’s important to keep the information on the card current. DiGiambattista suggests reviewing and updating your wallet card information each time you’re waiting to see your doctor or pick up a prescription. Then you can go over the updated list with your doctor or pharmacist on the spot.



# Resolve to Beat Cancer

**THIS YEAR, MAKE A NEW YEAR'S RESOLUTION  
TO GET YOUR CANCER SCREENINGS**

**WE ALL KNOW THAT NEW YEAR'S RESOLUTIONS ARE NOTORIOUS** for getting dropped like a 50-pound dumbbell. But don't go scrapping the practice just yet.

If you want a resolution with a big payoff for minimal effort, consider getting up to date on your cancer screenings.

### **SCREENINGS ARE ESSENTIAL**

"The whole point of cancer screenings is the early detection of cancers, when we're most likely to cure them," says Daniel Cooper, DO, Chief of Family Practice at Mercy Hospital of Folsom. People who get regular screenings, he says, are the ones who beat cancer.

### **START WITH A SINGLE APPOINTMENT**

Once you've resolved to get up to date on your cancer screenings, make an appointment with your primary care physician for your periodic checkup/physical. Your doctor will review your records and discuss with you the screenings you need.

### **CANCER SCREENING GUIDELINES**

The American Cancer Society (ACS) provides screening guide-

## NEED A PHYSICIAN?

If you need a primary care physician or specialist, Mercy Hospital of Folsom can help. Call our free physician referral line at **888.800.7688**, or search our directory online at [mercyfolsom.org](http://mercyfolsom.org).

lines for many types of cancer. If you have a family history of cancer or other risk factors, you may need certain screenings earlier or on a more frequent schedule. Below are screening guidelines for some of the most common cancers.

### **Breast Cancer**

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health
- Clinical breast exams, about every three years for women in their 20s and 30s, and every year for women 40 and older

### **Colon and Rectal Cancer**

Beginning at age 50, both men and women should follow one of these testing schedules, based on their doctor's recommendation:

- Yearly fecal occult blood test (FOBT) plus flexible sigmoidoscopy every five years
- Double-contrast barium enema every five years
- Colonoscopy every 10 years

### **Cervical Cancer**

- All women should begin cervical cancer screenings about three years after they begin having vaginal intercourse, but no later than age 21. Screenings should be done every year with the regular Pap test, or every two years with the newer liquid Pap test.
- Beginning at age 30, women who have had three normal Pap test results in a row may reduce their screening schedule to every two to three years.
- Women age 70 or older who have had three or more normal Pap tests in a row and no abnormal Pap test results in the last 10 years may choose to stop having screenings.

### **Prostate Cancer**

Both the prostate-specific antigen (PSA) blood test and the digital rectal examination should be given annually, beginning at age 50.

For additional guidelines on cancer screenings, visit the ACS Web site at [cancer.org](http://cancer.org).



TO LEARN MORE, VISIT [MERCYFOLSOM.ORG](http://MERCYFOLSOM.ORG)

## OUR MISSION AND VALUES

Mercy Hospital of Folsom is committed to furthering the healing ministry of Jesus. Our mission:

- To deliver compassionate, high-quality, affordable healthcare services.
- To provide direct services to our sisters and brothers who are poor and disenfranchised, and to advocate on their behalf.
- To partner with others in the community to improve the quality of life.

To help you and your family members lead healthy lives, Mercy Hospital of Folsom offers a variety of educational programs and services. Please join us for any of the classes that meet your specific needs. Unless otherwise noted in the course description, classes are offered in the Willow Creek Medical Office Building community education classrooms, 1580 Creekside Dr., Suite 120, Folsom. If a phone number is not stated in the course description, call **916.983.7410** between 7:30 a.m. and 4:30 p.m., Monday through Friday, to register for classes or for more information.

### ASTHMA EDUCATION

For adults or children. Adopt skills for effective management. Learn how your lungs work, the early warning signs of an attack, the role of medications, equipment to manage asthma, breathing techniques, nutrition, how to develop an asthma action plan and more. No referral necessary.

#### Adult Asthma

**Date and time:** Feb. 28, 6:30–8:30 p.m.  
**Fee:** \$10

#### Child Asthma

Available on an as-needed basis.  
**Fee:** \$10  
**Contact:** Call 916.817.8673 to sign up

### CHILDBIRTH EDUCATION

We offer a full range of classes to help you prepare for childbirth. For a complete listing of our classes, call the Mercy Women's Center at **916.733.6302**.

### DIABETES EDUCATION

If you or a family member has been diagnosed with diabetes, we invite you to attend our two-part series. Registration is required. Call for fee information.

#### Learning the Tools to Manage Blood Sugar (Part 1)

Our certified diabetes nurse educator and registered dietitian will discuss tools and skills to help you manage your blood sugar, understand diabetes and recognize how it affects you. Learn guidelines for exercise, medications and how to plan meals. Registration is required. Physician referral is not necessary.

**Dates and times:** Jan. 10, 2–5 p.m. or March 7, 6–9 p.m.

#### Diabetes: Beyond the Basics—Using the Tools (Part 2)

This class helps you monitor your blood sugar, as well as develop individual exercise and meal plans. Registration is required. Physician referral is not necessary.

**Dates and times:** Feb. 7, 2–5 p.m. or April 4, 6–9 p.m.

### NUTRITION EDUCATION

There is a \$10 fee for each nutrition class.

#### Choosing a Healthy Diet for You—Fad Diets

Covers truths and myths about the latest fad diets, including the South Beach and Atkins diets.

**Date and time:** Jan. 26, 6:30–8:30 p.m.  
**Facilitator:** Ann Wallace, RD

#### Kids in the Kitchen

Does your child enjoy cooking? This hands-on workshop covers how to plan, shop, prepare and enjoy a healthy recipe. Parents must accompany children. For ages 10–13.

**Date and time:** Feb. 4, 2–4 p.m.

**Place:** Raley's El Dorado Hills, 3935 Park Dr., El Dorado Hills

**Fee:** Free  
**Contact:** Call 916.817.8673 to reserve a spot; space is limited.

#### DASH—A Diet for High Blood Pressure Control

Learn about the DASH (dietary approaches to stop hypertension) diet, an eating plan that has been shown to lower blood pressure without medication. If you have high blood pressure or pre-high blood pressure, then join us for a practical guide to eating for good health.

**Date and time:** Feb. 9, 6:30–8:30 p.m.  
**Facilitator:** Valerie Haack, RD

#### Nutrition: A Piece of the Stress Management Puzzle

This class will explore specific nutrients and eating patterns that can help you combat stress. Tips on maintaining a healthy diet—even when time is short—will be covered.

**Date and time:** Feb. 16, 6:30–8:30 p.m.  
**Facilitator:** Valerie Haack, RD

#### Choosing a Heart-Healthy Diet

Learn how nutrition can promote a healthy heart. Topics include heart-healthy fats, sodium and fiber.

# and programs

**Date and time:** Feb. 23,  
6:30–8:30 p.m.  
**Facilitator:** Ann Wallace, RD

## Feeding Your Toddler Healthy Meals

This class is designed so parents can discuss and troubleshoot feeding challenges typical during the toddler years, as well as toddlers' nutritional needs, serving sizes and healthy snacks for young children.

**Date and time:** March 2,  
6:30–8:30 p.m.  
**Facilitator:** Valerie Haack, RD

## Understanding the New Food Pyramid

Learn about the new food pyramid and how you can use it to build a healthy eating lifestyle.

**Date and time:** March 9,  
6:30–8:30 p.m.  
**Facilitator:** Ann Wallace, RD

## Healthy Eating in the Fast Lane

Do you find yourself ordering dinner at the drive-through window? Learn tips and tricks for healthy eating on the go.

**Date and time:** March 16,  
6:30–8:30 p.m.  
**Facilitator:** Valerie Haack, RD

## Counting Carbohydrates

Learn how to balance carbohydrates in your meal plan, choose healthier carbs, read food labels and prepare appropriate portion sizes.

**Date and time:** March 30,  
6:30–8:30 p.m.  
**Facilitator:** Ann Wallace, RD

## Mercy Goes to School with Nutrition Education

Mercy Goes to School's mission is to bring health educa-

tion into area elementary schools to impact children's health for a lifetime. Call for more information, or to find out details about scheduling a presentation.

**Contact:** 916.817.8673

## PARENTING EDUCATION

To register for classes taught by Diane J. Wilson, MDiv, credentialed parent educator, call **916.983.7410** between 7:30 a.m. and 4:30 p.m., Monday through Friday.

## Getting Your Child to Cooperate

(preschoolers)

Parents will learn effective strategies for positive discipline, including limit-setting, logical consequences, friendly sibling relations and shared family responsibilities.

**Date and time:** Jan. 26,  
6:30–8:30 p.m.  
**Fee:** \$10 per family

## Getting Your Child to Cooperate (school-age)

Becoming a positive parent

entails leading and teaching a more harmonious life involving your child's homework, chores, creative achievements and community contributions.

**Date and time:** Feb. 2,  
6:30–8:30 p.m.  
**Fee:** \$10 per family

## Say "No": Teaching Limits and Consequences to Your Child

Learn strategies to set limits, win cooperation, build self-esteem and create a loving bond with your child.

**Date and time:** Feb. 9,  
6:30–8:30 p.m.  
**Fee:** \$10 per family

## Sibling Rivalry—Personality and Birth Order

A how-to ... as in how to avoid this difficult, unnecessary parent-child game. You'll learn about birth order, temperament and how children learn.

**Date and time:** Feb. 16,  
6:30–8:30 p.m.  
**Fee:** \$10 per family

## Coping With Twins and More

This group offers parents of multiples a safe environment for open-topic discussions.

**Dates and times:** Second Friday of each month,  
10–11:30 a.m.  
**Fee:** Free  
**Contact:** 916.817.8673

## ADULT HEALTH Simple Strategies to Manage Stress

Learn about the physiology of the stress response and skills to reduce the impact of stress. Registration required.

**Date and time:** Feb. 2,  
6–8:30 p.m.  
**Fee:** \$10 per person  
**Facilitator:** Linda Noland, LCSW

## The Caring Center

Provides a variety of treatments, including therapeutic touch, craniosacral therapy, massage, reflexology, Reiki and healing touch.

**Dates and times:** Wednesdays, 7–9 p.m.  
**Fee:** Free  
**Contact:** 916.817.8656



# TODAY



I made a big decision.

And it affects the most important people in my life.

Now I know that **we have access to excellent care**—no matter what tomorrow brings.

Finding the right doctor is one of your most important family decisions. Do you choose convenience? Specialization? Breadth of network? Professional excellence? Personal attention? For all of these reasons, the answer is Mercy.

For help finding a doctor, call our toll-free physician referral hotline at 1.888.800.7688 or visit [mercyfolsom.org](http://mercyfolsom.org).

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