

Health Connection



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A MESSAGE FROM MARLBORO PARK HOSPITAL

MPH welcomes new CEO



Todd Blanchard
Chief Executive Officer

Marlboro Park Hospital (MPH) is pleased to welcome Todd Blanchard as Chief Executive Officer (CEO). Blanchard brings more than eight years of health-care management experience to MPH. Most recently, he served as assistant CEO at Lake Wales Medical Center (LWMC) in Lake Wales, Fla.

"We're pleased to have Todd join our hospital," says Jodi Beauregard, interim CEO. "He's an enthusiastic and accomplished leader and a perfect fit for our hospital and community."

"I'm grateful for the opportunity to join the dedicated employees and medical staff at Marlboro Park Hospital," says Blanchard. "I look forward to building on the solid foundation they've created and playing a part in our many future successes."

KEY EXPERIENCE

During his time at LWMC, Blanchard developed successful capital/operational plans for advanced diagnostic/interventional imaging services and orthopedics care. He also managed the construction of a new cardiac catheterization lab, the expansion of the hospital's surgery suite and the addition of 32 private rooms.

Blanchard recruited specialists in orthopedics, podiatry, nephrology and pulmonology to the community. He also enhanced medical staff relations and worked with employees to implement clinical operations and customer service protocols.

Previously, Blanchard served in administrative positions for



River West Medical Center in Plaquemine, La., and other Louisiana hospitals. He earned a bachelor's degree in finance from Louisiana State University in Baton Rouge, La., and received a master's degree in health administration from Washington University School of Medicine in St. Louis, Mo. Blanchard and his wife, Ellen, have two children and are expecting another child this fall.

"Todd is a seasoned healthcare administrator and a dynamic leader, and we're fortunate to have him,"

says Board Chairman Hubert Meggs. "He brings an excellent balance of professional expertise and interpersonal skills to the position, which will help our hospital continue to excel and meet the growing needs of our community."

! Visit our Web site!

For the latest medical information, go to www.marlbopathospital.com and click on the Health Resources link.

Make time for your mammogram

From salons to restaurants, it seems everything in life requires an appointment or a reservation. But as you set aside time for these little luxuries, don't forget to make one important date: your yearly mammogram.

Mammograms are the most powerful tools in the early detection of breast cancer. The American Cancer Society recommends every woman 40 or older get a yearly mammogram, although more frequent testing may be required if you've had breast cancer or have a strong history of it in your family.

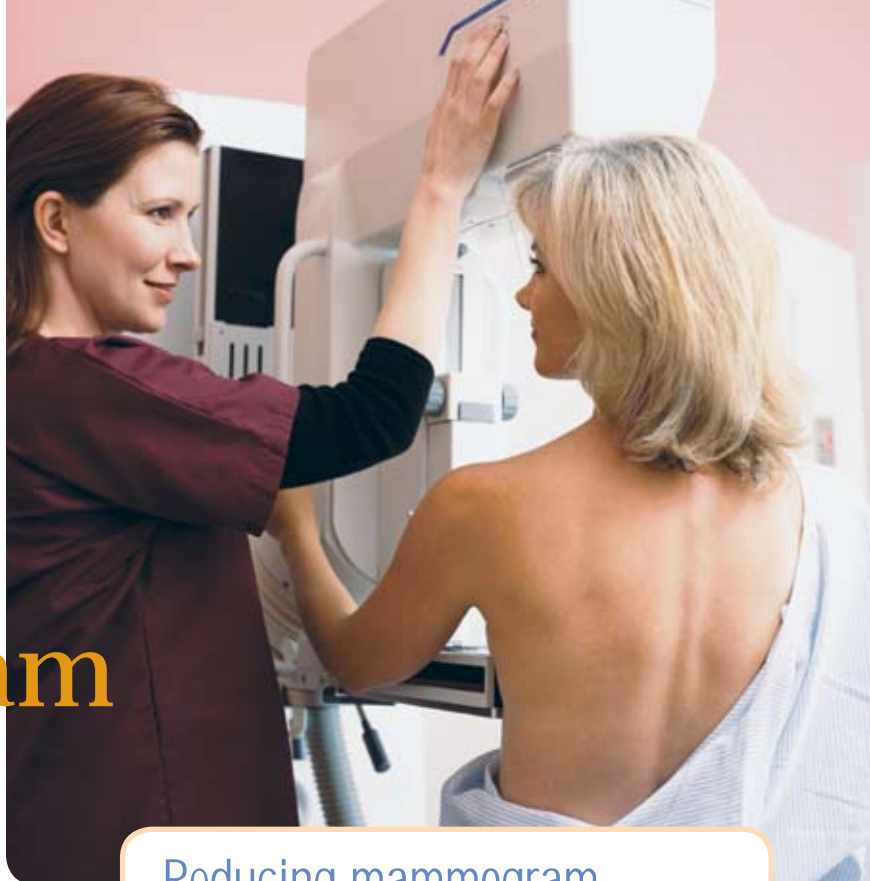
WHAT IS A MAMMOGRAM?

A mammogram is an X-ray of the breast. An image of breast tissue is produced for a radiologist to analyze. He or she looks for tumors or calcium deposits, which can signal cancer's presence.

If you're at high risk for breast cancer, your healthcare provider may recommend magnetic resonance imaging (MRI) in addition to a yearly mammogram. This test uses magnets and radio waves to produce detailed images of the body. Suspicious areas found during testing may require an ultrasound, which uses sound waves to tell whether the problem area is cancerous.

GET SCREENED

Go to the same breast-screening facility every year so your radiologist can compare your current mammogram with past results. It's important for the radiologist to see whether there are any changes in your breast tissue from year to year. If you're going to a new facility, try to have your old mammograms sent there before your appointment.



Reducing mammogram discomfort

While mammograms may sometimes be uncomfortable, you can take the edge off with these steps:

- Schedule your mammogram for a few days after your period has ended when your breasts are less tender. Avoid the week before your period.
- Take a pain reliever like ibuprofen or acetaminophen an hour before your mammogram.
- Avoid caffeine for two days before your mammogram.
- Tell your healthcare provider if you have breast implants.
- Ask your X-ray technician about thin, foam pads that she can place between your breast and the machine to lessen discomfort.
- Wear a two-piece outfit since mammograms only require that you strip to your waist. This way you'll feel less exposed.

! Low-cost testing

Can't afford a mammogram? Call the American Cancer Society at [1-800-227-2345](tel:1-800-227-2345) for low-cost mammogram options near you. The National Breast and Cervical Cancer Early Detection Program also offers information about free or low-cost testing for women without health insurance. Call [1-888-842-6355](tel:1-888-842-6355) or visit www.cdc.gov/cancer/nbccedp.

Watch your back

Get relief from pain

Has back pain got you down for the count? In many cases, back pain goes away on its own. But if you're experiencing numbness or tingling, pain that's resistant to medications and rest or pain following a fall or an injury, see your healthcare provider. You could be facing a more serious back problem.

PAIN RELIEF

Most back ailments don't require surgery, so an operation is rarely the first line of defense. As a start, your healthcare provider may recommend hot or cold compresses, specific exercises to reduce pain, medication or pain-relief injections. He or she may also suggest complementary treatments such as massage; acupuncture; and transcutaneous electrical nerve stimulation (TENS), which sends electrical impulses to nerves.

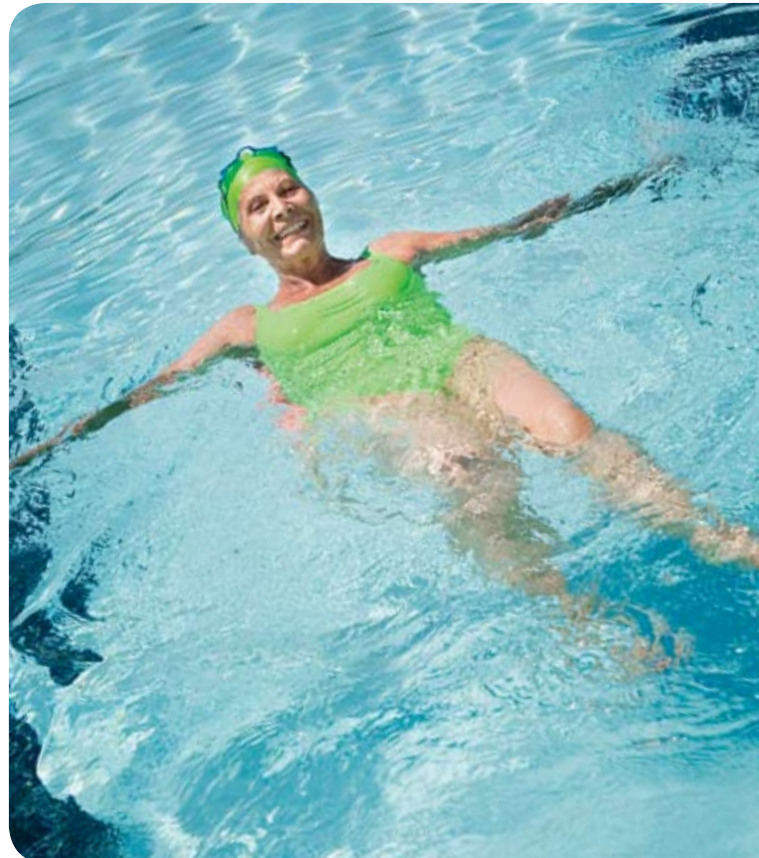
If your pain can't be quelled with conservative treatments, you may be a candidate for surgery. The pain's cause and the extent of damage will dictate what procedure may work. Some options include:

- a laminectomy/discectomy, which removes a herniated disc through an incision a few inches long
- spinal fusion, which joins two or more vertebrae with bone grafts, screws and rods to stabilize the spine
- vertebroplasty, which involves injecting a cement-like mixture into the damaged vertebrae to relieve pain and stabilize the spine
- disc replacement, which replaces the damaged disc with an artificial one

Only you and your healthcare provider can determine the right treatment for your condition. If you're experiencing persistent back pain, talk with him or her today to help get you on the road to a pain-free tomorrow.

5 steps to a healthier back

- 1. Exercise.** Low-impact aerobic activities such as walking and swimming can increase back strength without strain. Ask your healthcare provider about exercises that can condition back muscles.
- 2. Quit smoking.** Lighting up reduces oxygen levels in your spinal tissue, which can slow down an ailing back's healing process.
- 3. Maintain a healthy weight.** Excess weight can strain your back muscles. Eat a healthful diet of fruits, vegetables and whole grains and make sure to include plenty of calcium and vitamin D, which help to build bone strength.
- 4. Practice perfect posture.** If you're standing for long periods, rest one foot on a stool, alternating feet, to take the weight off your lower back. While sitting, make sure your chair supports your lower back. Place your feet flat on the floor.
- 5. Lift with care.** Keep your back straight and bend only your knees as you reach down to lift an object. Hold the object close to your body and straighten your knees to stand.





Congratulations to our Physician of the Year!



Casey Mann, M.D.
Family Practitioner

Marlboro Park Hospital (MPH) employees selected family practitioner Casey Mann, M.D., as the 2008 Physician of the Year.

To be nominated for this honor, a physician must:

- demonstrate compassionate patient and family care
- recognize all healthcare disciplines as partners in care

- help educate and develop patient care providers
- recognize and support team efforts within the patient care setting

Dr. Mann joined the MPH staff in October 2006 and practices family medicine at Marlboro Primary Care Associates, which is located at 1040 Marlboro Way, Suite 1, in Bennettsville. Dr. Mann graduated from Morehouse School of Medicine in Atlanta, Ga., in 1990 and continued his medical education at Meharry Medical College in Nashville, Tenn., where he completed his residency and family practice and obstetrics fellowship. In addition to being named Physician of the Year, Dr. Mann also won Best Attitude, Best Hospital Supporter/Community Advocate and Best Teacher. Dr. Mann and his wife, Heirut, have five children.

Two other physicians at MPH were also recognized. Haynes Cain, M.D., family practitioner, received the award for Best Record Compliance, which is given to the physician with the best documentation and timely medical record completion. Chi-Dai Chen, M.D., general surgeon, was named Best Patient Advocate/Rounder, given to the physician who's dedicated to his patients and attentive during hospital rounds.

What MPH employees say about Dr. Mann ...

- "He's willing to go the extra mile to help with patient, family and employee healthcare needs in a professional, courteous manner."
- "He's always willing to answer any questions and offer advice about any healthcare need placed before him."
- "He helps with health fairs and school sports physicals and gives speeches at civic meetings. He remains active in the community."
- "He has a professional manner with all staff and patients."
- "He consults with other physicians to meet patients' healthcare needs person to person, not through third parties."
- "He's a true team player. He considers healthcare to be of the utmost importance and makes it a priority in his own life."
- "He's such a loving, caring person and always has something nice to say."

! Make an appointment today!

To schedule an appointment with Dr. Mann, call (843) 479-5890. Same-day appointments are available, and walk-ins are welcome.

MPH earns top honors

Respiratory care program recognized for excellence

Marlboro Park Hospital (MPH) has earned the Quality Respiratory Care Recognition (QRCR) under a national program aimed at helping patients and families make informed decisions about the quality of respiratory care available in hospitals. This is the second consecutive year MPH has received this award.

HOW THE PROGRAM BEGAN

The QRCR program was started by the American Association for Respiratory Care in 2003 to help consumers identify facilities using qualified respiratory therapists to provide respiratory care. Hospitals earning the QRCR designation adhere to strict criteria over their respiratory care services.



EXCEEDING EXPECTATIONS

About 700 hospitals, or 15 percent of hospitals in the United States, have applied for and received this award. To qualify for this recognition, MPH had to meet the following conditions:

- All hospital-employed respiratory therapists who deliver bedside respiratory care services are either

legally recognized by the state as competent to provide respiratory care services or hold the Certified Respiratory Therapist or Registered Respiratory Therapist credential.

- Respiratory therapists are available 24 hours a day.
- Other personnel qualified to perform specific respiratory procedures and the amount of supervision required to carry out procedures must be put in writing.
- A doctor of medicine or osteopathy is designated as a medical doctor of respiratory care services.

Hospitals that meet the QRCR requirements provide a level of respiratory care consistent with national standards and guidelines and should be commended for their commitment to quality care.

The respiratory therapist's role

Respiratory therapists are specially trained healthcare professionals who work under physician's orders to provide a wide range of breathing treatments and other services to people who have asthma, chronic obstructive pulmonary disease, cystic fibrosis, lung cancer, AIDS and other lung or lung-related conditions. They also care for premature infants and are key members of lifesaving response teams that handle medical emergencies.

! Breathe easier!

If you're having breathing problems, call MPH's respiratory services department at (843) 479-2881, ext. 3111.

Germ warfare

Keep kids healthy in five easy steps

Although it's not possible to keep your children entirely germ free, you can take some preventive measures to minimize exposure to sickness-causing invaders:

1 Teach your children how to properly wash their hands. Show them how to use soap and warm water and vigorously rub their hands together for 15 to 20 seconds, or about the time it takes to sing "Happy Birthday" twice, making sure to get in between fingers and under nails. Stress the importance of hand washing before eating and after such activities as recess, going to the bathroom, sneezing or coughing. If your children are older, give them alcohol-based sanitizer for when water isn't available.



- 2** Keep your children's vaccinations up to date. Review your children's vaccination schedules with your pediatrician at each visit.
- 3** Tell kids not to share personal items, such as a straw or towels.
- 4** Remind your children not to touch their noses, eyes or mouths, so germs can't be spread easily.
- 5** Stop your kids from being "germ-spreaders." Show them how to cover sneezes and coughs with a tissue or the crook of an arm. If a child is vomiting, has diarrhea or has a fever, don't send him or her to school.



ROAD TRIP

Healthy snacking on the go

You have hours to go before you arrive at your vacation destination, and you've got some hungry kids on your hands. While you may be tempted to fall back on the convenient—but not so healthy—potato chips for them to munch on, try these healthy snacks instead:

• **Go *au naturale*.** Fruits such as bananas, grapes and apples are easy to eat and, except for a little washing, require no preparation. Unsweetened applesauce and fruit cups (packed in natural juice, not syrup) are also good fill-in snacks.

- **Dress up veggies.** For example, make celery sticks more appetizing by spreading peanut butter down the middle and sprinkling on some raisins.
- **Break out the breakfast cereals.** Fill a small resealable bag with whole-grain cereal.
- **Pack in the pop.** Before you leave, air-pop some popcorn, then top it off with a little Parmesan cheese or garlic powder.
- **Take to the trail.** Mix a little low-fat granola with nuts like almonds or peanuts, then toss in some raisins or cranberries for the perfect trail mix.



Todd Blanchard
Chief Executive Officer

Dear friends,

Marlboro Park Hospital (MPH) has been a vital member of the Marlboro County healthcare community since 1984. During that time, we've provided healthcare services to meet the needs of our neighbors while delivering medical care in a personal way.

I believe that our legacy as a successful partner in the community is a reflection of the support that we've received from the dedicated individuals within our organization and the people who use our hospital for their personal healthcare needs. This includes patients, physicians and hospital staff. Marlboro County boasts a talented medical community that includes skilled, caring physicians committed to professional standards.

COMING TOGETHER

As chief executive officer, my primary mission is to uphold such standards and help this hospital reach its potential in serving your needs. This goal

is bigger than any one person and can only be achieved if we work together to enhance the care and service that we provide. We hope that you'll be able to observe our progress, not only through this publication, but also through all of the community outreach that we do.

Thank you for choosing MPH. It's our privilege to care for you and your family. We'll seek your input and keep you informed of the hospital's progress. Please contact me or any member of my staff if you have any concerns.

Sincerely,

Todd Blanchard
Chief Executive Officer
Marlboro Park Hospital



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