

# Heart to Heart

Health News and Information from Our Heart to Yours



**A LIFE OF SERVICE**  
STPH Employees Serve  
Community and Country





## ST. TAMMANY HOSPITAL FOUNDATION

(985) 898-4174  
fax (985) 871-5744  
www.sthfoundation.org

### Our Mission

The St. Tammany Hospital Foundation is a 501(c)3 non-profit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital. Through the development of philanthropic support, the foundation seeks to fortify our promise to provide world-class healthcare close to home, now and for generations to come.

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Please write to us at  
St. Tammany Hospital Foundation  
1202 S. Tyler St.  
Covington LA 70433  
if you wish to have your name removed from the list to receive fundraising requests supporting the St. Tammany Hospital Foundation.

## JP WARNER ASSISTS FOUNDATION AS VOLUNTEER CONSULTANT

J.P. WARNER KNOWS WHAT IT IS LIKE TO have freedom taken from you. May 16, 2004, he suddenly found himself suffering from Guillain-Barre syndrome which rendered him paralyzed and totally dependent on life-support systems. Hospitalized for nearly six months with extensive physical and occupational therapy, he said, "I could have gone anywhere, but I knew St. Tammany Parish Hospital had the outpatient therapy program that would rehabilitate my entire body, and I wanted to support local facilities."

For quite some time, Warner worked daily at STPH Cordes Outpatient Pavilion to rehabilitate his hands, legs, speech and more. He says STPH was convenient for him and comfortable because he knows the staff.

His story has a positive outcome. "I am a grateful patient and give St. Tammany Parish Hospital a great deal of credit. I came to them in a wheelchair, and now with part-time therapy, I walk and drive myself again," he said.

Warner now gladly spends more time in a board room than on a workout mat. He has become a volunteer consultant to the St. Tammany Hospital Foundation major gifts initiative, attending meetings at the hospital, making appointments on its behalf

in the community and ultimately helping raise support for the hospital.

Warner is no stranger to investment planning or the community. He is a native of Covington whose family has been in the area for more than 100 years. He has a professional background in financial services, but perhaps it is his notoriety and outgoing nature that most

affords him the opportunity to visit with businesses, individuals and other nonprofits on major gifts for the hospital.

Foundation Executive Director Charley Strickland agrees. "With J.P.'s patient history, financial background and experience, he is the perfect ambassador for the hospital foundation. Because of his love of community service, he does an excellent job of assisting potential donors with charitable giving."

"The hospital was there for me and is here for my community," he said. A self-supporting not-for-profit community hospital, STPH receives no public funds. "This is just my way of repaying them for all they did for me."

If you are a grateful patient or business owner who would like to make a difference in our community, contact Executive Director Charley Strickland at 898-4141 or Volunteer Consultant J.P. Warner at 898-4416.



*J.P. Warner signs on as volunteer consultant to the Major Gifts Committee of the foundation.*

## PLANNED GIFTS | The Gifts that Give Back

The major gift initiative of St. Tammany Hospital Foundation includes an emphasis on planned gifts. U.S. tax laws are structured to encourage charitable giving. Unlimited amounts may be left for charitable purposes free of estate and gift taxes. These opportunities, which include life income plans, bequests and gifts of securities or real estate, can create tax savings and income benefits for you and your family. Planned gifts are the gifts that give back.

### Did you know that...

- You can receive income for life in exchange for a gift?
- Giving appreciated property like stocks or real estate costs less than giving the equivalent amount in cash?
- Some assets can benefit you more if you give them away?
- Some gifts cost nothing now, but leave a legacy later?
- Some gifts allow you to pass more on to your heirs and save taxes?

*Want to know more? Contact the Foundation at 898-4141.*





## FRIENDS OF ST. TAMMANY

GENITA POOLE, OF COVINGTON'S Poole Lumber Company, chooses to support St. Tammany Parish Hospital for many reasons.

"Having such wonderful family healthcare and attention available on the Northshore contributes to our quality of life and provides peace of mind for all of us," she said.

Poole has been a member of Friends of St. Tammany, a special philanthropic program of the St. Tammany Hospital Foundation, for two years. It is a program in which donors become informed hospital advocates in the community.

The program was founded in 2003 by a group of community leaders who recognized that because the hospital received no public tax support, in order to achieve its goals of excellence, it must receive support above and beyond that provided by direct patient services.

John and Suzanne Graham are charter members of Friends of St. Tammany and have lived in Covington for more than 40 years. They both have prior philanthropic experience serving on boards across the lake and knew from the beginning that the foundation's work could help St. Tammany for generations to come.

"I've known my husband since grammar school, and he says I've been telling him how to spend his money since first grade," laughed Suzanne Graham. "But I can't think of a better investment than in St. Tammany Hospital Foundation. They make a systemic difference in our community and go about it in the right way. A lot of people don't understand that by giving to St. Tammany Hospital Foundation, your money can be an endowment and build a reserve that will draw income and help the hospital for years. I think it is important to let people know you're not just giving something that will be spent today, but giving something for tomorrow, too."

Endowment income provides strength and permanence that allows STPH to plan for the future.



*Suzanne and John Graham, shown above, and Genita Poole, right, are longtime friends and supporters, who give annually to the foundation.*



"The foundation strives to learn about community needs through dialog and to provide education on healthcare issues. The goal is to inspire others who understand our mission to become as passionate about it as we are," said Adrian Cairns Jr. MD, St. Tammany Hospital Foundation Board of Trustees Chairman. "Friends of St. Tammany is a \$1,000 and above annual giving recognition society. Gifts may be unrestricted by the donor, allowing a gift to be divided between endowment (75%) and unrestricted (25%). Or, donors may choose to restrict gifts to specific programs, specialties or facilities at the hospital."

"I know they carefully evaluate how to use funds to keep the hospital on the cutting edge of healthcare. This in turn, attracts highly qualified doctors and healthcare providers to our area," Poole said.

"We have so many new residents now after Katrina. We're going to have many people wanting the hospital's services and hopefully people will give as they become aware of these world-class services," Suzanne Graham said.

All members of Friends of St. Tammany are recognized on the Donor Wall of Honor in the hospital

lobby as well as in the STH Foundation annual report. The foundation hosts an annual recognition event honoring Friends of St. Tammany plus spring and fall donor luncheons. At the luncheons members hear testimonials from grateful

patients, informational talks by physicians on particular specialties and a state of the hospital update by STPH CEO, Patti Elish.

"We are building a corps of dedicated volunteers and supporters to grow and strengthen this excellent community program," Cairns said.

"Participating in the St. Tammany Hospital Foundation through the Friends

of St. Tammany and witnessing the good things they have achieved has truly put the joy back in giving for me," Poole said.

For more information about becoming a member of the Friends of St. Tammany, contact the foundation office at 898-4110.

### Program Objectives

The objectives of the Friends of St. Tammany program are:

- to provide a coordinated development program of continuing philanthropic opportunities for the community we serve
- to promote community awareness and support of St. Tammany Parish Hospital
- to increase St. Tammany Parish Hospital's awareness of community expectations and needs regarding health services





1202 South Tyler Street  
Covington, LA 70433  
(985) 898-4000  
www.stph.org

**Our Mission**

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both patient and outpatient care, all of which help to ensure continued good health.

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Tell us about your story or provide your mailing address to: St. Tammany Parish Hospital Communication Department  
1202 S. Tyler St.  
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FEATURE PHOTOGRAPHY: RICK OLIVIER  
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**2006 YEAR-END APPEAL A SUCCESS**

JOHN P. "PIZZIE" ROMANO, A LIFE-LONG resident of Covington, helped raise hospital awareness and nearly \$30,000 for St. Tammany Hospital Foundation last year.

Romano penned a letter touting STPH's quality care and services as a year-end appeal for support. He has experience with many of the hospital's services as a patient and as a member of both the Board of Commissioners of St. Tammany Parish Hospital and the Board of Trustees of the St. Tammany Hospital Foundation. From these experiences, he became keenly aware of the importance of the hospital to the west St. Tammany community.

"His 2006 Year-End Appeal was a huge success," said St. Tammany Hospital Foundation Executive Director, Charley Strickland. "It is because of supporters like Pizzie that we can continue to provide the state-of-the-art healthcare. His appeal publicized the needs of the hospital and helped us increase donor support."



*John P. "Pizzie" Romano penned a letter to the Northshore community sharing his personal experience with St. Tammany Parish Hospital.*

Now more than ever with St. Tammany's increased population, St. Tammany Parish Hospital is depended upon to provide world-class healthcare close to home. The hospital is the second largest employer in the parish. It is an economic engine that provides jobs and services that have no comparison. The hospital continues to offer the growing community its mission-driven programs including Hospice of St. Tammany, the Parenting Center, the Community Wellness Center and the Cancer Resource Center, just to name a few.

"I just wrote what I know to be true," said Romano of his letter. "I want to thank all of those in the community who joined in our efforts of support. Someday, a member of your family will be in need of quality healthcare and you will be grateful that it is provided right here by your neighbors. It is an investment in our future and in our community."

**LETTERS TO ST. TAMMANY**



I AM WRITING THIS letter to express my sincere gratitude to St. Tammany Parish Hospital and the wonderful staff members. On August 12, 2006, my four year old son, Dylan, broke his right leg, and we spent several days in STPH.

As an RN in the cardiovascular lab, I see the trials and tribulations that our staff faces each day. The staff that cared for my son during our stay could not have been more compassionate and dedicated to giving my son and family the best possible care.

I am proud to know these staff members are my co-workers and that I work for STPH.

I would like to recognize these wonderful people and apologize for those I have not named. The entire ER staff, especially Kim, did a great job in immediately comforting and calming us. The pediatrics unit, particularly Debra Glynn and Geneva, who treated Dylan as if he was their own child, were a constant presence and comfort to us. I would also like to thank Erica in the PACU,

the wonderful OR staff, the physical therapy and radiology departments.

—Regina Knight, RN

**SEND LETTERS TO:**

*St. Tammany Parish Hospital Communication Department  
1202 S. Tyler Street  
Covington, LA 70433  
or commdept@stph.org*



# ST. TAMMANY EARNS DISTINCTION AS BEST PLACE TO WORK

FOR THE SECOND YEAR RUNNING, St. Tammany Parish Hospital was named a Best Place to Work in the annual ranking of local employers in *New Orleans CityBusiness* magazine and the Northshore's Best Hospital in the annual ranking of local favorites in *Sophisticated Woman*.

"We are honored to be singled out in those ways" hospital CEO Patti Ellish said, "but it's really the favorite because of the people. There's a feeling of family here."

Parish growth and a population explosion have led the hospital to begin a master facility expansion this year; she noted, "however, the hospital's practices in dealing with its employees have not changed. First and foremost, the hospital makes sure employees feel valued and respected. We believe if you do the right thing, your employees will do the same."

St. Tammany's position at number 7 in the list of 25 large businesses earning Best Places to Work honors is an eight-place leap over the hospital's first application to the Best Places list in 2005, debuting at number 15. St. Tammany was one of only two Northshore businesses to make the large business listing.

"CityBusiness randomly calls employees as part of their research of nominees for Best Places to work," Ellish noted, "and we were honored and humbled that our employees spoke so freely and highly of their hospital as a best place to work."



## STPH OBSERVES COLORECTAL CANCER AWARENESS MONTH

ST. TAMMANY PARISH HOSPITAL IS DEDICATED TO raising awareness of colorectal cancer. This means increasing understanding of prevention by screening tests, recognition of signs and symptoms and knowledge of treatment options available to those with colon cancer.

To increase the public's awareness of the second leading cause of cancer death among men and women, the US Senate passed a resolution in 1999 making March National Colorectal Cancer Awareness Month. Throughout this month, St. Tammany Parish Hospital is joining the Cancer Research and Prevention Foundation in observing National Colorectal Cancer Awareness Month to draw attention to this deadly disease.

"Not long ago people didn't even discuss colon cancer," said Dr. Catherine Murray, a gastroenterologist at STPH. "This has all changed. There is now a national project to prevent colon cancer through screening colonoscopy. To succeed, people need to understand the importance of this test."

Colon cancer starts with the growth of non-cancerous or benign colon polyps. These are removed at the time of the colonoscopy, preventing development of colon cancer. Polyps cause no symptoms, so a colonoscopy should be done even if

people feel perfectly healthy. Forty percent of people over the age of 50 have colon polyps. Their removal is painless and can be accomplished during the screening colonoscopy.

Another screening test for colorectal cancer is the fecal occult blood test. This can be done at home. Free fecal occult blood test kits can be obtained from the STPH Endoscopy Department or Cancer Resource Center (CRC) located at the STPH Paul D. Cordes Outpatient Pavilion.

It is important to note colon cancer affects men and women almost equally. One in 17 men and one in 18 women will be struck with colon cancer. Plus, 80 percent of people who develop colon cancer have no family history of it. Everyone age 50 and older is at risk for colon cancer and should undergo some form of screening. People with a family history of polyps or colon cancer may need to undergo colon cancer screening earlier than age 50.

If you are 50 or older or have a family history of colon cancer, you should discuss colon cancer screening with your primary care physician or call the CRC at 898-4581, or the STPH Endoscopy Department at 898-4412.

"Conquering colon cancer begins with a screening. Get yours today and encourage someone you know and love to do the same," Jane Simmons, Endoscopy Department Head, said.

“*Conquering colon cancer begins with a screening. Get yours today and encourage someone you know to do the same.*”





# All In a Day's Work: Service to Community and Country



SERVICE IS ALL IN A DAY'S WORK FOR EMPLOYEES AT ST. TAMMANY PARISH HOSPITAL, AND FOR SOME, SERVICE INCLUDES DEFENDING OUR COUNTRY.

Several St. Tammany employees, including three certified registered nurse anesthetists (CRNAs), an emergency medicine physician, a registered nurse and a construction foreman, choose a life of service to their community at St. Tammany and to their country in the military.

Judy Gracia, vice president of human resources, explained that the hospital's philosophy of service and federal law together ensure military employees do not have to worry about pay. If their military pay is less than the employee's current pay, the hospital supplements the difference during Reserve duty weeks.

"We want to make everything as easy as possible to ensure military employees don't suffer loss," Gracia explained, "so company policy helps employees and their dependents maintain the lives they led before the employee was called up.

"Though military personnel receive military benefits and pay, ours have the option of using paid time off or saving

it for when they return. They also retain their seniority while they are away."

**Brian Landreneau** specializes in electrical work as a construction foreman at St. Tammany and recently deployed to active duty in Iraq as a CE-1 US Navy CB for at least one year. While he is away, an interim is serving in his position at the hospital.

"We try hard to work with our military employees," Gracia pointed out. "In Brian Landreneau's case, we knew he was leaving months in advance. That helped us plan how to structure our staffing in his absence."

Randy Willett, Landreneau's supervisor, says the Construction Department is very supportive and had a special going away gathering before Landreneau left. The crew plans to stay in touch via email while he is overseas.

"As a member of the Navy's Construction Battalion, Brian can build almost anything," Willett added, "We'll miss him and will be glad

when he returns."

**Patti Hilburn RN** is dedicated to nursing and taking care of newborns in the STPH New Family Center, but she is equally as dedicated to serving her country in the Army Reserve.

Hilburn realized in high school that she wanted to join the Army, but she first raised two children and earned a nursing degree. She was determined to serve, and with her husband's support, enlisted Sept. 12, 2001.

"I had been a nurse all of three weeks when I enlisted, but it was something I'd always wanted to do; and that particular time demanded it," she said noting the Army Reserve staffs most Army hospitals, triage centers, clinics and field medical care units.

"I think it's great that Patti feels so passionately about serving her country," Janet Kennedy RN, Hilburn's supervisor and New Family Center director, said. "Our forces wouldn't be as effective without people like her."

(above) Patti Hilburn RN, Troy Moore CRNA, David Burdett CRNA, and Geoff Fendley CRNA on duty at St. Tammany Parish Hospital; (above right) Hilburn in uniform, construction foreman and Navy CB Brian Landreneau on duty in Iraq; Barry Frederick MD in uniform.







**Barry Frederick MD** agrees service is important. He spends most of his days working in the St. Tammany Emergency Department, and one weekend a month he trains with the Army National Guard. Frederick enlisted more than 13 years ago and in 2006 served as Special Forces in Afghanistan.

“I was born in Folsom and went to Covington High,” Frederick said. “It was the military that afforded me the opportunity to succeed in the medical field and in return serve both my local community and my country. Everyone’s supportive. The staff has been great, and the hospital has been just wonderful.”

**CRNAs David Burdett, Troy Moore and Geoff Fendley** did not know each other prior to joining the St. Tammany anesthesiology staff, but they find their common military background creates a bond and mutual respect for one another.

Burdett started his military career 11 years ago as a combat medic. Today, he is an officer in the Army Reserve. New to St. Tammany, he finds his Army background desirable to employers and his STPH training valuable to the Army. The benefit is reciprocal.

Moore began at STPH last fall and says co-workers have been more than accommodating. “They offer to switch shifts or let me leave early because they know I need to get to drill,” he said.

A Captain in the Mississippi National Guard with some 13 years of military experience including service in the Louisiana National Guard, Moore started his military training as a heavy equipment operator driving bulldozers and 18-wheelers.

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*It was the military that afforded me the opportunity to succeed in the medical field and in return serve both my local community and my country.*

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In the first Gulf war, Moore accompanied a medic treating refugee children and began his interest in nursing; but it was while deployed in Iraq that he administered anesthesia in a Bagdad hospital and found his calling.

Fendley feels equally at home administering anesthesia in his green scrubs for STPH and in his battle dress uniform (camouflage) as an Air Force

Individual Military Augmentee (IMA). He serves a minimum of 24 days a year as an anesthetist at the Eglin Airforce Base military hospital in Florida. He could be called up and deployed at any time. “While everyone realizes active leave could put a strain on the department, my supervisor and co-workers have all been supportive,” he said.

Fendley was enlisted four years when the World Trade Center was hit in 2001. It was at that moment he decided to reenlist as an officer. Married with three children, he said, “It took a lot of convincing (my wife) for me to reenlist. Her concern is the possibility of me being called to active duty, but I believe we have to defend our freedom. I want my children to live in a free country, and now is the time the U.S. needs people to defend freedom more than ever.”

According to the U.S. Army, 80 percent of military personnel serve in noncombat occupations. The next time you visit St. Tammany Parish Hospital, your caregivers may well be serving our country as deftly as they are caring for you.

“All because of people serving their country, we Americans get to do whatever we want. We can drive a car down the street, go to whatever church we want . . .,” CRNA Moore said. “There’s nothing greater than serving your country, ensuring that freedom.”



## COUNTING SHEEP? JOIN THE AWAKE GROUP

WHILE MOST PEOPLE HAVE OCCASIONAL TROUBLE sleeping, chronic sleep deprivation can do more than just make a patient tired. It can significantly affect their health.

St. Tammany Parish Hospital offers people with sleep



disorders, their families and friends a chance to meet and discuss options on an ongoing basis. The support group is called AWAKE (Alert, Well And Keeping Energetic).

"The meetings are very informative and help those who don't know where to turn," Kathy Goertzen CRT, STPH Sleep Disorders Center coordinator said.

At these free events, guest speakers address different topics and qualified personnel provide information on new equipment, share updates from sleep disorders organizations and answer questions or concerns.

Meetings for 2007 include April 18, July 18 and Oct. 18, 7 p.m. to 9 p.m. in the hospital's Covington Conference Room, 1202 S. Tyler St., first floor.

The STPH Sleep Disorders Center provides a comprehensive, clinical-based program for evaluation, testing and treatment of patients with sleeping problems, specifically sleep apnea, insomnia, narcolepsy and restless leg syndrome. The four-bedroom center has beautifully appointed rooms and all the amenities for a good night's sleep.

"We are also the only American Academy of Sleep Medicine accredited facility in Covington," Lauren Davis MD D ABSM, Sleep Disorders Center medical director, said. "AASM holds centers to the highest quality of care."

If you may have a sleeping problem or want more information, call 871-5987.

## SPECIALTY PEDIATRIC CLINICS AVAILABLE ON NORTHSHORE

ST. TAMMANY PARISH HOSPITAL offers a convenient community service for pediatric patients in need of specialized care. Once a month the hospital sponsors three pediatric subspecialty clinics in partnership with Children's Hospital, New Orleans, including cardiology, orthopaedics and urology.

"This is a community service for our Northshore patients," said Glenda Dobson, Cordes Outpatient Pavilion director "We provide the space and a registered nurse for the physicians to see patients, so families do not have to drive across the lake."

Any ancillary services needed such as X-rays, ultrasounds or blood work, are also conveniently done at the STPH Cordes Outpatient Pavilion.

Pediatric Orthopaedist Stephen Heinrich MD holds his clinic at the Cordes Pavilion the fourth Monday each month. Pediatric Urologist Joseph Ortenburg MD sees patients there second and fourth Fridays. Pediatric Cardiologist Aluizio Stopa MD hosts a clinic second and fourth Wednesdays in pre-op at the main hospital on Tyler St.

"Though the clinics only recently started, they have averaged approximately 25 to 30 patients each month," Dobson said.

Appointments for Dr. Heinrich may be made by calling 504-896-9569; Dr. Ortenberg, 504-896-9233; Dr. Stopa, 504-896-9751.



*Dr. Stopa examines a pediatric patient.*





## UPGRADED CATH LABS OFFER NORTHSHORE'S FIRST 3-D IMAGING

IN RESPONSE TO THE GROWING NEED FOR cardiovascular healthcare, in January, St. Tammany Parish Hospital renovated all three of its existing catheterization laboratories labs to provide new, state-of-the-art cardiac and vascular cath labs. STPH is the first hospital on the Northshore to install the new Phillips Allura Xper FD20 technology, which is a three-dimensional cardiovascular imaging system.

The fully-digital system enables physicians to capture and view detailed images of a patient's blood vessels, which helps provide treatment with minimal side effects and maximum benefit, thereby facilitating faster and more accurate diagnosis and treatment of vascular disease.

At the heart of the new interventional suite is the new GE Innova® 2100 IQ, also an all-digital system that helps cardiologists to clearly see the blood vessels and anatomy throughout the heart and the entire body – even the smallest, finest vessels all the way to the fingertips. In cardiac cath labs, physicians use the systems to perform diagnostic procedures and to treat potential coronary artery blockages that could cause heart attacks or other serious cardiovascular damage.

Years ago, people went to the hospital after a heart attack. But according to STPH Director of Cardiovascular Services Luis Marquez, today heart attacks can possibly be stopped before they happen.

These advancements enable physicians to have higher quality images to view and enable patients to have less radiation exposure. “The vascular labs were renovated and outfitted with the latest in X-ray imaging technology. Because the image quality is so much better, we are usually able to make a quicker diagnosis and expedite treatment,” he said. “To have this capability locally at St. Tammany Parish Hospital is a life-saving advantage for area residents.”

With the latest X-ray imaging technology, STPH specialists can perform a wider range of minimally invasive diagnostic and therapeutic vascular procedures in a patient-focused environment.

According to Marquez, as the population ages, the need for these noninvasive tests will continue to increase. Patients with high blood pressure, high cholesterol, heart disease or who smoke are at increased risk for vascular disease.

“St. Tammany Parish Hospital is committed to offering patients the region's best cardiac care program,” said Marquez. “The acquisition of new, leading-edge technologies, such as the Phillips Allura and Innova 2100, enables us to serve as a leading center for cardiac care. It is helping our physicians to more accurately and efficiently diagnose and treat heart disease.”

Dr. Philip Gardner, local vascular surgeon and hospital board member agrees. “These upgrades coupled with the introduction of 64-slice CT and MRI at the Cordes Outpatient Pavilion on Hwy. 1085 places St. Tammany Parish Hospital at the forefront of cardiovascular imaging. With these upgrades, St. Tammany is the premier Northshore location for noninvasive CT and MR angiography, and invasive cardiac and peripheral angiography.”

The new system allows STPH to treat a wide range of clinical problems including stroke, carotid artery disease, abdominal aortic aneurysms and other peripheral vascular disorders. STPH performs some 14,000 procedures including diagnostic catheterizations, stenting, balloon angioplasty and embolizations each year.

“The new technology allows our physicians to complete a variety of diagnostic and therapeutic procedures faster, and that means the patient is off the table on their way to recovery



*Debbie Rivers RN and Sandy W. Morgan, radiology technician, prepare a patient for a catheterization procedure.*

and discharge much sooner,” STPH Chief Operating Officer Sharon Toups pointed out.

Cardiovascular disease continues to be the number one cause of death in the United States: approximately 950,000 Americans die of cardiovascular disease each year, which amounts to one death every 33 seconds. The new facility will provide convenience to patients that have had to travel outside the community to receive this form of diagnostic care.

“We are taking healthcare in our community to the next level with our commitment to cardiology services,” Toups said. “It is our vision to make St. Tammany Parish the healthiest place to live in the U.S. Developing enhanced imaging services moves us toward that goal.”



## STPH INTRODUCES LATEST OSTEOPOROSIS THERAPIES

WHILE KYPHOPLASTY AND VEREBROPLASTY MAY SOUND like distant planets, they are lifesavers for people suffering with osteoporosis. With the recent addition of osteo experts Drs. Daniel Harlin and Richard Vanderbrook, St. Tammany Parish Hospital now offers these cutting-edge, minimally invasive therapies conveniently on the Northshore.

“The National Osteoporosis Foundation finds osteoporosis causes more than 700,000 spinal fractures each year in the U.S., more than twice the annual number of hip fractures,” Harlin pointed out. “Osteoporosis causes the bones of the spine to weaken and often collapse, resulting in spinal fractures. Traditional treatment for spinal fractures includes bed rest, medication and back bracing.

While these therapies may help to decrease a patient’s pain over time, they do not treat the deformity related to the osteoporotic fractures.

“With these new procedures at St. Tammany, we can often correct spinal deformity due to osteoporotic fractures, significantly reducing back pain and improving a patient’s ability to return to daily activities,” Harlin said.

Dr. Vanderbrook added, “We are excited to be able to offer these advanced procedures on the Northshore, especially with the new growth in population. It is more important than ever to be able to provide these types of services close to home in our community.”

“Our team is experienced with all aspects of back pain control,” Dr. Harlin said, “And we offer procedures such as epidural steroid injections, transforaminal injections, facet injections and sacroiliac injections.”

Dr. Harlin earned degrees from Tulane University and the University of Alabama School of Medicine, where he also performed his residency. He served a Neuroradiology Fellowship at the Medical College of Wisconsin. Dr. Vanderbrook earned degrees from Loyola University in New Orleans and the LSU

School of Medicine. He served a residency at Ochsner and a fellowship at the University of Virginia in Interventional Radiology. The team has vast experience performing both the most cutting edge minimally invasive therapies including Kyphoplasty and Vertebroplasty for vertebral compression fractures secondary to osteoporosis, trauma, and cancer. These procedures are designed to correct spinal deformity due to osteoporotic fractures, significantly reducing back pain and improving a patient’s ability to return to daily activities.

Kyphoplasty or Balloon Kyphoplasty is designed to repair vertebral compression fractures and restore the vertebrae to the correct position, reducing back pain, reducing the number of days in bed, significantly improving mobility and increasing overall quality of life. It is a minimally invasive, orthopaedic treatment that stabilizes the fracture.

Vertebroplasty is an image-guided, minimally invasive, nonsurgical therapy used to strengthen a broken vertebra (spinal bone) that has been weakened by osteoporosis or cancer.

Vertebroplasty can increase the patient’s functional abilities, allow a return to the previous level of activity and prevent further vertebral collapse. It is usually successful at alleviating the pain caused by a compression fracture.

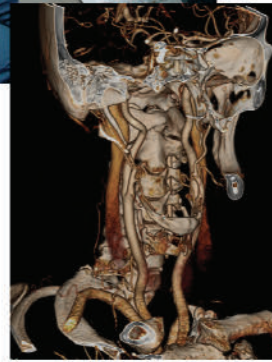
Without a doubt, the statistics are staggering — one in two women and one in four men age 50 and older in the United States will have an osteoporosis-related

fracture in their lifetime, with bone loss potentially beginning in women as early as age 25. This figure is projected to double in the next 50 years due to the increase in aging population and lifestyle factors, according to the International Osteoporosis Foundation. The current incidence rate has caused the World Health Organization to cite osteoporosis as second only to cardiovascular disease as a leading international healthcare problem.

For more information on osteoporosis, visit [www.ostco.org](http://www.ostco.org).



*Drs. Daniel Harlin and Richard Vanderbrook thoroughly review a patient’s data to determine the best course of treatment to reduce back pain and improve mobility.*



### TRIBUTE GIFTS

Tribute Gifts allow you the opportunity to honor someone who has touched your life. They can be made for any occasion and in any amount. Your generosity plays a role in the evolution and transformation of St. Tammany Parish Hospital, funding our vision of delivering top quality, compassionate healthcare services for our community.

The name of each person honored by your Tribute Gift is inscribed into our beautiful, leather-bound Book of Tributes on display in the front foyer of St. Tammany Parish Hospital.





## PATIENT CARE ASSISTANTS—LIVING, LEARNING, LOVING IT

ST. TAMMANY PARISH HOSPITAL'S Patient Care Assistant Program exposes students to career opportunities in the hospital and provides an education in the art of caring.

Program developers Linda Sanders, RN and Brenda Sperry, BSN, note that the program teaches high school seniors and college students interested in the medical field basic care skills while allowing them to work in a medical environment. Often students going into a medical field have never been exposed to such opportunities.

"One student was going into hospital management, but after the program, decided he liked critical care better. Others have decided they were going to be physicians," Sperry, clinical educator, said.

Though students support certified nursing assistants (CNAs) while in the program, they do not have to be certified themselves to participate. Sperry initially trains students in a three-day workshop reviewing proper body mechanics, CPR, bed baths, patient intake and other pertinent skills related to conduct in the presence of a patient.



*On the pediatric unit, (l to r) Debra Glynn RN looks in on Taylor Batts, held by Patient Care Assistant Tialonda Toomer.*

"They help out in a lot of ways," Rehab Nurse Manager Louise Dill RN said. "We are teaching interpersonal skills that would benefit any employee in any profession." Dill, who is the PCA manager and scheduler, also added, "They are learning the responsibility of having a schedule and the importance of abiding by those schedules, which rotate through different departments in the hospital."

Stuart Dardenne of Folsom is a junior nursing major at Southeastern

Louisiana University and heard about the PCA program from a fellow nursing student who participated in the first class. Dardenne is applying for nursing clinicals and believes his hands-on experience at STPH will put him ahead of most students.

"You get to practice a lot of your basic skills on a daily basis and assist nurses and CNAs. I encourage other students to participate and think that it is a must if you are going into the medical field," Dardenne said.

"By rotating through different areas of the hospital, students learn how the different healthcare professions work together as a team to provide the best care for patients," Dill said.

Sperry says it is important to have satisfied, knowledgeable, caring employees taking care of patients. "We want to make sure students are making the right career choice and they learn that person-to-person skills are key in caring and in healing no matter which direction they decide to pursue," she said.

Students interested in the PCA program should call 898-4044.

## POST KATRINA BABY BOOM FILLING FAMILY CENTER

ST. TAMMANY PARISH HOSPITAL REPORTED 1,736 deliveries in 2006, an average of 145 per month. That is a significant increase over 2005, when the hospital delivered 1,395 for a monthly average of 116. STPH New Family Center Director Janet Kennedy RN, believes because of the population increase in the St. Tammany Parish area post-Katrina, these higher birth rates are now the norm.

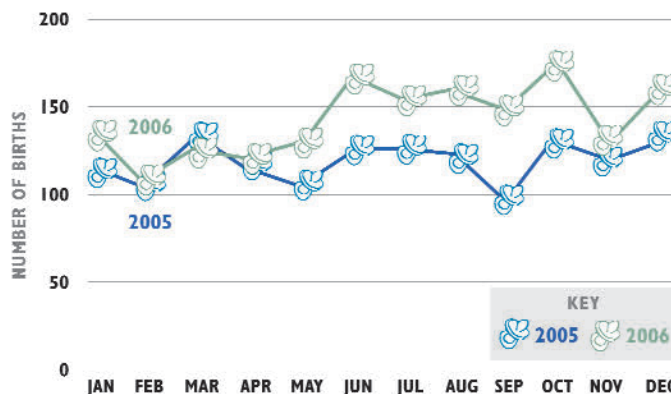
In June 2006, nine months after Katrina, STPH reported a record month of deliveries at 166 births, which was 33 more than the hospital delivered in May. In July, the New Family Center hit a one-day record of 15 babies in 24 hours. Then again in October, the hospital had 171 deliveries, breaking their June record.

"I expect these numbers to stay up for us. Many families lost everything, and family is all they have left. They want to cherish that feeling and add to it by also having a new addition to the family," said Kennedy.

Area mothers-to-be choose St. Tammany Parish Hospital for the New Family Center's innovative technology and highly-trained, dedicated staff. The highly skilled and trained

NFC staff works with a team of healthcare practitioners including 30 pediatricians, 18 obstetricians, two neonatologists and four neonatal nurse practitioners.

The NFC includes 19 labor, delivery, recovery, post-partum (LDRP) rooms designed for comfort and are outfitted with all the healthcare materials necessary for mother's and baby's safety in the warmth and comfort of wood floors and furniture; plus a 15-bed Level 3 Neonatal Intensive Care Unit (NICU).







## STPH CALENDAR HIGHLIGHTS

As your community hospital, STPH hosts events, meetings and opportunities to improve and maintain physical and emotional wellbeing. A short sample of upcoming events is provided below, but please check [www.stph.org](http://www.stph.org) and local newspapers for additional learning opportunities for individuals of all ages.

### BREASTFEEDING SUPPORT GROUP

MAR. 5, 11:30 AM–12:30 PM,  
STPH Parenting Ctr.  
Free; certified lactation consultant conducts Q&A plus short educational topics for breastfeeding and expectant mothers; **898-4435**

### INFANT/CHILD CPR

MAR. 6, 6–8 PM, STPH Parenting Ctr.  
\$20/person, \$30/couple; cardiopulmonary resuscitation for infants and children; **898-4435**

### LOOK GOOD, FEEL BETTER

MAR. 8, 6:30–8 PM, Cordes Pavilion  
Free, advice, tips and products for chemo patients; **898-4481**

### CANCER SCREENINGS

MAR. 12, APR. 26, Covington  
Free; registration required; **898-4581**

### WHY WEIGHT?

MAR. 13, 6:30–8 PM, Mandeville Elementary  
Free; focus on childhood/teenage obesity, register by 1 pm Mar. 7; **898-4435**

### WEIGHT NO MORE SEMINAR/SUPPORT

MAR. 19, APR. 16, MAY 21, 6–7 PM,  
STPH Conference Ctr.  
Free, overview surgically assisted weight loss/ support group for WNM patients follows.

### BETTER BREATHERS SUPPORT GROUP

MAR. 24, 10 AM, STPH Conference Ctr.  
Free; Pulmonary Rehab hosts group to support respiratory health; **898-4428**

### ALZHEIMER'S SUPPORT GROUP

MAR. 28, APR. 25, MAY 30, NOON,  
STPH Support Services Building  
Free; support group for caretakers; newcomers welcome; **898-4043**

### SMOKING CESSATION CLASS

APR. 3–MAY 22, 11:30 AM–12:30 PM,  
Cordes Pavilion Free; series of classes to help smokers quit, registration required; **898-4581**

### SAFE SITTER

APR. 10–11, 9 AM–4 PM, STPH Parenting Ctr.  
\$50; intensive 2-day course for 12–13-year-old babysitters, pre-registration required; **898-4435**

### POTTY TRAINING

APR. 17, 11 AM, STPH Parenting Ctr.  
Free; advice and training for successful toilet training; **898-4435**

### A.W.A.K.E. SUPPORT GROUP

APR. 18, 7 PM, STPH Conference Ctr.  
Free; people with sleep disorders, families and friends discuss sleep options; **871-5987**

### 1, 2, 3, 4 PARENTS!

MAY 26, 1–4 PM, STPH Parenting Ctr.  
\$25/members/STPH employees, \$35/ nonmembers (includes book); parenting skills for birth to 4-year-olds; **898-4435**

### CPR FOR FAMILY AND FRIENDS

MAY 31, 9–11:15 AM, STPH Parenting Ctr.  
\$20/person, \$30/couple (includes booklet); skills everyone should know; **898-4435**

MARCH						
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

MAY						
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



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