



BeWell

Spring

2010



Putting **YOU** in Charge

Managing Diabetes
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Find the hidden bee
and win!

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Message From the C.E.O.



Dear Friends,

Welcome to the first issue of *Be Well!*

Many exciting things are happening at Ashe Memorial Hospital, and we are pleased to share these new developments with residents of the High Country. You can read about two of these projects—the Mountain Family Care Center and our new magnetic resonance imaging (MRI) addition—in this issue.

We would be remiss if we didn't also take time to honor the service of two of our longstanding Board members, Hal Colvard and Dana Tugman. On page 6, you can learn more about their contributions to the community.

We here at Ashe Memorial Hospital appreciate your support and invite you to continue partnering with us for better health. By utilizing the services at Ashe Memorial Hospital and giving to the Foundation, you enable us to continue providing quality healthcare in the community.

Be Well,

R.D. Williams, C.E.O.
Ashe Memorial Hospital



Physician Focus: Edward J. Miller, M.D.

A native of Ashe County and a longtime local family practice physician, Edward J. Miller, M.D., has a special interest in helping residents of the High Country prevent disease and has a longstanding dedication to community service.

Edward J. Miller, M.D.

Dr. Miller, a veteran of the U.S. Air Force, has been practicing in Ashe County for more than 40 years. He serves as Medical Director for Segraves Care Center, Margate Health & Rehabilitation, and Villages of Ashe in addition to his work with patients at Mount Jefferson Family Medicine. In his spare time, Dr. Miller enjoys working on his farm.

"I love my practice and the relationships that I have with many of my patients," Dr. Miller says. "It's fun and I feel like I can have a big impact on their lives by helping them make positive choices for their health."

To learn more about Ashe Memorial Hospital's physicians, visit www.ashememorial.org.



Find the Bee

Find this bee hidden in this issue of *Be Well!*, and you will be entered to win a \$100 gift card!

Send a postcard or e-mail with your name, address, and phone number along with the page number and location of the bee to:

Ashe Memorial Hospital
Marketing Department
200 Hospital Avenue
Jefferson, NC 28640

E-mail address: pr@ashememorial.org

All entries must be received by April 30, 2010.

Correct entries will be entered into a drawing.
One winner will be chosen for the prize.

On the Cover!

Pictured on the cover is the South Fork of the New River.
Photo by Kim Hadley.

Empowering Diabetes Patients



**Do you know the single leading cause of adult blindness in the United States?
We do—poor diabetes management.**

Adult blindness is only one of the complications that pose a threat to people with diabetes. Kidney failure, heart attack, stroke, and peripheral neuropathy are other problems that people with diabetes are at a higher risk of developing. But there is good news. People with diabetes who manage to keep their glucose level under control can prevent or minimize the risk of complications.

Understanding how to manage diabetes can be confusing. Ashe County is fortunate to have a Diabetes Self Management Program at Ashe Memorial Hospital's Mountain Hearts Center for Prevention and Wellness. The American Diabetes Association has awarded a certificate of approval to this program, which is designed to help patients learn how to manage their diabetes. Participants have access to services such as group education and exercise classes, as well as registered dietitians, exercise specialists, psychologists, and diabetes educators to help guide them through the disease management course.



Debbie Carter, R.N.
Diabetes Educator

“When patients get involved with the diabetes program, they’re inviting us to be

a part of their managing team,” says Debbie Carter, R.N., Diabetes Nurse Educator at Ashe Memorial Hospital. “We have nicknamed our program ‘Being the Boss of Your Diabetes’ because we realize that our patients are the most important part of managing their diabetes. In an effort to help them reach their goals, we serve as educators and cheerleaders to root them on to self-management victory.”

A Widespread Problem

Diabetes affects an estimated 23.6 million Americans. The Centers for Disease Control and Prevention (CDC) estimates another 57 million have pre-diabetes.

“Diabetes continues to be an increasingly common problem—a problem in which treatment and management is completely dependent on the person who is afflicted,” says Debbie. “Patients are really the boss of diabetes because they are in charge of ensuring their medication is taken, blood sugars are checked, and physical activity is performed.”

For more information about the diabetes program at Ashe Memorial Hospital, call (336) 846-0744.



Mountain Family Care Center

When your child sprains his or her ankle in a soccer game on Saturday morning, you know the doctor's office is closed. Fortunately, Ashe Memorial Hospital's clinic, the Mountain Family Care Center, provides a place to turn for after-hours care for non-emergent needs.

The Mountain Family Care Center is open to accommodate all bumps and bruises that need immediate treatment but don't require a trip to the Emergency Department.

The dedicated clinic staff is ready to meet your non-emergent needs and can provide physicals for business, sports, and commercial drivers' licenses. Staff also can give patients vaccinations.

Treatment is available for conditions including:

- abrasions, cuts, and burns
- ear infections
- gastrointestinal problems
- influenza

- minor injuries
- nausea, vomiting, and diarrhea
- respiratory infections
- sore throat
- urinary tract infections

The Mountain Family Care Center is open Monday through Friday, 1 p.m. to 9 p.m., and Saturdays, 9 a.m. to 1 p.m.

The Mountain Family Care Center is located on the campus of Ashe Memorial Hospital. For more information, call (336) 846-6322.

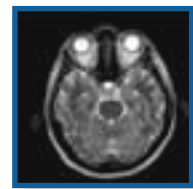
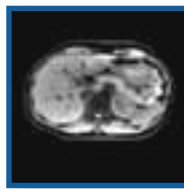


Quality Orthopaedic Care

Robert Pennington, M.D., orthopaedic surgeon on staff at Ashe Memorial Hospital, is board certified in general orthopaedics and sports medicine. He provides treatment for bone and joint injuries. He has advanced skills in arthroscopic surgery of the shoulder, elbow, knee, wrist, and ankle.

Dr. Pennington offers clinic hours at Ashe Memorial Hospital from 8 a.m. to 5 p.m. every Friday and other days as available. He performs surgery here on Mondays and Thursdays.

To make an appointment with Dr. Pennington, call (336) 846-2227.



Ashe Memorial Hospital is expanding patient services with an in-house magnetic resonance imaging (MRI) addition this spring.

Expanding Services, Enhancing Care

This modern imaging facility will increase patient care and service by providing up-to-date MRI techniques in a fixed and convenient location.

Identifying a Need

Imaging technology is constantly changing, and the process of ensuring that all equipment is up-to-date is never ending. When examining the needs of Ashe Memorial Hospital's Imaging Department more than a year ago, it was decided that MRI services could be improved by an additional investment, as the department was only offering a few days of service per week via a mobile imaging unit. In order to become a full-service department, an in-house MRI was needed.

"Given recent advances in medical imaging, growth of patient volume, and the natural expansion of clinical services offered by Ashe Memorial Hospital, the Board of Trustees took the initiative to establish a fixed MRI unit at our hospital," says David Factor, M.D., Diplomate of the American Board of Radiology and Medical Director of the Imaging Department at Ashe Memorial Hospital. "A certificate of need was obtained from the state and the project officially began."



David Factor, M.D.
Radiologist

Grounding Patient Care

The hospital's current mobile MRI site is contracted out for three days a week and is often interrupted due to weather and other factors beyond the control of the hospital. The fixed site will be in the new addition to the back of the Imaging Department and will be staffed daily by hospital personnel during regular business hours.

Residents will no longer have to leave the county or even the hospital to obtain this service, thus improving the patient experience.

"Patient services will be expanded and improved through better access to the latest equipment," says Dr. Factor. "We are always looking for ways to improve quality and access for Ashe County residents and believe this new imaging facility is just one more way we can achieve our goals."

Benefits of the new MRI addition include:

- Patients no longer have to go outside the building in bad weather to have an MRI study.
- Patient hospital stays are shortened due to availability of an MRI study six days a week instead of only three days a week.
- Patients receive faster treatment of medical conditions found through the MRI study.
- Better technology on the new unit shortens patient scans times.

"We are excited to be able to offer this improved service to Ashe County residents and eliminate the need for them to make several trips out of the county to obtain healthcare," says David W. Mc Cune, R.T.(R.), Director of Imaging at Ashe Memorial Hospital. "This new facility—slated to be completed soon—will meet patients' imaging needs in one comfortable and convenient location."

For more information about Ashe Memorial Hospital's MRI addition, call (336) 846-0712.

The Power of Diagnostic Imaging

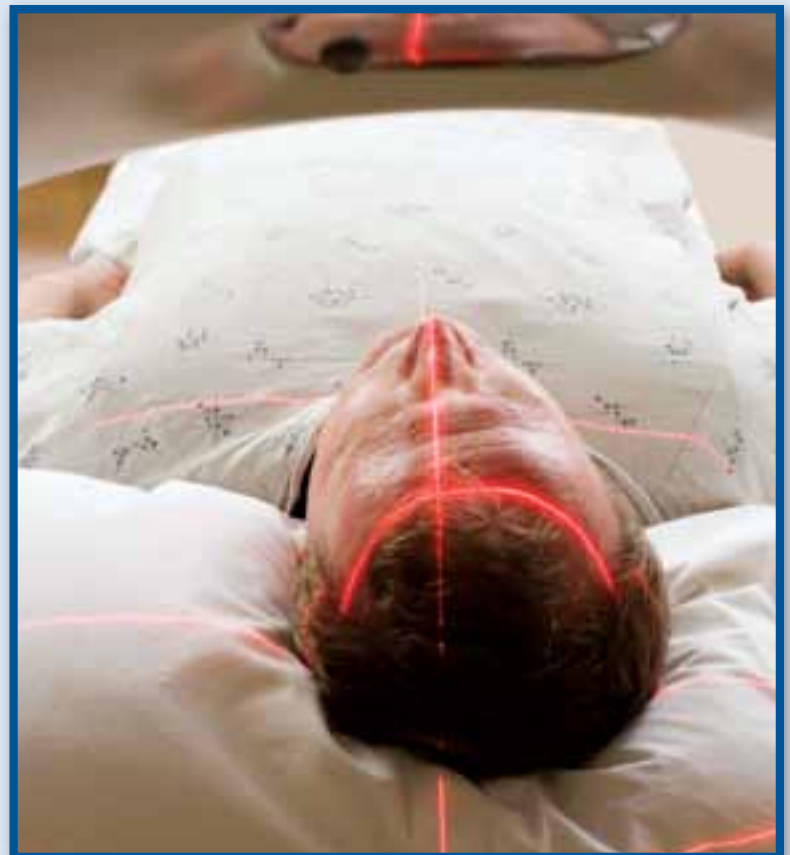
There are a variety of reasons that a person could require a magnetic resonance imaging (MRI) scan. An MRI of the bones and joints can detect joint disorders such as arthritis, spinal abnormalities, bone infections, and conditions resulting from repetitive injuries. An MRI of the breast also may be used in addition to a mammogram for women who have dense breast tissue or are at higher risk of developing breast cancer.

An MRI also can be used to check for a variety of other health conditions, including:

- aneurysms
- dementia progression
- developmental abnormalities
- multiple sclerosis
- pituitary gland diseases
- spinal cord injuries
- stroke
- tumors

An MRI of the heart and blood vessels can determine:

- buildup of plaque and blockages in the blood vessels
- extent of damage caused by heart attack or heart disease
- size and thickness of walls in the heart's chambers
- structural problems in the aorta



The magnetic resonance imaging (MRI) scans available now at Ashe Memorial Hospital are powerful diagnostic tools for physicians in the High Country.

Prepare Yourself

Ashe Memorial Hospital wants you to be ready in the event that your physician suggests a magnetic resonance imaging (MRI) scan. Unlike many other diagnostic tests, you can continue to eat normally and take your regular medications prior to receiving an MRI. On the day of your exam, you will be asked to remove:

- dentures
- eyeglasses
- hairpins
- hearing aids
- jewelry
- watches
- wigs

Talk to Your Doctor

Because the presence of metal during an MRI can be a safety hazard, it's important to alert your technician prior to receiving an MRI if you have:

- a bullet, shrapnel, or any other type of metal fragment in the body
- a pacemaker
- an implantable heart defibrillator
- artificial heart valves
- cochlear implants
- metal clips to prevent aneurysms from leaking
- metallic joint prostheses



Patients undergoing magnetic resonance imaging (MRI) scans at Ashe Memorial Hospital can be assured they will receive quality, compassionate care.

What's an MRI?

If you've been ordered to have a magnetic resonance imaging (MRI) scan, you're likely wondering what this exam will entail.

MRI uses magnetic and radio waves to create images of organs and tissues within the body. Used to diagnose a variety of health conditions, most MRI machines are tube-shaped magnets large enough for a person to lie inside. Once the patient is inside the machine, the magnetic field temporarily aligns all the water molecules in the patient's body. Radio waves cause these aligned particles to produce very faint signals, which are then used to create cross-sectional images. Physicians use these images to make accurate diagnoses.

Years of Dedication to Service

Ashe Memorial Hospital's Board of Trustees is comprised of dedicated individuals who strive to ensure our hospital continues to provide quality patient care. Take a moment to meet two retired trustees who gave years of service to your local hospital.



Hal Colvard

Hal Colvard joined the Ashe Memorial Hospital Board of Trustees in January 1964 and served the hospital until 2009. Throughout his 45 years of service, Hal spent several years as Vice President of the Board and later became a member of the Finance Committee.

"During my time as a trustee, my main goal was always to make decisions that would benefit the hospital and provide whatever was needed, whether it was new equipment or additional buildings," Hal says. "Even though I am no longer a voting member of the Board, I still have a great interest in the hospital and always will."

In his free time, Hal enjoys playing golf and spending time outdoors.



Mayor Tugman

Displaying a great devotion to Ashe County residents, Mayor Dana Tugman provided 27 years of service to Ashe Memorial Hospital's Board, including 13 years as President. Mayor Tugman was involved in a number of projects during his time as a trustee, including applying for the hospital's 60-bed nursing home.

"It's a great asset to have a viable hospital in our small community," says Mayor Tugman. "I felt that if I could work to help keep it here, that would be a contribution I'd like to make to our community."

Mayor Tugman is still involved in numerous community projects, including Ashe Services for Aging. He enjoys gardening and has a small orchard of apple, cherry, and pear trees.

To find out more about Ashe Memorial Hospital, visit www.ashememorial.org.



A Letter from the Board Chair

Dear Friends,

In my time at Ashe Memorial Hospital, I've realized that people in our area are frequently unaware of the many services we provide. Specialists such as podiatrists and orthopaedists are available certain days every week, and we are pleased to eliminate the need to travel for care by making these services available here at Ashe Memorial Hospital.

It's better for everyone to have a strong hospital in the community. By choosing Ashe Memorial Hospital, you help support your hospital—and you do have a say in where you decide to go for care. Not only does coming to Ashe Memorial Hospital mean you'll receive quality healthcare, but it also means you're furthering the hospital's efforts to deliver the best available services right here at home.

Sincerely,

Jim Gambill
Board Chair for Ashe Memorial Hospital

Keeping Your Hands Clean

Here are some tips to ensure your family is practicing good hand hygiene:

- Use warm water and lather well with soap, making sure to clean under your nails and the top of the hands.
- Scrub your hands for at least 20 seconds, about the same amount of time it would take to sing "Happy Birthday" twice.
- Rinse your hands well and dry with a disposable paper towel or air dryer. If possible, use your paper towel to turn off faucets and touch door handles.

To learn more about proper hand washing techniques, visit www.cdc.gov/cleanhands.





A Foundation for *Making a Difference*

At Ashe Memorial Hospital, we strive to maintain the ability to financially support quality healthcare at a reasonable cost and continuously improve upon everything we do to achieve excellent performance. The Foundation makes these goals possible.



Tom Efford, President of the Foundation

“The purpose of the Foundation is to raise money to assist the hospital, its employees, and the citizens of Ashe County so that we can provide the best care possible,” says Tom Efford, President of the Foundation. “We do this by raising money to enhance patient care through education, equipment, facility improvements, and other means. In turn, we receive money through a variety of fundraising efforts and donations from local residents.”

We Have Your Back

Through the support of the Foundation, Ashe Memorial Hospital is able to offer community members of the High Country advanced services by fulfilling a number of needs, including purchasing high-tech equipment and improving patient rooms.

“The Foundation helps make expansion and improvement projects a reality,” Tom says. “These are critical needs that the hospital does not have the capital to provide, and we help make these possible. Last year, the Foundation contributed more than \$180,000 to hospital projects. This year, we are looking to donate around \$150,000 so the various projects created by our departments and physicians are able to come to fruition.”

Major events benefiting the Foundation include the Frank M. James Memorial Golf Tournament in August and the Foundation’s Black-Tie Gala Dinner and Auction. Together, these events help support Ashe Memorial Hospital by bringing in about \$80,000 each year.

To find more information about the Ashe Memorial Hospital Foundation, visit www.ashememorial.org.

Your Chance to Give

As we start our 18th annual campaign, we are again asking for your financial support so we can make improvements to your hospital.

Upcoming projects include:

- dietary equipment (blast chiller and air curtain refrigerator)
- laboratory equipment (two microscopes, two urine analyzers, one stat spin centrifuge)
- Nautilus® equipment for Mountain Hearts Center for Prevention and Wellness
- new space to be added during the MRI expansion that will provide a new mammography room, office space, and dressing rooms
- three Emergency Department patient monitors
- 12 new flat screen TV’s for patient rooms
- two new flat screen TV’s for the Emergency Department waiting rooms

The total estimated cost of these projects is \$157, 807.

If you would like to make a donation, please make all checks payable to the Ashe Memorial Hospital Foundation. Mail donations to 200 Hospital Avenue, Jefferson, NC 28640.

Upcoming Foundation Events

16th Annual Frank M. James Memorial Golf Tournament *Thursday, August 5, 2010*



The Frank M. James Memorial Golf Tournament will be held Thursday, August 5, 2010 at Jefferson Landing in Jefferson, NC. If you would like to play in our tournament or would like more information, please contact Joe Thore at (336) 846-0712.

5th Annual Gala *Saturday, September 18, 2010*



The Foundation Gala will be held on Saturday, September 18, 2010 at Jefferson Landing in Jefferson, NC. This is a black-tie optional event with dinner, dancing, and silent and live auctions. If you would like to attend the Gala or make a donation, please contact Joe Thore at (336) 846-0712.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Mountain Hearts: **Health for** *Life*

Ashe Memorial Hospital's Mountain Hearts Center for Prevention and Wellness is one of the most comprehensive wellness centers in the High Country. Mountain Hearts offers a wide range of equipment and activities for people of all ages to stay fit and healthy for a lifetime.

- Arthritis Rehabilitation Exercise Program to assist patients who are suffering from arthritis
- Cardiac Rehabilitation to assist patients who have had recent cardiac events
- Diabetes Self-Management Program to assist participants in managing their diabetes
- Fit 4 Life, a program designed for participants looking to enhance their health
- Land Aerobics for a fun and energetic way to exercise
- Pulmonary Rehabilitation to assist participants who have pulmonary disease
- Therapeutic Swimming Pool that offers water aerobics, swim lessons and lap swimming

To find out more about the wellness center, please visit www.ashememorial.org or call (336) 846-0744.




Mountain Hearts Center
FOR PREVENTION AND WELLNESS