



Health WISE

Health news for the residents of the Upper Cumberland Plateau

Fall 2011

Hospitals partner with Capella Healthcare to broaden care for Upper Cumberland Plateau

A shared vision and expanded resources to better serve their communities led DeKalb Community Hospital and Stones River Hospital to partner with Capella Healthcare this summer. The unique joint venture, in the making for over a year, also bonds the two hospitals to Sparta's White County Community Hospital to create a broader network of physicians and services.

Hugh Don Cripps, M.D., a board-certified specialist in family medicine with additional board certification in geriatrics who has long served in a leadership role for the organization, said: "We approached Capella because we were seeking a larger footprint in the Upper Cumberland area. We wanted to improve and strengthen our position by having the availability of Capella's financial assets and leadership team. We are excited about collaborating to jointly lead in molding the future development of healthcare in this region. We're pleased to partner with Capella for the opportunities this provides our employees, physicians and the whole community. And we are blessed to be able to continue to be led so ably by CEO Bill Little and CFO Sarah Clark."

The two hospitals have worked collaboratively since both came under common ownership in July 2006. — continued on page 7



At the celebration at DeKalb Community Hospital in Smithville, corporate and hospital leaders posed for this photo. From left they are: Capella leaders Mark Medley, President-Hospital Division; Dan Slipkovich, Co-Founder and CEO; and Mike Wiechart, COO; then from DCH Bill Little, Market CEO; Dr. Melvin Blevins and Dr. Hugh Don Cripps.



Stones River Hospital along with sister hospital DeKalb Community Hospital joined the Capella Healthcare family in July. At the celebration on July 6, hospital and corporate leaders cut a cake as they prepare to serve employees. From left they are: Bill Little, Market CEO; Sarah Clark, Market CFO; Dr. James Spurlock; Dr. Leon Reuhland, and Dan Slipkovich, Capella Healthcare Co-Founder and CEO.

Bill Little
Market CEO



Three promoted, one recruited to lead three hospitals

A new market leadership team has been announced following the affiliation of DeKalb Community Hospital (DCH) and Stones River Hospital (SRH) with Capella Healthcare. The new partnership united the two hospitals with Capella's White County Community Hospital (WCCH) to form a new regional entity designed to broaden care in the Upper Cumberland Plateau.

Bill Little, who has served as Chief Executive Officer for DCH and SRH since July 2009, has been promoted to Market CEO with responsibility for all three hospitals.

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INSIDE

Prostate Cancer – Know the Risk Factors • 15 minutes that could save your life • The Warning Signs of a Stroke • Caring for Seniors with Mental Health-related Issues • The Great American Smoke Out is 36! • Do you know your numbers? Your cholesterol numbers that is!

One of the **BIGGEST MYTHS** about Prostate Cancer

“If you don’t have any symptoms, you don’t have prostate cancer.”

Prostate cancer is still the third most common cause of death from cancer in men of all ages and is the most common cause of death from cancer in men over age 75.



Oscar Spivey, MD
Urology

Stones River Hospital, Woodbury
DeKalb Community Hospital, Smithville
White Community Hospital, Sparta

“That’s not true,” says urologist Oscar Spivey MD. “Prostate cancer is one of the most asymptomatic cancers in oncology, meaning not all men experience symptoms. Many times symptoms can be mistaken or attributed to something else. Signs of prostate cancer are often first detected by your doctor during a routine check-up.”

Results of a routine blood test, called a PSA, may be high. A rectal exam may show an enlarged prostate or a hard, irregular surface. “However, an abnormal digital rectal exam may be the only sign of prostate cancer even if the PSA is normal,” says Dr. Spivey. A prostate biopsy is the only test that can confirm the diagnosis.

“Usually, prostate cancer grows so slowly that it doesn’t cause a serious problem during a man’s lifetime,” says Dr. Spivey. “Some men may not need immediate treatment. Instead, your doctor may suggest active surveillance which includes regular PSA tests, rectal exams and ultrasounds. However, sometimes the disease can be aggressive and require medical intervention, including surgery, radiation therapy, hormone therapy and/or chemotherapy.”

“Prostate cancer treatment outcomes vary greatly. Many patients whose cancer has not spread can be cured. Even for patients who cannot be cured, hormone treatment can extend their lives by many years.”

— Dr. Spivey

Who is at higher risk for prostate cancer?

- **African-American men**
- Men who are **older than 60**
- Men who have **a father or brother with prostate cancer**
- **Others** at risk include:
 - > Men exposed to **Agent Orange**
 - > Men who **abuse alcohol**
 - > **Farmers**
 - > Men who eat **a diet high in fat**, especially animal fat
 - > **Tire plant workers**
 - > **Painters**
 - > Men who have been **exposed to cadmium**

Symptoms

- **Not being able to pass urine**
- **Difficulty starting or stopping** the flow
- **Weak or interrupted** flow
- **Straining** when urinating, or not being able to completely empty the bladder
- **Blood in the urine** or semen
- **Bone pain** or tenderness in the lower back and pelvis

Source: ncbi.nlm.nih.gov



15 minutes that might save your life

Everyday, we learn more about breast cancer and how to win the battle. One fact is very clear – early detection is a distinct advantage. Fortunately, breast cancer is highly detectable through digital mammography screening. If breast cancer is detected early, the five-year survival rate is 97 percent. The earlier it's treated, the better your chance of survival.

Do it for you.
Do it for those who love you.

Digital Mammography at our facilities

Our facilities are staffed with highly qualified, nationally board-certified, credentialed mammography technologists. White County Community Hospital offers the new Mammo-Pad, a soft foam pad that provides cushion between you and the mammography machine. All mammograms provide comfort for a lifetime.

To schedule your mammogram, call

DeKalb Community Hospital, Smithville – 615-215-5530

Stones River Hospital, Woodbury – 615-563-5304

White County Community Hospital, Sparta – 931-738-4173

The new mammography guidelines for women over 40

Because of the high incidence of breast cancer in the United States and the potential to reduce deaths when the disease is caught early, the American College of Obstetricians and Gynecologists issued new breast cancer screening guidelines in July that recommend mammography screening be offered annually to women beginning at age 40. Previous guidelines recommended mammograms every one to two years starting at age 40 and annually beginning at age 50.

“If women in their 40s have annual mammograms, there is a better chance of detecting and treating breast cancer before it has time to spread,” says Dr. Kalyani Kumar, gynecologist who is on the medical staff at Stones River Hospital (Woodbury), DeKalb Community Hospital (Smithville) and White Community Hospital (Sparta)



Kalyani Kumar, MD
Gynecology

“I recommend women continue having yearly mammogram screenings into their 60s, 70s and 80s,” says Dr. Kumar. “The risk of breast cancer rises as a woman ages, and mammography is the best way to find an early, treatable cancer.”

“Mammogram technology has improved significantly in the last decade,” says Dr. Kumar. “The new digital system, which is now available at WCCH, provides a more comfortable and effective screening than ever before,” she says. “Annual mammograms are an important diagnostic tool, since we all agree that early detection saves lives.”



NOVEMBER IS DIABETES MONTH

THE SERIOUS HEALTH IMPLICATIONS OF DIABETES

CARDIOVASCULAR DISEASE - Heart disease and stroke are the top causes of death and disability among people with Type 2 diabetes. In fact, at least 65 percent of people with diabetes die from some form of heart disease or stroke. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes.

KIDNEY DISEASE - Diabetes can damage the blood vessels that filter waste from your blood and can lead to kidney failure or irreversible end-stage kidney disease, requiring dialysis or a kidney transplant.

Kidney disease produces no symptoms until almost all function is gone. The first symptom of kidney disease is often fluid buildup. Other symptoms include loss of sleep, poor appetite, upset stomach, weakness and difficulty concentrating.

BLINDNESS OR VISION PROBLEMS - Diabetes can damage the blood vessels of the eye, potentially leading to blindness. It is recommended that those with diabetes get an annual dilated eye exam by an optometrist or ophthalmologist.

DEPRESSION - Studies show that people with diabetes have an elevated risk of depression. If you are having trouble controlling your blood glucose levels, you may feel like your diabetes is getting the best of you.

If you are constantly feeling sad or hopeless, it may be time to seek help from a mental health professional.

Source: www.diabetes.org



IS DIABETES GETTING ON YOUR NERVES?

Nerves are the messengers of the body. They provide your brain with information about pain, temperature and touch. They talk to your muscles and tell them how and when to move. “Over time excess glucose can injure the walls of the blood vessels that nourish your nerves, especially in the legs,” says Dr. Alan Drake, a board-certified specialist in family medicine who practices at White County Community Hospital. “This can cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward.”

About half of all people with diabetes have some form of nerve damage, or diabetic neuropathy. Take the following steps to prevent or delay nerve damage:

- **Meal planning, physical activity and medications**, if needed, all can help you reach your average glucose target range.
- **Track your blood glucose levels.** Use a blood glucose meter to help you make decisions about day-to-day care. Get an A1C test at least twice a year to find out your average blood glucose for the past two to three months.
- **Report any signs of diabetic neuropathy**, such as pain or numbness in your feet.

“If you have problems, get treatment right away,” says Dr. Drake. “Early treatment can help prevent more serious problems that can lead to infection and amputation.”



Alan Drake, MD
Family Medicine

*Target blood glucose levels for those with diabetes before meals should be **70 to 130**. Two hours after a meal glucose levels should be **less than 180**.*

Could you have diabetes?

Many people have diabetes and do not even know it. Meanwhile, the disease is causing damage to the body. Diabetes can only be diagnosed by a health care provider, so see your doctor regularly. Take a free on-line risk test by visiting one of our websites. You'll see if you're at risk as well as find out how to lower your risk.

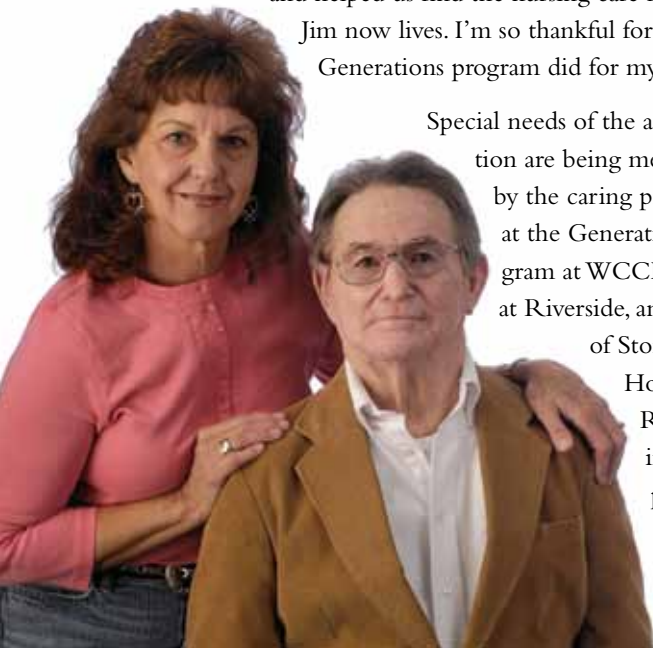
After more than 30 years of marriage, Joyce Tucker knew that her husband Jim needed help.

“Jim has always been so easy-going,” Joyce said. “But when he started to suffer from dementia, it became very difficult. I had never seen him like that before.”

With all of Jim’s family in Florida, Joyce turned to the Generations program, a 10-bed inpatient unit at White County Community Hospital (WCCH) specializing in treatment for seniors with mental health-related issues.

A care team that included a psychiatrist, medical physician, nurses, social workers and recreational therapist provided both Joyce and Jim with the education, guidance and understanding they needed.

“The people at Generations really came through for me and Jim,” says Joyce. “The nurses there took me under their wing. They were like my little angels. It takes a lot of patience and compassion to take care of someone in Jim’s condition. The people at Generations were always pleasant and provided wonderful care, and helped us find the nursing care facility where Jim now lives. I’m so thankful for what the Generations program did for my husband.”



Special needs of the aging population are being met not only by the caring professionals at the Generations program at WCCH, but also at Riverside, an affiliate of Stones River Hospital. Riverside’s inpatient program is located within

CARING FOR SENIORS

with mental health-related Issues

Stones River Hospital in Woodbury while the outpatient program is located in Murfreesboro. With the Generations program at WCCH in Sparta, residents from throughout middle Tennessee have three convenient options for care.

Mental health professionals are available around the clock to provide information or consultation. Call If you or a loved one is experiencing signs/symptoms of:

- **Depression** – including crying, change in appetite and/or sleep patterns, thoughts of dying
- **Alzheimer’s/Dementia** – agitation/combativeness, wandering, pacing, anxiety, hallucinations, delusions, paranoia, and/or sundowning (confusion at the end of the day)
- An acute onset of **inability to care for self** and/or non-compliance with medications
- Need for **inpatient medication adjustment**
- **Acute anxiety** that interferes with activities of daily living
- Evidence of **symptoms and/or behaviors** that reflect significant risk to self and/or others

FOR INFORMATION or to arrange for a free consultation, please call:

- **Generations (WCCH) – 1-800-553-7133**
- **Riverside (SRH) – 1-800-706-9529**

Both facilities accept Medicare as well as a number of Medicare Advantage Plans.



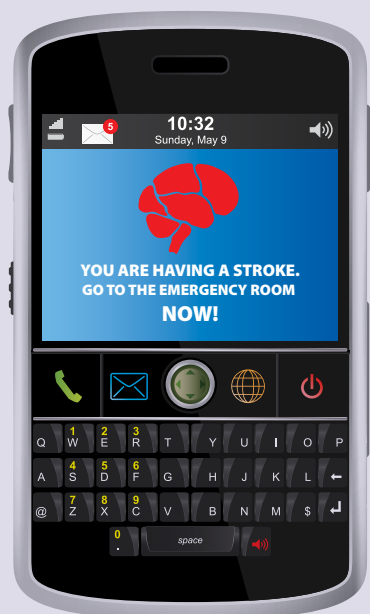
Help create a world with less cancer and more birthdays.

THE GREAT AMERICAN SMOKEOUT TURNS 36!

Stones River Hospital, DeKalb Community Hospital and White County Community Hospital are all celebrating the 36th birthday of the Great American Smokeout.

We encourage smokers to use the date to make a plan to quit, or to quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. Visit our web sites to learn what you are up against, what your options are, and where to go for help, or call the **Tennessee Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669)** for resources and to speak to a Quit Coach. **The calls are FREE.**

If only the warning signs of a STROKE were this obvious



WARNING SIGNS

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

A stroke is a true medical emergency. If you have any of these warning signs, you must get to a hospital quickly to begin treatment.

If you witness someone having any of these symptoms, don't wait!

Call 911 immediately.

Hospital leadership announced

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Sarah Clark
Market CFO

Long-time Chief Financial Officer (CFO) Sarah Clark has moved up to Market CFO for the new entity. Eric Phillips, formerly Chief Nursing Officer for DCH, has been promoted to Market Chief Operating Officer (COO).

Each of the three hospitals has a Chief Nursing Officer (CNO), with Karen Hickey at Stones River Hospital, Robin Byler at White County Community Hospital, and Rick Gillentine joining DeKalb Community Hospital in September.

Prior to his promotion to Market COO, Phillips served as CNO for DCH since 2009. Before that, he held nursing supervisor positions at Cookeville Regional Medical Center (Cookeville), University Medical Center (Lebanon) and Centennial Medical Center (Nashville). Phillips began his career in healthcare as a paramedic. He earned a bachelor's degree in emergency management from Western Carolina University and a law degree from the Nashville School of Law.

A decorated veteran, Phillips served with the U.S. Navy for four years in Sea Air Search and Rescue (Waterborne Rescue Operations). He was presented with a number of awards, including the National Defense Medal, Meritorious Unit



Rick Phillips
Market COO

Commendation, Armed Forces Expeditionary Medal, two Southwest Asia Service Medals, Two Service Deployment Ribbons, and Navy Excellence Award.

Rick Gillentine joined DCH in September as Chief Nursing Officer. He previously worked for StoneCrest Medical Center in Smyrna for seven years in a variety of positions, including Community Navigator, Disaster Preparedness Coordinator, and Assistant Director of Emergency Services. Gillentine also worked in nursing at Centennial Medical Center and Saint Thomas Hospital in Nashville as well as River Park Hospital in McMinnville. He earned a bachelor's degree in nursing from Belmont University.

Hickey has been CNO at SRH since 2010, overseeing all clinical departments and serving as program director for the geriatric psychiatric unit. Byler has been CNO at WCCH for five years, assisting with the hospital's transition to Capella Healthcare in 2008.

"We are excited about the strength of this leadership team and the opportunities they have before them to expand and enhance services throughout the region," said Mark Medley, President of Capella Healthcare's Hospital Division.

"All three hospitals have a rich history of providing high quality care and excellent service for their communities. We are confident they are well-positioned for success in the coming years."



Karen Hickey
CNO, Stones River Hospital



Robyn Byler
CNO, White County Community Hospital



Rick Gillentine
CNO, DeKalb Community Hospital

Partnership with Capella Healthcare broadens care for Upper Cumberland Plateau

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There are approximately 80 physicians on the combined medical staffs, representing nearly every medical specialty.



“These two hospitals have a rich history of working together to provide high quality care and excellent service and we are honored they are now a part of our family,” said Dan Slipkovich, CEO of Capella Healthcare. “We consider it a privilege to be invited to partner with these physicians, employees and the commu-

nity to take care to the next level. We look forward to expanding services throughout the region as we build upon this outstanding network of providers to meet the needs of the entire Upper Cumberland Plateau.” The three hospitals are co-owned by a number of medical staff members.



Established in 1980, SRH is a 60-bed hospital accredited by The Joint Commission. Located at 324 Doolittle Road in Woodbury, the hospital provides 24-hour emergency care as well as surgical procedures, same day outpatient services, cardiac rehabilita-

tion services, and comprehensive imaging services. Through the Riverside Center, a full range of mental health services for older adults is available, with intensive inpatient services at a 22-bed geropsychiatric unit at the hospital and outpatient care at a separate facility in Murfreesboro.

Established in 1969, DCH is a 71-bed hospital also accredited by The Joint Commission. It is located at 520 West Main Street in Smithville, offering 24-hour emergency services and comprehensive diagnostic, medical, surgical and rehabilitative services. The hospital has enjoyed a long history of medical excellence having been named one of the 100 Top Hospitals® in America by Thomson Reuters (formerly Solucient) for five years.

Founded in 1929 by Dr. E.B. Clark, White County Community Hospital is a 60-bed facility accredited by The Joint Commission and certified by the American Heart Association as a “Get with the Guidelines” hospital. Located at 401 Sewell



Road in Sparta, the hospital provides a full range of medical services, including 24-hour emergency services and comprehensive diagnostic, medical, surgical and rehabilitative services as well as a geropsychiatric unit.

Capella also owns River Park Hospital in McMinnville and Grandview Medical Center in Jasper.



See the interviews with physicians, employees and corporate leadership at the welcome receptions, including features with Dr. Hugh Don Cripps, Dr. James Spurlock, Dr. Melvin Blevins, Dr. Leon Rheuland, CEO Bill Little, and Department Directors Claudine Florence and Shannon Barnett.

YouTube.com/CapellaHealthcare



Who is Capella Healthcare?

Founded in 2005, Capella Healthcare partners with communities to build strong local healthcare systems that are known for high quality patient care and excellent service.

Based in Franklin, Tennessee, Capella Healthcare owns and/or operates 15 general acute-care hospitals in seven states. With the philosophy that all healthcare is local, Capella collaborates with each hospital's medical staff, board and community leadership to take care to the next level.

The company has access to significant leadership and financial resources, reinvesting 100% of net cash flow into its family of hospitals to strengthen and expand services and facilities. For more information, visit the website at CapellaHealthcare.com



Stones River Hospital
DeKalb Community Hospital

Stones River Hospital DeKalb Community Hospital
324 Doolittle Road 520 West Main Street
Woodbury, TN 37190 Smithville, TN 37166



401 Sewell Drive
Sparta, TN 38583

These hospitals are partly owned by some of the physicians who serve our patients. Visit our web site for more information or a listing.

Introducing

We are pleased to welcome the following physicians to our communities.



Justin Brown, DPM – a podiatrist, is now practicing at WCCH in addition to RPH. He completed medical school at Des Moines University, Iowa, and his residency the Foot and Ankle Institute in Pittsburgh, PA. Dr. Brown joined the practice of Dr. Jeff Loveland in Sparta and together they have opened a second clinic in McMinnville.



Andrew Kastello, MD – a general surgeon, has been granted privileges at SRH and WCCH in addition to RPH. Dr. Kastello earned his medical degree from St. George's University School of Medicine, Grenada, West Indies. He completed his residency at St. Joseph Mercy and Oakland Medical Center, Pontiac, MI.



Brian Petersen, DO – an orthopaedic surgeon, is now practicing at DCH and SRH, in addition to RPH. Dr. Petersen earned his medical degree from Kirksville College of Osteopathic Medicine, Kirksville, MO, and completed his residency at Mount Clemens Regional Medical Center, Mount Clemens, MI. He has relocated his family to McMinnville, TN, to join his friend and business partner Dr. Jeff Peterson.



Jeff Peterson, DO – an orthopaedic surgeon, has joined the staff at both DCH and SRH. He has also been practicing for the past year and half at RPH. He earned his medical degree from Western University of Health Sciences, Pomona, CA. Dr. Peterson completed his internship and residency at Mount Clemens Regional Medical Center. Since residency, Dr. Peterson has been practicing medicine at RPH, McMinnville, TN.

For a complete listing of our medical staff, visit one of the web addresses listed below.

UNDERSTANDING YOUR CHOLESTEROL NUMBERS

Everyone age 20 and older should have their cholesterol measured at least once every five years with a blood test called a lipoprotein profile, which gives information about:

- **LDL (bad) cholesterol** – the main source of blockage in the arteries
- **HDL (good) cholesterol** – helps keep cholesterol from building up in the arteries

• **Triglycerides** – another form of fat in your blood

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better.

UNDERSTANDING YOUR NUMBERS	
LDL Cholesterol	
Less than 100	Optimal
100 – 129	Above optimal
130 – 159	Borderline high
160 – 189	High
190 and above	Very high
HDL Cholesterol	
60 and above	Optimal
Less than 40 (men)	Low
Less than 50 (women)	Low
Triglycerides	
Less than 150	Normal
150 – 199	Borderline high
200 – 499	High
500 or higher	Very high
Total Cholesterol	
Less than 200	Desirable
200 – 239	Borderline high
240 and above	High

*Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.