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Community Health Center
of Branch County

What You Need to Know About Colorectal Cancer

Colorectal, or colon, cancer is the third leading cause of cancer in men and the fourth leading cause of cancer in women. It is also very treatable and can be preventable.

Colon cancer is often caused by originally benign polyps that form on the inner lining of the large intestine. Unless they are removed, these benign polyps can turn cancerous over time. Other contributors to colon cancer include smoking or heavy drinking, family history, high fat diet and chronic conditions that irritate the colon such as chronic ulcerative colitis.

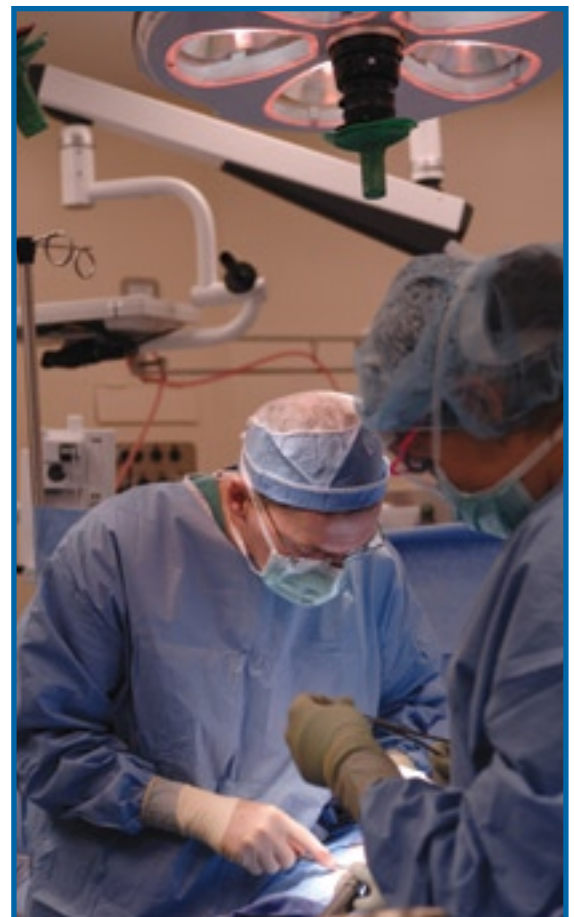
Colon cancer does not always come with symptoms. When symptoms are present, they can easily be mistaken for something else like irritable bowel syndrome. Symptoms can include fatigue, weakness, shortness of breath, change in bowel habits, narrow stools, diarrhea or constipation, red or dark blood in the stool, weight loss, abdominal pain, cramps and bloating.

Because colon cancer can often be prevented and symptoms can be general or non-existent, doctors encourage patients to have regular tests to check for any problems. There are two tests you may want to ask your doctor about.

The first is a fecal occult blood test, in which a stool sample is tested for blood. If blood is present, it could indicate there is a problem in the colon. This test is important because often blood in the stool is invisible to the naked eye.

The other test used for colon cancer detection is an outpatient procedure called a colonoscopy. This is an internal examination of the large intestine and rectum done under sedation. Doctors perform the procedure by inserting a long, flexible tube with a camera attached into the anus. The tube is advanced through the large intestine so that physicians can inspect the colon for polyps or other irregularities. Tissue samples can be taken during the procedure and polyps can also be removed.

How often you should be tested depends upon your age and level of risk for developing the disease. It is best to consult your physician for guidance as to when testing is right for you.



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MESSAGE FROM THE CEO



We live such busy lives today that we often only have time to think about what's next on the agenda. I know of people who only think of getting their lawnmower serviced when they realize they need to mow the lawn for the first time in the spring. The same goes for servicing our cars for winter. It's true of healthcare, too. People often say they didn't realize CHC offers such and such

a service. It's not until the doctor tells us we need a sleep apnea test that we look to find where we can get one. The same holds true for surgery.

For instance, today's cover article is on colorectal cancer. No one wants to think they'll need to plan for cancer treatment, but once you see your physician about a potential problem, you might. CHC offers services for the diagnosis and treatment of colorectal cancer and most other cancers as well. Our radiology department offers state-of-the-art equipment with certified radiology technicians. In case you need further procedures or surgery, we have skilled, experienced surgeons who routinely perform colonoscopies, endoscopies, and cancer surgeries.

We recently opened our new cancer center that can stand its own against nearly any cancer center in the region. It offers treatment in a brand new, comfortable and healing atmosphere. It has physicians and staff that strive to put their patients at ease while providing the best treatment for them.

We continuously evaluate the feasibility of other services to offer our patients so that they can receive treatment close to home and family. Some we may be able to offer; others we won't. Sometimes the reason may be regulations that prohibit us from offering a particular service. Sometimes it's because the service would be too costly for us to do here without jeopardizing our financial viability. In other instances, we simply are unable to recruit the physicians and staff to offer the quality and safety we insist on for our patients.

We're in the unique business of working towards trying to put ourselves out of business. We hope you'll never have to use our facilities for anything but preventative care, but in case you do need healthcare services beyond that of prevention, we hope you'll consider CHC.

Randy DeGroot, President and CEO

Sabeena Pradhan, MD, Strives to Incorporate Latest Techniques in Her Practice

Sabeena Pradhan, M.D., recently attended the 38th Global Congress of Minimally Invasive Gynecology sponsored by the American Association of Gynecologic Laparoscopists in Orlando, Florida. Gynecologists from around the world gathered to discuss different techniques used to manage both simple and complex issues affecting women.



Striving to keep abreast of the most recent and effective procedures, Dr. Pradhan attends many conferences every year on various topics affecting women's health. Besides the AAGL conference, she recently trained in the single incision sling procedure to treat women with urinary incontinence that allows the patient to go home the same day. Dr. Pradhan also performs minimally invasive hysterectomy in which patients experience very little pain, are walking around the same evening and go home the next day.

Dr. Pradhan's practice provides comprehensive care for women from adolescent to geriatric age. She performs office based procedures as well as major gynecologic surgeries.

Keller Makes Move to Home Health and Hospice, CHC Welcomes Kelly to Cancer Center/Sleep Lab

At right is Sue Keller, Director of CHC Home Health/Hospice Services



Far right is Chris Kelly, Director of the Cancer Center and Sleep Lab

The addition of the Community Care and Conference Center to the Community Health Center of Branch County campus occasioned many changes. Coinciding with those changes was a shift in duties with Sue Keller becoming Director of CHC Home Health/Hospice Services and Chris Kelly coming to CHC as Director of the Cancer Center and Sleep Lab in December 2009.

Sue Keller is no stranger to CHC having worked in several different positions from 1983 to 1995, returning in 2008, and has experience in both hospice and home health. Keller is a registered nurse and also received an MBA from the University of Michigan.

Chris Kelly has worked in health care since 1986, and is a respiratory therapist. He earned his Masters Degree in Healthcare Administration from Eastern Michigan University in 2007.

FOUNDATION NEWS

Brownie's Room Provides Privacy During Difficult Time

While every Community Health Center of Branch County employee hopes the patients they care for will leave the hospital on the mend, they realize not all will. The unhappy truth is that our staff must sometimes help a patient and their family through the last days of that individual's life.

To make those days easier a large, private room was set aside on the hospital's Medical Floor. Made possible by memorial donations from friends and family of Earl W. Brown and known as Brownie's Room, the space offers a private atmosphere where family can gather with their loved one.

It offers amenities for patient's families as well. These include a microwave, toaster, refrigerator, television with DVD player and more.

Since the room was established, many donations have been given for its improvement. These donations have allowed CHC to add homey touches and needed equipment. In 2010, plans are in place to enhance Brownie's Room and replace some furniture. These enhancements will be made possible by the Nat Cohen Memorial Fund and memorial donations from the families and friends of Cyndi Modert and Virginia Pierce.

CHC is appreciative of all monetary and in-kind donations made to the hospital. If you would like further information on making a donation to CHC, please call the Community Health Center Foundation office at 279-5414 or log onto the CHC website at www.chcbc.com.



Community Health Center Foundation Welcomes Terra Depew

The Community Health Center Foundation Board of Directors is very pleased to announce Terra Depew as its new Fund Development Coordinator. Terra began her duties, which include donor cultivation and recognition, on March 1.

Terra brings with her a great deal of experience from her former employer, Atlanta, Georgia-based Visiting Nurse/Hospice Atlanta, where she was Annual Fund Manager for the organization. Her experience includes the cultivation and solicitation of major gifts, preparing and submitting proposals, grant writing, event planning and creation of plans, policies and procedures.

Terra graduated from Purdue University in 2003 with a Bachelor of Health Science degree. She is married with one child and has family in the Union City area. She has relocated to the Coldwater area. A reception to welcome her to the Community Health Center, the CHC Foundation, and the area is planned for later this spring.



2010 CHC Gala to Benefit Women's Services

What's the CHC Foundation Gala? An opportunity to help the CHC Foundation raise funds for the hospital, but also a time to socialize with old and new friends, eat great food, and see entertaining acts. The 2010 annual Community Health Center Foundation Gala will be held on March 20 at the Dearth Community Center in Coldwater.

This year, the theme of the event is "Music and Magic." Entertainment will include a pianist and a performance by magician and mentalist George Tait. There will also be a silent auction featuring items such as Tibbits Summer Theater Tickets, flowers monthly for a year from Neitzert's Greenhouse & Florist and an item from Kiess Jewelry.

Each year, money raised from the Gala is designated to a specific CHC service or project. This year, all funds raised from the event will go toward CHC's Women's Services.



Thank You

The Community Health Center of Branch County our gratitude for the support of the following community members

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I/we would like to contribute the total sum of \$_____, payable to the CHC Foundation to be utilized as indicated on this form.

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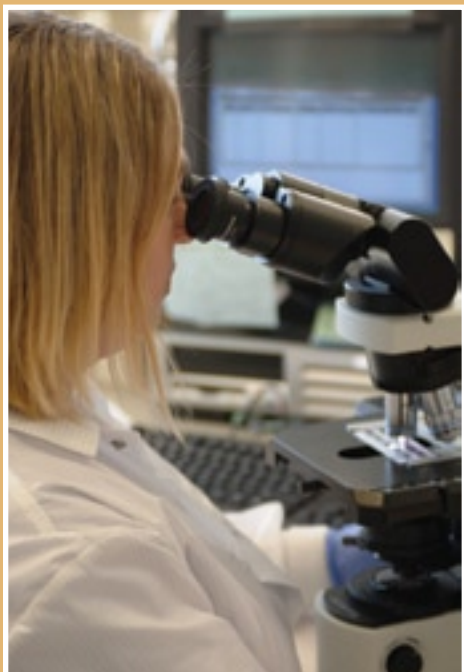
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THANK YOU!

Send completed form to: Community Health Center Foundation
 274 East Chicago Street • Coldwater, Michigan 49036
 Phone: 517.279.5414

TECHNOLOGY

CHC Laboratory Offers Varied Services in Small Town Atmosphere



When there is a question about your health, you don't want to wait for the result of that blood test or culture. CHC understands the need for answers as quickly as possible. That is why CHC strives to make the laboratory, which encompasses an outpatient lab, as up to date and full service as possible.

The hospital lab employs 40 people, which equals 35 full time employees. More than 300,000 tests are processed in the lab each year. It is open 24 hours a day, seven days a week in order to support the Emergency Room and the hospital's inpatients. The outpatient lab is open Monday through Friday from 6:30 a.m. to 5:00 p.m., and Saturday mornings from 7:30 to 11:30 a.m.

While the lab does have to send some specialty tests to the University of Michigan, most tests are done in-house with results delivered to the ordering physicians the same day. Testing is performed by medical technologists, who must have an associate or bachelor degree. They must also pass a registry examination to become certified.

CHC has two medical technologists who specialize in histology and one who specializes in cytology. Many of the technologists can conduct testing in the areas of chemistry, hematology, microbiology, immunohematology and serology.

In addition, phlebotomists with focused training provide specimen collection services both for patients staying in the hospital and those visiting our outpatient lab. Patient comfort and safety along with efficient service are the main goals.

Laboratory operations are overseen by Regio Penna, MD, who is board certified in clinical pathology, anatomic pathology and cytology. Dr. Penna is on site at the Community Health Center of Branch County Monday through Friday and on weekends and after hours as needed.

New Non-Invasive Ultrasound Now Offered at CHC

The Community Health Center of Branch County recently added a new service, Vascular Study, to its Radiology Department. With the addition of this service, the hospital is able to offer ultrasounds of the arterial and venous systems. These tests do not involve dyes, incisions or anything more than typical ultrasound equipment.

Vascular studies look at the body's circulatory system, which consists of the heart, arteries and veins. Your doctor may order a vascular study if there is concern about blocked arteries, aneurysm, deep vein thrombosis or any other issues of the veins or arteries. The test must be ordered by a physician and must be considered medically necessary.

A vascular study is done by a registered vascular ultrasound technologist. Gel is applied to the skin and the technologist uses an ultrasound probe to send Doppler waves into the area to be tested. The images displayed provide diagnostic information to the ordering physician. Blood pressure cuffs may also be used so the technologist can gauge pressure in the area being tested.

Vascular studies are considered medically necessary if there are significant signs of arterial or venous disease.

Melissa Gula, RVT, will be conducting vascular studies three days a week at CHC. CHC's full complement of certified Ultrasound Technologists include: Megan Brink RDMS (AB, OB), Cheryl McTaggart, RDMS (AB), Michelle Moffatt and Julie Wischmeyer.



CHC Volunteers Expanded Their Reach in 2009

Those who offer their time and skill as volunteers at the Community Health Center of Branch County are special individuals. Volunteers enhance the day to day operations of the hospital.

In 2009, CHC boasted 157 volunteers. They manned the Gift Shop, assisted in the Community Cancer Center, delivered mail, took care of filing, greeted visitors and generally made life easier for CHC's staff and patients.

New volunteer opportunities arose in several areas of the hospital in 2009. Clerical volunteer positions were created in Physical Therapy, Substance Treatment and Referral Services (STARS) and Pharmacy. The Outpatient Laboratory now has a volunteer as a runner and for clerical work. And the idea of volunteer patient visitors was approved. These volunteers will read to, chat with and simply keep patients company.

In 2010, CHC's volunteers will continue to make their presence felt. And more volunteers will be needed. There are always new and established volunteer positions in need of filling.

As much as CHC's volunteers give, they expect nothing in return. Instead, they continually ask what they can do to benefit CHC and its staff and patients. They open their hearts to each new challenge and opportunity to help. They spend hours every week both in and outside the hospital working toward the common goal of making CHC the best it can be. This goal will remain a top priority in 2010.

If you would like to learn more about CHC Volunteer Services, please call 279-5282.



Safety First When Doing Spring Yard and Garden Work

Whether they are maintaining CHC's Memorial Garden, planting the new Garden of Hope at the Community Health Center of Branch County's Community Care and Conference Center or just working on their home yards and gardens, CHC's volunteers and staff know how to stay safe and healthy this spring, and you should too.

Many people don't realize tetanus lives in the soil. One scratch with a garden trowel or accidental slice of a finger can introduce the bacteria into your body. Adults should get a tetanus booster every 10 years. If it's been that long since your last booster, talk to your doctor before you start your yearly yard work.

Equipment safety is another must. For the most part, yard implements have been sitting in sheds, garages and basements unused for several months. Make sure your tools are working properly with no missing parts before use. Check extension cords for breaks or fraying. And when not using power tools, make sure to render them inoperable so that children are not in danger.

Even in spring, the sun deserves respect. Make sure to wear long sleeves, wide brimmed hats and a sunscreen that is SPF 15 or higher. It's also a good idea to use an insect repellent containing DEET.

When working with electric equipment, make sure to wear long pants, safety goggles and ear plugs when necessary. Gloves are also a good idea to avoid skin irritation and blisters.

If you are concerned about how much work you should be doing due to a health condition, talk to your physician before starting any of your outdoor projects.

MARK YOUR CALENDAR

For more information about these upcoming events, call CHC at 279-5282 or 279-5414.

March

- Women's Health Fest - March 6, 8:30 am -12:00 noon
- CHC Honoree Banquet and Dinner Dance - March 6
- Diabetes Support Group - March 8, 6:30- 8:00 p.m.
- Fibromyalgia Support Group - March 11, 6:30-8:00 p.m.
- CHC Foundation Gala - March 20
- Health Care Advocacy Day - March 24
- CHC Senior Health Seminar - March 26
Topic: Seasonal Affective Disorder - Dr. Kevin Cowell
H&C Burnside Senior Center
- Doctors Day - March 30
- Diabetes Education Classes- March 2, 4, 9, 6:00-8:00 p.m.
- Passages Grief Support Group- March 2, 16 and 30, 10-11:30 a.m.
- Moms In Motion- Every Monday & Thursday in March, 5:30-6:30 p.m.
- Birth Basics - March 1, 15, 22, 6:00-8:00 p.m.
March 8- 8:00 p.m.

April

- Breastfeeding Class- April 1, 6-8:00 p.m.
- National Volunteer Week- April 18-24
- Passages Grief Support Group- April 13, 10-11:30 a.m.
- CHC Volunteers Recognition Dinner- April 22
- CHC Senior Health Seminar- March 22
Topic: Hearing- Dr. Michael Sterrett
H&C Burnside Senior Center
- Moms in Motion- Every Monday & Thursday in April, 5:30-6:30 p.m.
- Birth Basics- April 5, 12, 19, 26, 6:00-8:00 p.m.
- Diabetes Education Classes- April 20, 27, 29, 10:00 a.m.-12:00 p.m.

May

- National Hospital Week- May 9-15
- Diabetes Support Group- May 10, 6:30- 8:00 p.m.
- Breastfeeding Class- May 13, 6:00-8:00 p.m.
- Fibromyalgia Support Group- May 13, 6:30- 8:00 p.m.
- Hospital Enhancement Project (HEP) Open House - May 14
- CHC Senior Health Seminar- May 27
Topic: Fibromyalgia- Ginger Kesler
H&C Burnside Senior Center
- CHC Foundation 5K Fun Run/Walk- May 29
- Moms in Motion- Every Monday & Thursday in May, 5:30-6:30 p.m.
- Birth Basics Class- May 20, 24, 31, 6:00-8:00 p.m.

Taking a Bite Out of Your Cancer Risk

Cutting down on your risk of getting cancer may be as simple as making wise choices in restaurants or while planning your weekly meals. Studies have shown that what you consume now may have more of an impact than you think on future cancer diagnoses.

Mom always said to eat your vegetables, and she was right. Eating plenty of fruits and vegetables, including beans, has been linked to a lower risk of lung, oral, esophageal, stomach and colon cancer. No one knows why eating fruits and veggies lowers cancer risk.

Another easy way to eat your way to a lower risk of cancer is to eat whole grains. Simply replacing your white bread with wheat is a good first step. Many cereal companies are now hopping on the whole wheat bandwagon as well, so take a look at the nutritional facts on your favorite cereal.

While fruits, vegetables and whole grains are all helpful in lowering cancer risk, too much red meat can do the opposite. While red meat is an excellent source of protein, vitamins and minerals, it should be eaten in moderation. It is best to choose lean cuts of meat and eat no more than 18 ounces (cooked weight) of red meat per week.

It is also wise to cut back on salt intake. Most of the sodium we eat comes from processed foods, so take a look at those nutritional labels. The average person should consume no more than 2,400 milligrams of salt per day.

Limiting alcohol is also important in lowering your cancer risk. Evidence suggests all types of alcoholic drinks may increase your chances of developing many types of cancer. If consumed at all, men should have no more than two or three drinks per day and women no more than one or two.

If you are concerned about your diet or feel you need guidance in making the right choices, it might be wise to consult a registered dietician.

Recipe: Turkey and Broccoli Couscous

Ingredients

- ¼ Red Bell Pepper cut into thin strips
- 2 tablespoons chopped yellow onion
- Pinch of ground black pepper
- 1/2 pound boneless, skinless turkey cutlets, rinsed, dried and sliced into 2" strips
- 1 teaspoon dried sage
- 1 cup low-sodium, fat-free chicken broth
- 1 cup broccoli florets
- ½ cup couscous (a type of pasta)

Directions

- Coat a deep skillet with cooking spray. Wipe away excess spray with a paper towel. Heat skillet over medium heat.
- Add the bell pepper, onion and black pepper and cook, stirring frequently, for 2 minutes or until the onion is slightly translucent.
- Add the turkey and sage. Cook for 2 minutes.
- Add the broth and broccoli. Bring to a boil for 1 minute.
- Stir in the couscous.
- Cover the skillet and remove from heat for 5 to 10 minutes, or until the couscous has absorbed all the broth. Stir and serve.

Makes four servings.

