



American Heart Month

A message from Dr. Stephen Ward: February is American Heart Month, a time designated to increase awareness of heart disease, which claims more than 650,000 lives yearly in the United States. Symptoms that may indicate a problem with your heart include chest pain, shortness of breath, jaw pain, and left arm pain. If you develop symptoms such as these please talk to your doctor. If you develop sudden symptoms that will not resolve, you should promptly be evaluated in the nearest emergency department.



Dr. Ward worked with Cucumber & Company to produce a one-minute public service announcement on American Heart Month. You may view the video on the hospital's website and Facebook page.



Stephen Ward, MD
Cardiology

At Princeton Community Hospital, we are dedicated to improving the cardiovascular health of our community. In the last two years we have introduced interventional cardiology services including angioplasty and stenting for elective treatment and treatment of non-emergent heart attacks. Substantial investment is also being made in a state-of-the-art cardiac cath lab which will allow us to treat patients with emergent heart attacks.

Our goal is to provide excellent routine and emergent cardiac services in our community without the need for patients to leave home.



PCH's new cardiac cath lab is slated to open this spring.

Letters of Appreciation

Dear 3-South,

I wanted to take this opportunity to compliment and commend all of your nursing staff on their care following my knee replacement surgery.

I was a patient of Dr. Morgan and spent the night in room 381. Each and every nurse was very attentive, very kind, and very considerate of my needs.

All of the staff performed in an excellent manner. This indicates a high level of care and concern for the patient.

Thank all of you,

Judy Cromer

Dear Staff at PCH,

I was recently a patient in your hospital. I had a total hip replacement on January 3, 2022, and, praise the Lord, I am doing well. Dr. Branson did an excellent job.

All the care I received at PCH – from pre-testing, educational classes, registration, and surgery – was done with professionalism and kindness.

I would especially like to thank those who took care of me after my surgery and overnight at PCH.

Rose and Crystal were my nurses on Monday night. They were patient and kind to me. Monica, the CNA, especially went above and beyond to assist me. I believe it was Kara and Jeanie who were my nurses the next day. They answered all my discharge questions and were very helpful.

Vickie in physical therapy was extremely patient with me in making sure I understood the proper movements after hip surgery. Dietary and housekeeping took the time to say kind words.

I know these are extremely tough times for our healthcare workers. All of you are in my prayers. Thank you, again, for the excellent care I received. I appreciate it so very much!

Sincerely,

Cathy Persinger

Dear 3-West,

I can't begin to tell you all how very much the kindness and thoughtfulness shown to me meant while I was a patient with you at PCH.

Thank you,

Mrs. Betty Chambers



MARCH IS NATIONAL
COLORECTAL CANCER
AWARENESS MONTH

Worldwide, colorectal cancer is the second leading cause of cancer death. But with early detection of this disease, it is estimated that well over half of the deaths that occur annually could be prevented.

At what age should you start being screened for colon cancer?

The American Cancer Society now recommends that you start being screened at age 45 instead of 50.

According to the American Cancer Society, anyone can develop colon cancer, but some studied factors are: A diet that's high in red meats (such as beef, pork, lamb, or liver) and processed meats (like hot dogs and deli meat) raises your colorectal cancer risk. Age and smoking are also risk factors. The best thing you can do to avoid this cancer is to stay active, don't smoke, eat a diet full of vegetables instead of red meat, and get regular colon screenings, starting at age 45, or younger, if you have a family member who has had this cancer.

Colon cancer is treatable and is not necessarily a death sentence. The reason the cancer is more deadly for U.S. adults is because 20-25 percent of patients have metastatic disease at the time of diagnosis, which means the cancer has already spread to other parts of the body. Still, this may be cured with a range of treatment options available, including surgery to remove the cancer, chemotherapy, and radiation therapy, depending on how far the cancer has spread.

What are the early signs of colon cancer?

Many people with colon cancer experience no symptoms in the early stages of the disease. However, some symptoms include a persistent change in your bowel habits, including:

- **Diarrhea or constipation or a change in the consistency of your stool.**
- **Rectal bleeding or blood in your stool.**
- **Persistent abdominal discomfort, such as cramps, gas or pain.**
- **A feeling that your bowel doesn't empty completely.**
- **Weakness or fatigue, or unexplained weight loss.**

For more information or to schedule a colonoscopy, please call Mercer Medical Group General Surgery at 304.425.1852.



Princeton Community Hospital AN AFFILIATE OF **WVU** Medicine

201 Twelfth Street Extension • Princeton, WV 24740
304.425.1852 • www.pchonline.org



Sleep Awareness
Week® 2022

powered by  the National Sleep Foundation

National Sleep Awareness Week

MARCH 13 – 19, 2022

Launched in 1998, Sleep Awareness Week is the National Sleep Foundation's public education campaign that celebrates sleep health and encourages the public to prioritize sleep to improve health and well-being. The campaign commences with the beginning of Daylight Saving Time. NSF provides valuable information during Sleep Awareness Week about the benefits of optimal sleep and how sleep affects health, well-being, and safety.

Proper sleep is vital to your health and wellbeing.

Left untreated, sleep apnea may cause a number of health problems including hypertension (high blood pressure), stroke, diabetes, cardiomyopathy (enlargement of the muscle tissue of the heart), heart attack, and heart failure.

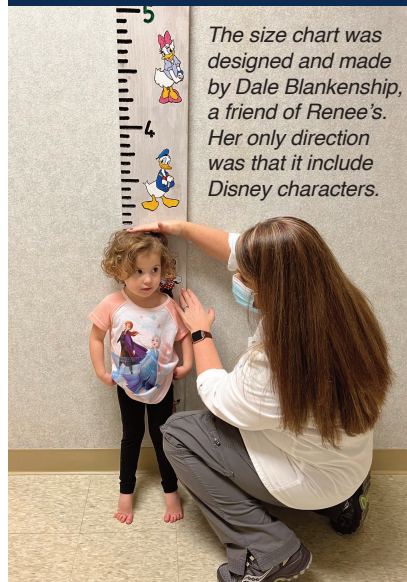
Signs you have sleep apnea:

The most common signs and symptoms of obstructive and central sleep apneas include:

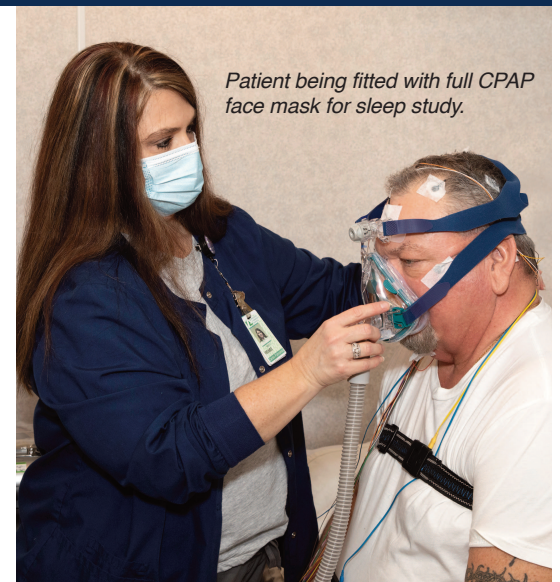
- Loud snoring
- Episodes in which you stop breathing during sleep — which would be reported by another person
- Gasping for air during sleep
- Awakening with a dry mouth
- Morning headache
- Difficulty staying asleep (insomnia)



Patients being prepped for a sleep study in the PCH Sleep Center.



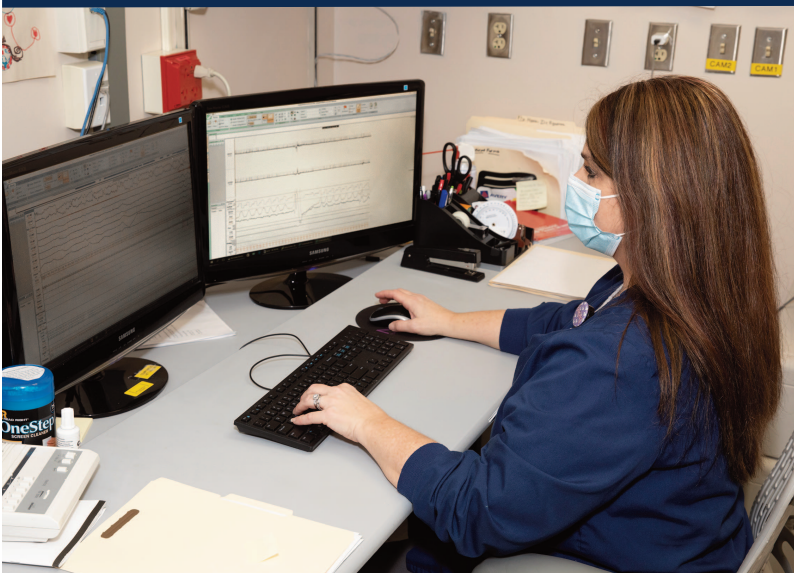
The size chart was designed and made by Dale Blankenship, a friend of Renee's. Her only direction was that it include Disney characters.



Patient being fitted with full CPAP face mask for sleep study.



Patient is monitored throughout the night.



- Excessive daytime sleepiness (hypersomnia)
- Difficulty paying attention while awake
- Irritability

The Sleep Center at Princeton Community Hospital can determine whether you have sleep apnea. Other conditions revealed by sleep studies include: hypersomnia, hypoxia, narcolepsy, restless leg syndrome, and bruxism. **The Sleep Center also provides pediatric sleep studies.**

The Sleep Center at PCH is an American Academy of Sleep Medicine (AASM) accredited laboratory with registered polysomnography technologists.

PRINCETON COMMUNITY HOSPITAL



Sleep Center

122 Twelfth Street
Princeton, WV
304-487-7713 or
304-487-7702



Renee Kirk, RRT, RPSGT

Lead Registered Sleep Technologist and Registered Respiratory Therapist

Born and raised in McDowell County, Renee is a 1989 graduate of Jaeger High School. She attended Southwest Community College where she obtained a degree in Advanced Respiratory Care in 1993.

Renee began her respiratory career at Buchanan General Hospital, Grundy, Virginia. In 1997 she accepted a position at Welch Community Hospital, Welch, West Virginia, where she worked as a Registered Respiratory Therapist.

She was with Welch Community for 18 years, while working part-time at Bluefield Regional Medical Center.

In 2014 she obtained her Registry in Sleep Medicine certification and has since worked exclusively in sleep medicine.

Renee said, "I am honored to work at Princeton Community Hospital as the Lead Sleep Technician. I enjoy the one-on-one time I have with my patients. I also specialize in pediatric sleep, which I enjoy tremendously."



Reda Compton, CRT, REEGT. Reda is Princeton Community Hospital's only neurodiagnostic technologist.

PCH Welcomes New Director of Respiratory Therapy, Sleep Center, and Cardiopulmonary Rehab Eric Rodgers



Eric Rodgers, RRT, RRT-NPS, RRT-ACCS
*Director of Respiratory Therapy/
Sleep Center/ Cardiopulmonary
Rehabilitation*

Originally from California, Eric Rodgers grew up in the Fresno area. He later moved to the Central Coast region where he has been employed for the last decade at Sierra Vista Medical Center, San Luis Obispo, in Santa Barbara County.

Eric received associate's degrees in respiratory therapy and physics from Fresno City College and two bachelor's degrees from California State University, Fresno. He holds an M.B.A. from Fresno Pacific University, and he is currently completing a Ph.D. through the University of California, Los Angeles.

For the first 30 years of Eric's career, he worked for Community Medical Center (now Community Regional Medical Center), a 1,000-bed, level 1 trauma burn unit and level 4 NICU/PICU facility in Fresno, California. Eric started there as a new grad while also working at Valley Children's Hospital for NICU training. He worked his way up to team leader and supervisor, then eventually pursued a management position at a facility on the coast where he became the director at Sierra Vista Medical Center/Tenet Healthcare Corporation.

Eric said, "Although my wife loved living by the beach, she was growing tired of life in California. In preparation for our eventual retirement, we purchased a home in Butler, Tennessee, nearly 10 years ago. It is an ideal location on Watauga Lake – a wonderful area with wonderful people. We went there often over the years, sometimes even for holidays. Our kids loved it. They couldn't be there enough. We finally made the

decision to leave California and began looking for job opportunities in the mid-Atlantic region. We were looking for an area that mimicked the four seasons climate of Tennessee, and Princeton, West Virginia, came up. Princeton was a smaller town that offered a more pleasant pace of life. At least 12 months ago, we started looking at the job board in the area and were waiting for the right opportunity to present itself. Finally, the right position was available, and I applied."

Eric joined PCH in mid-January. When asked about his initial impression of the hospital and the area, Eric said, "The people in the Princeton/Bluefield region are amazing – nothing like what you experience back west. I have a lot of experience in respiratory, and when I transitioned to management with Tenet Healthcare Corporation, I didn't feel I was in the right place to achieve the goals that were necessary. Now, in a short amount of time at PCH, I think I am in the right place at the right time. I am being given the necessary tools in my tool bag to implement procedures and changes that best fit for improved patient outcomes on our floors. I have a very positive impression of the hospital and the area. Early on, I was very comfortable here. Vice President of Operations Al Boland really sold me on the position. When I accepted the job in Princeton, I was also offered a director position at the University of California, San Francisco Medical Center. Al Boland tipped the scale for me. He is a very supportive administrator, and he sees the focus on patient care outcomes as crucial. Al is also tech savvy about PCH moving forward in how we approach our procedures to optimize those outcomes."

Eric added, "This department is a lot more diverse than the hospital I came from. PCH Cardiopulmonary Rehab, from my early assessment, is under serving the area. We're not marketing it nearly enough. Additional marketing is exactly what the staff is looking for. They want to be able to serve and be proud of the program. They value the success that comes from it. The same applies to the Sleep Center, along with neurodiagnostics. Our goal is to get to 500 sleep studies annually."

Eric and his wife are in the process of purchasing a house in Princeton. They both enjoy the outdoors and are looking forward to discovering all the recreational opportunities available in the area.

Letters of Appreciation

Dear PCH,

To the nurses in CCU at Princeton Community Hospital, thank you! Thank you for your compassion, friendship, thoughtfulness, prayers, and for your love! Each one of you holds a special place in our hearts! When I would leave Joey at the end of the day, I was promised you would call with any changes, and I was. We will never forget the love you showed our family. You cried with us, celebrated with us, and prayed with us! I know you're tired and broken hearted with what's happening around you, and sometimes must feel helpless. But please know, we love you all! You made a difference in our lives!

Thank you,

Ashleah Pedigo (*wife of Joey Pedigo*)

Dear PCH,

I just want to say how grateful I am for all the staff that took care of me yesterday (February 3, 2022) when I came in for day surgery, and for all of the ones who helped me afterward. Everybody was so patient, kind, and understanding. I know you all are short staffed and overworked from COVID, but the staff in the day surgery department and in the preop department definitely went above and beyond yesterday!!

With great respect,

Crystal Graham

Dear CEO Karen Bowling,

I came to PCH on January 26, 2022, for lumbar spine and hip/pelvis x-rays. I have a back problem that makes moving difficult. The employees who helped me with the x-rays were fantastic. They were kind and very patient while waiting for me to reposition.

I had to come back to the hospital on February 8, 2022, because of a blood clot. The staff had to work me in but it only took an hour. Everyone was excellent.

Mickey transported me and Jessie did the scan. Both were very nice and helpful.

Both visits were wonderful and I want everyone to know how much I appreciate their kindness.

Thank you all,

Melinda Robinette

Dear 4-West/Outpatient Oncology,

I would like to say hi to all the nurses and medical staff who took time to take care of me, answered my questions, and always made me feel special. I feel you all deserve a special thank you for all you did for me and for everyone who comes to you for their medication.

Thank you,

Linda Cooper



National Wear Red Day

On February 4, 2022, hospital employees came together in solidarity to show their support for heart disease awareness month.

