

HouseCall

UHC has the Most Xenex Germ-Zapping Robots in West Virginia

United Hospital Center (UHC) now has three Xenex LightStrike™ Germ-Zapping Robots™, which will be used to enhance environmental cleanliness by disinfecting and destroying hard-to-kill germs, bacteria, and superbugs in hard-to-clean places.

The three Xenex robots will use Full Spectrum™ pulsed xenon ultraviolet (UV) light to quickly destroy bacteria, viruses, fungi, and bacterial spores. The portable disinfection system is effective against even the most dangerous pathogens, including Clostridium difficile (C. diff), norovirus, influenza, Ebola, and methicillin-resistant Staphylococcus aureus, better known as MRSA.

"We want to do everything within our means to provide a clean environment at our facilities to reduce the risk of hospital acquired infections," said Dr. Mark Povroznik, vice president of quality and chief quality officer. "UHC has long been recognized as a leader in medical technology and highly specialized care, so it's only fitting that we should employ the same level of technological innovation when it comes to removing the pathogens that can cause these infections. One hospital acquired infection is one too many, so we are excited to begin using the Xenex system to help us achieve our goal of zero infections. This investment is important and underscores UHC's commitment to patient care and the communities we serve."



The portable Xenex system can disinfect a typical patient or procedure room in four or five minute cycles (depending on the robot model) without warm-up or cool-down times. It can be used in any department and in any unit within a healthcare facility, including isolation rooms, operating rooms, general patient care rooms, contact precaution areas, emergency rooms, bathrooms and public spaces.

"In 2010, UHC was among the first hospitals on the east coast to install UV technology," said Dr. Povroznik. "Deployment of the new Xenex LightStrike Germ-Zapping Robots represents the next step in UHC's commitment to continuously improve the quality of our patient care."

Only Hospital in North Central West Virginia offering MRI/Ultrasound Fusion Biopsy

UHC is proud to introduce a powerful new MRI solution for targeted biopsy of the prostate. Through the recent adoption of the UroNav fusion biopsy system, doctors at UHC can offer a truly new biopsy option for many patients with elevated and/or rising PSA levels.

"Other than skin cancer, prostate cancer has become the most common form of cancer in American men and the second-leading cause of cancer deaths in this population," Oluyemi Akin-Olugbade, M.D., (Dr. Yemi), urologist at UHC Urology, said. "As one man in six will be diagnosed with prostate cancer during his lifetime, UHC Urology's introduction of MRI/ultrasound fusion biopsy could not have come at a more opportune time."

UroNav fuses pre-biopsy MRI images of the prostate with ultrasound-guided biopsy images in real time, for excellent delineation of the prostate and suspicious lesions. After a patient has undergone a prostate MRI, radiologists utilize DynaCAD for Prostate (advanced computer aided detection software) to quickly visualize and evaluate suspicious lesions.



The UroNav fusion biopsy system uses this critical diagnostic information to provide the urologists with a targeted approach to prostate biopsy. The fusion of MRI and ultrasound images through UroNav gives urologists the ability to offer their patients an alternative to remaining in an uncertain state of diagnosis after a prostate exam.

"We are confident that this new technology will bring new hope to patients and provide our healthcare providers with the latest technology to identify and target suspicious prostate lesions," Dr. Yemi said. "Targeted MRI/ultrasound biopsy is poised to become the new standard in prostate care, and UHC Urology is pleased to be the first urology practice in North Central West Virginia to offer this powerful solution to our patients."

>> Dr. Yemi



For more information about UHC Urology and MRI/ultrasound fusion, please call 681-342-3660.

www.uhcwv.org

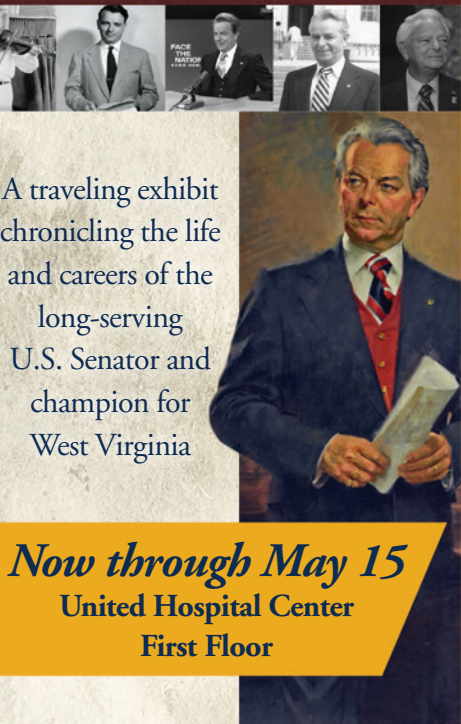
327 Medical Park Drive
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UNITED HOSPITAL CENTER

WVU Medicine

The Future of Healthcare is Here

Visit the **ROBERT C. BYRD EXHIBIT**



A traveling exhibit chronicling the life and careers of the long-serving U.S. Senator and champion for West Virginia

Now through May 15
United Hospital Center
First Floor

This exhibit was created by the Robert C. Byrd Center for Congressional History and Education at Shepherd University and is funded, in part, by a grant from the West Virginia Humanities Council.

Brought to you locally by The Auxiliary to UHC and The Harrison County Historical Society



Men's Cancer Screening

Tuesday
MAY 16
10 a.m. - Noon

UHC Family Medicine,
5th Floor of the
Physician's Office Building
(next to UHC)



10-Minute Skin Cancer Screening

Friday
MAY 19
1 p.m. - 3 p.m.

Cecil B. Highland Jr.
and Barbara B.
Highland Cancer
Center at UHC

Pre-registration required for both screenings: call Maggie Lowther at (681) 342-1804.

Access your medical records online at:

UHCchart.com

RESOURCES

For a complete list of classes and resources available at UHC please call (681) 342-1860.

For Community Health Needs Assessment go to <http://bit.ly/2o0atMI>



This issue of House Call is your home visit from United Hospital Center.

» **Comfort Food with a Spring & Summer Twist** «



Recommended by **Patti Cook, RN, BSN**
Diabetes Education Coordinator at UHC

Mini Meatloaves with Barbecue Sauce

This typical fall and winter comfort food has been spiced up to enjoy during the warmer seasons. We have topped our mini meatloaves with barbecue sauce for a spring/summer flair. What says sunshine and warm weather better than barbecue sauce? The idea of the mini loaves is perfect for diabetics as the portion sizes are already done for you, which makes meal planning easier. To lighten this new, sunny weather favorite even more, substitute the ground beef with either ground chicken or lean ground turkey. I hope you enjoy this recipe as much as I have; it is now one of my new favorites!



INGREDIENTS: (Approximately 12 servings)

- 2 ½ lbs. extra lean ground beef
- 1 c. quick oats
- ¾ c. minced onion
- ½ c. dry bread crumbs or cracker crumbs
- 1 (12-oz.) can evaporated skim milk
- 2 eggs
- 2 Tbsp. chili powder
- ½ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. black pepper
- 6 Tbsp. barbecue sauce



EQUIPMENT:

- Large mixing bowl
- Mixing spoon
- 12-cup muffin pan
- Measuring cups and spoons

DIRECTIONS:

1. Preheat oven to 375°F. In a large bowl combine all ingredients except the barbecue sauce. Mix until ingredients are just combined. Using your hands works best but thoroughly wash hands before and after mixing.
2. Divide mixture evenly among each muffin cup, pressing mixture lightly.
3. Spoon approximately 1 ½ tsp. barbecue sauce on each muffin.
4. Bake for 30-35 minutes or until centers reach the safe internal temperature of 160°F.



Camp Catch Your Breath

Camp Catch Your Breath Is Celebrating 27 Years

Parents are reminded daily of the vital role Camp Catch Your Breath (CCYB) plays in the life of their child with severe asthma. For many of the children who attend this special camp for ages 8-13, it is often the first time they've been away from home alone, and also their first chance to enjoy activities that are considered ordinary for other children.

This year's camp will be held July 23-28, 2017 at Jackson's Mill. Campers will participate in typical activities such as arts and crafts, games, swimming, and hikes. However, the special nature of the camp means a focus on education for both the campers and their parents. Parents frequently tell us that the knowledge gained at camp makes a difference in the quality of their children's lives.

Your gift helps to ensure that camp creates educational programming about the care and treatment of asthma, proper nutrition, and how to have fun and exercise safely. It also gives underserved children access to camp. The funds raised help to offset camp expenses, including food and lodging for campers, as well as equipment, supplies and educational material.

CCYB offers an opportunity for children who, as a result of their asthma, would not otherwise be able to participate in a "camp" experience. This is why it is important to preserve the influence of camp. We look forward to the opportunity that your contribution affords us to inspire young minds in hopes of building a better community together.

Every gift helps to make a big difference! If you are interested in providing a financial donation to help a child attend this year's CCYB or if you know a child with asthma who may need the camp, please contact Sonny Hoskinson at hoskinson@wvumedicine.org or call (681) 342-1560.

Some of the **Most Powerful Cancer Treatment Tools** Aren't Always Prescribed by a Doctor

May 8 | July 10 | September 11 | November 6

1-3 p.m. in Classroom 1 at United Hospital Center

Look Good...Feel Better is a nationwide program for women receiving chemotherapy, radiation, and other cancer treatments. In a free, two-hour workshop, caring volunteer beauty professionals teach simple beauty techniques to help women feel better about themselves, just when they need it most.

To register or for information, contact Maggie Lowther (681) 342-1804.

Shrine Clubs to Sponsor

Orthopaedic Screening for Children

Saturday, April 29
10 a.m. - 2 p.m.

UHC Family Medicine, 5th Floor of the Physician's Office Building (next to UHC)

To schedule an appointment, call (681) 342-3646.