

HouseCall



» Dr. Alaska

Signs You Need to See an Orthopaedic Specialist

When an injury first happens, many people assume that a few days of rest and taking pain relievers is all they need to get better. That could very well be the case in some situations, but many injuries that seem minor at first can produce long-term complications without medical intervention. A sprained ankle from playing basketball and shoulder pain from helping a friend move are two good examples of this.

“Doctors typically tell patients to follow the R.I.C.E. method immediately after an injury. This stands for rest, ice, compression, and elevation,” said Peter J. Alaska, IV, D.O., primary care sports medicine at UHC Orthopaedics. “It’s time to see an orthopaedic specialist at the Bruce Carter United Orthopaedic and Spine Center if these treatments fail to relieve your pain and swelling after two to three days. While you might feel like you can push through the pain, doing so can delay healing and cause additional injuries to the area.”

YOUR FIRST APPOINTMENT WITH AN ORTHOPAEDIC SPECIALIST

Meeting with an orthopaedic specialist does not necessarily mean that you will need surgery. “We prefer to try more conservative methods first whenever possible, such as physical therapy, cortisone injections, or prescription medication,” said Alaska. “However, your injury could fail to respond to any one of these. It may also be severe enough to warrant immediate surgery.”

Some of the indications that you may need surgery include:

- Persistent swelling of your joints
- Instability of joints
- Decreased range of motion that doesn't improve with strength training
- A broken bone or obvious deformity

Most people do not start out meeting with an orthopaedic specialist. It is likely that your regular doctor or physical therapist has referred you for a consultation. If so, it is important to provide as much detail about your injury as possible. “We will tell you what to expect during and after surgery, but it’s also important that we know your expectations for the procedure and recovery,” said Alaska. “This is to ensure that you have realistic expectations for the outcome. While orthopaedic surgery typically produces excellent results, you may not have the same range of motion and abilities that you had before your injury.”

Your surgeon will ask you several questions to evaluate your overall health. This includes medications you take, current health conditions, past surgeries, and any other concerns that affect your well-being. If you smoke, you need to stop in the days leading up to your surgery and while you recover. This may just be the motivation you need to quit altogether.

SURGERY EXPECTATIONS

“Orthopaedic specialists deal with the musculoskeletal system, which includes the joints, nerves, tendons, ligaments, bones, and muscles. Hip, knee, and shoulder surgery are among the most common, although they are far from the only procedures our surgeons perform. Some musculoskeletal injuries are appropriate

for minimally invasive surgery in an outpatient setting,” said Alaska. “We aim to perform minimally invasive surgery whenever possible because the procedure and recovery time are shorter. It also causes significantly less stress to the body.”

Whether you receive outpatient surgery or a more complex procedure that requires a hospital stay, your surgeon will let you know exactly what you can expect. It is important to follow his or her instructions on preparing for the surgery as well as recovering from it. Besides quitting smoking, you may need to stop taking some of your medications and avoid eating or drinking for a certain time before surgery. We may need to cancel or reschedule your surgery if you do not follow the instructions. Not following your doctor’s advice after surgery can prolong your recovery or cause an infection.

For more information, please call (681) 342-3500.

TIPS FOR AVOIDING INJURY IN THE FUTURE

- Be sure to stretch and warm up before planned physical activity and cool down afterward
- Start a new fitness routine slowly to give your body the chance to get acclimated to it
- Consider total body conditioning to increase strength, flexibility, and mobility
- Your age and level of physical fitness affect the probability of injury, so plan accordingly

UHC PARTICIPATES IN ACR LUNG CANCER SCREENING REGISTRY



Through voluntary participation, UHC compares its lung cancer screening performance to other facilities nationwide. These objective comparisons are used to advance our lung cancer screening practice, target specific areas for improvement, implement quality improvement programs, and improve patient care.

Screenings are recommended (and covered by most insurance plans and Medicare) for:

- Individuals aged 55-80 years,
- Current or former smokers, and
- Smoking history of 1 pack/day for 30 years or 2 packs/day for 15 years.

Schedule A Lung Cancer Screening
Call (681) 342-1300

Quality Improvement for
Excellent Patient Care



www.uhcwv.org

327 Medical Park Drive
Bridgeport, WV 26330

UNITED HOSPITAL CENTER

WVU Medicine

The Future of
Healthcare is Here



5 Healthy-Eating Resolutions 2018

New Year's Eve is the perfect time for individuals to reflect on the last 12 months and look forward to the year ahead.

When it comes to losing weight and healthier eating, our team at United Hospital Center (UHC) wants to make it easier for you to adapt healthier eating styles into your daily routine. Try these five healthy-eating resolutions below for a healthier you in the new year.

1. EAT MORE OMEGA-3S

Solution: Seek out seafood.

Consuming more foods that are rich in omega-3 fatty acids can help you keep your blood pressure down.

Aim to eat two servings of fish per week, particularly fatty fish, such as salmon, sardines, and tuna. If you're not a fish lover, opt for walnuts and flax, which are good non-fish sources of omega-3s.

2. PILE ON THE VEGGIES

Solution: Get out the roasting pan.

Roasting vegetables caramelizes their natural sugars, which ultimately changes their taste. It's a fast and easy way to incorporate vegetables into dinner, too. Put your favorites in a pan in the oven and continue cooking. Before you know it, the vegetables are done and you have a delicious, healthy meal to enjoy.

3. UP YOUR FIBER INTAKE

Solution: Experiment with whole grains.

Getting enough fiber can help prevent cardiovascular disease, type 2 diabetes, a number of cancers, and even help you slim down. One of the easiest ways to up your fiber intake is to eat more whole grains. Quinoa, whole wheat, couscous, bulgur, and polenta are all quick and easy cooking ingredients to add to your weekly routine.

4. EAT LESS MEAT

Solution: Learn to like tofu more.

Many individuals cut back on meat for environmental reasons, but what they may not know is that it helps their heart, too. When you replace meat with soy, you'll naturally eat less saturated fat and research shows that saturated fat increases low-density lipoprotein (LDL) cholesterol. While tofu may not have a real "flavor," it's very versatile—it soaks up the flavors of a stir-fry sauce or marinade like a sponge, giving it more taste.

5. CONTROL YOUR SUGAR INTAKE

Solution: Bake low-sugar treats to satisfy your sweet tooth.

We're guilty: all Americans eat too much sugar. Luckily, you can still make treats that satisfy your sweet tooth and cut back on your sugar intake at the same time. Try a different recipe, change the ingredients or take smaller proportions. Cutting back in the smallest way can make a big difference. For instance, you can make your own sauces and salad dressings, avoid snacks and juices with added flavors, and keep less sugary treats in the house.

Oncology Website Wins Davey Award

United Hospital Center (UHC) has won gold in the website category for the **13th Annual Davey Awards**. "We're honored to receive a gold Davey Award," said Mike Tillman, CEO. "I am always proud to have our work acknowledged, especially when you receive international recognition. This is the third time UHC has received a Davey Award in less than four years."

With nearly 4,000 entries from across the U.S. and around the world, the Davey Awards honors the finest creative work from the best small agencies, firms, and companies worldwide.

The desktop and mobile-friendly site includes a patient navigator system to visualize the most effective way to connect and educate the patients about the cancer center. It also features both physician and patient testimonials to share real-life experiences, and provides a first-hand look into the cancer center.

BlaineTurner Advertising created the UHC Oncology microsite for the United Hospital Center's Cecil B. Highland, Jr. & Barbara B. Highland Cancer Center.

Visit wvcancercenter.com to review the award-winning microsite and for a full list of Davey Award winners, please visit daveyawards.com.

RESOURCES

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

For Community Health Needs Assessments go to <http://bit.ly/2oOatMI>

» Comfort Food Gone Healthy «

Crock Pot Chicken Pot Pie

From Cancer Nutrition Consortium / Serves 4



INGREDIENTS:

- > 16 oz Chicken Thighs Skinless
- > ½ cup Carrots Peeled; Diced
- > ½ cup Celery Peeled; Diced
- > 1 cup Idaho Baking Potato Peeled; cut into small cubes
- > 1 Bay Leaf
- > 16 oz Chicken Broth Low Sodium
- > 16 oz Water
- > 1 tbsp Instant Flour
- > ½ cup Frozen Peas
- > Worcestershire Sauce to Taste
- > Salt to Taste
- > Pepper to Taste



DIRECTIONS:

1. Turn slow cooker to high.
2. Add the chicken and season with salt and pepper.
3. Add carrot, celery, onion, and bay leaf.
4. Add the potato, chicken broth, and water.
5. Cook on high for 4 hours.
6. Add flour and stir until mixed and slightly thickened.
7. Add the peas.
8. Check seasoning and add salt, pepper, and Worcestershire sauce as needed.


United Hospital Center and WVU Cancer Institute's Cancer Prevention and Control Collaborate on the Bridge Program

BRIDGE CLINIC EXPANSION TO UHC


WVU Cancer Institute's Cancer Prevention and Control began implementing the Bridge Program in Morgantown in March 2017, and recently United Hospital Center has become part of the Bridge Program offering expanded services to lung cancer patients.

The Bridge Program brings together healthcare professionals from multiple disciplines to create a comprehensive care plan tailored to the specific needs of each patient.


During the half-day clinic, each patient has the opportunity to meet individually with a nurse practitioner, licensed social worker, dietician, rehab, behavioral therapist, and navigator.




Meet the Team...




Melisa Bedilion
MSN, FNP-BC, OCN, Nurse Practitioner




Jeffrey Majewski
MSW, LGSW, Inpatient Therapist




Amber Shearer
RN, OCN, Clinical Navigator




Lisa Ashcraft-Carr
MS, RD, LD, Clinical Dietitian



Tracy Potesta
MSW, CCM, Social Worker



Virginia Vincent
MOTR/L, MLD/CDT, Occupational Therapist, Certified Lymphedema Therapist



UNITED HOSPITAL CENTER

"Lung cancer is the leading cause of cancer death in West Virginia and one of the most commonly diagnosed, accounting for more than 18% of the newly diagnosed cancer cases each year, indicating a need for such services in our state."

- *Stephenie Kennedy, Ed.D., associate director for Cancer Prevention and Control and principal investigator for the program.*

Those Enrolled In the Program Will:

- Meet with multiple care providers in a half-day clinic,
- Receive a comprehensive, person-centered survivorship plan on the day of attendance,
- Meet with other survivors and their families,
- Receive information on valuable resources to survivors of lung cancer, and
- Have continued assistance from a program coordinator, who will ensure the needs identified in the survivorship plan are met.

In the months following the clinic, the patient can expect follow-up communication from the program coordinator and additional assessments that are completed to ensure patient satisfaction and assistance with ongoing health concerns/needs.


"It has been an exciting opportunity to be part of this project with the WVU Cancer Institute, as a gap in care has been identified for the Lung Cancer Survivors of West Virginia," said Linda Carte, RN, MSN, AOCN, vice president of oncology and post-acute care at United Hospital Center. "While Lung Cancer survivors are the first to have the opportunity to participate in this bridge program, it is a model that can certainly be extended to all those surviving cancer to improve quality of life after diagnosis and treatment. We are looking forward to this ongoing collaboration to improve cancer care for the many communities we serve."

UHC's Radiology Technology Program Receives Top Honors

United Hospital Center's Radiologic Technology Program received top honors at the annual West Virginia Society of Radiologic Technologists Conference held at Canaan Valley Resort recently. UHC's students received first place out of 18 teams competing in the student quiz bowl and second place in the research paper competition.

For the research paper category, Lauren Wickenhofer, was awarded second place for her paper titled "P.E.T. Imaging of the Methamphetamine—Addicted Brain". In the quiz bowl portion Lauren Wickenhofer, Patrick Ball, and Spencer Shriver were awarded first place.

United Hospital Center, Inc. (UHCSRT) offers a well-structured and comprehensive program in Radiologic Technology designed to prepare individuals for professional practice in this healthcare specialty. Through integrated didactic and clinical education UHCSRT students and graduates are equipped to enhance the health status of citizens within North Central WV and the region.



» **L to R: Lauren Wickenhofer, Patrick Ball, Spencer Shriver**

The program is a twenty-four month, certificate-granting program that prepares interested individuals for employment as a radiologic technologist. Students are scheduled for clinical and didactic assignments on five days each week including minimal weekend and evening shift assignments during the two-year training period.

Additional program information may be found at the Education link of the United Hospital Center website- www.uhcwv.org or by contacting the Program Director 681.342.1871 or trupor@wvmedicine.org.