

Healthy Connections



MEMORIAL'S GUIDE TO HEALING AND WELLNESS • FALL 2018

GET READY FOR YOUR mammogram

MOST THINGS GO BETTER with a little preparation. And mammograms are no exception. Whether it's your first mammogram, or you've been getting the tests faithfully for years, these tips from the American Cancer Society (ACS) can help the whole process go more smoothly:

Be consistent. Try to go to the same facility every time you get a mammogram. That way your images can be easily compared from year to year. But if you've had mammograms elsewhere, get the old images and bring them with you.

Schedule smart. If you're menstruating, try to avoid getting your mammogram the week before your period. Instead schedule a time for when your breasts aren't likely to be tender or swollen. That will help ease any discomfort and help get better pictures.

Don't wear deodorant the day of the exam. Some contain substances that can show up on x-rays as white spots.

Speak up. Describe any breast symptoms or problems to the technologist doing the mammogram. Also bring up any medical history that could affect your breast cancer risk, such as hormone use or breast cancer in your family.

Ask when to expect the results. If you don't hear, don't assume the results are normal. Get back in touch.

Stay on top of screening

Be sure to talk with your doctor about the best mammogram schedule for you. Here's what the ACS advises for women at average risk of breast cancer in the following age ranges:

- **40 to 44.** You have the option to start screening with yearly mammograms.
- **45 to 54.** Get yearly mammograms.
- **55 and older.** You can switch to a mammogram every other year or continue with yearly screening for as long as you're in good health.

Additional source: Radiological Society of North America



Get in the know!

October is Breast Cancer Awareness Month. Do you know the signs and symptoms to look out for?

Learn more on page 3.



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A new name



Manchester Memorial Hospital will soon be AdventHealth.

Same doctors you know. Same care you love. Our network of care across the country, with more than 1,000 care locations, is coming together under one unified name. We're here to care for your whole health. Visit AdventHealth.com to learn more.



Manchester Memorial Hospital

AdventHealth

Adventist Health System announces plans

All of the organization's wholly owned entities will begin carrying the AdventHealth name on January 2, 2019

AL TAMONTE SPRINGS-BASED Adventist Health System, one of the nation's largest faith-based healthcare systems, with nearly 50 hospital campuses and more than 80,000 employees, will soon become AdventHealth. With the name change, the health system will move to being one consumer-centric, connected and identifiable national system of care for every stage of life and health.

As part of this transition, all of Adventist Health

System's wholly owned hospitals and hundreds of care sites across its footprint will adopt the AdventHealth name and logo beginning January 2, 2019. The naming structure will allow consumers to more easily distinguish AdventHealth's care locations and services. While its name is changing, the organization is not changing in ownership or business structure.

"We are transforming to be a more consumer-focused healthcare system to better meet the needs of those we care for and the communities we serve," said Terry Shaw, president/CEO for Adventist Health System. "Becoming AdventHealth allows us to be a fully integrated and distinguishable health system across all aspects of the care continuum, while also speaking to our Christian healing

ministry, message of wholeness and our rich Seventh-day Adventist roots."

The name AdventHealth signals the arrival or beginning of health and expresses a strong and clear connection to the healing and salvation that God has promised. Adventist Health System's promise of wholeness is an expression of the belief that caring for the physical, emotional and spiritual needs of every person is the key to good health.

"We want our hospitals and care sites to be places where people can experience hope as well as healing, and the AdventHealth name so appropriately expresses that sense of expectation and optimism while also connecting with our promise of wholeness and our rich faith-based heritage," said Gary Thurber, board chairman for Adventist Health System.

Check them out

Do you know the warning signs of breast cancer?

ASK A WOMAN to name a sign or symptom of breast cancer, and chances are she'd say a lump in the breast.

She'd be right, of course. A new lump or mass is the most common symptom of breast cancer. But it's not the only one. And because it's best to find breast cancer early, it's important to know all the possible signs and symptoms of the disease.

Stay alert

Being familiar with how your breasts look and feel is a key component of breast health. If you notice any of the following signs or symptoms in a breast, you should see a doctor right away:

- A lump—cancerous breast lumps tend to be hard, painless and irregular (rather than rounded) around the edges
- Swelling of all or part of a breast—or sometimes in the armpit or collarbone area—even if you can't feel a lump
- Irritated or dimpled breast skin
- Breast or nipple pain

- A nipple that points inward
- Red, scaly or thickening nipple or breast skin
- Nipple discharge, which may be bloody or clear

Any of these signs and symptoms, including lumps, can be caused by things other than cancer. But only a doctor can tell for sure.

What happens next?

If you have a lump or breast change, your doctor will examine your breasts. He or she may also order tests to take a closer look. These may include a diagnostic mammogram, which is just like having a screening mammogram except more x-rays are taken; a breast ultrasound, which uses sound waves to create an image of the inside of the breast; or a biopsy to check a sample of breast tissue for cancer.

It's important to remember that breast changes are very common, and most are not cancer. But it's crucial to get any follow-up tests your doctor orders.

Sources: American Cancer Society; National Cancer Institute



to become AdventHealth

In preparation for the launch of a systemwide brand, the organization spent eight months focused on deploying consistent culture and service practices to solidify the consumer-centric approach that will inform every interaction and experience that patients have with caregivers and team members across all care settings.

“This is a wonderful and exciting time for the organization. We are united by our mission of Extending the Healing Ministry of Christ, as well as our vision, values and service standards to provide best-in-class, consumer-centric care,” said Shaw. “In continuing our tradition of healing and hope, we will work to make an even greater impact and foster abundant life in the communities we serve.”

In September, a transition campaign featuring television

and print ads began in various markets across the country. Changes to signage and visual elements at hospitals and other facilities are expected to take place in January when the AdventHealth name is fully adopted systemwide. Joint venture locations will not change as part of this rebrand.

For more information about Adventist Health System, visit adventisthealthsystem.com



We have expanded to serve you better! Our new clinic building houses our women's services, pediatrics and family medicine. For appointments, call (606) 599-4080.



Scrumptious meatloaf

Makes 6 servings.

Ingredients

- 1 pound ground beef, extra lean
- ½ cup tomato paste
- ¼ cup onion, chopped
- ¼ cup green pepper
- ¼ cup red pepper
- 1 cup fresh tomatoes, blanched, chopped
- ½ teaspoon mustard, low-sodium
- ¼ teaspoon ground black pepper
- ½ teaspoon hot pepper, chopped
- 2 cloves garlic, chopped
- 2 scallions, chopped
- ⅛ teaspoon nutmeg, ground
- 1 teaspoon orange rind, grated
- ½ teaspoon thyme, crushed
- ¼ cup breadcrumbs, finely grated

Directions

- Preheat oven to 350 degrees.
- Mix all ingredients together.
- Place in 1-pound loaf pan (preferably with drip rack), and bake, covered, for 50 minutes.
- Uncover pan, and continue baking for 12 minutes.
- Cut and serve.

Nutrition information

Serving size: One 1¼-inch thick slice.
Amount per serving: 193 calories, 9g total fat (3g saturated fat), 45mg cholesterol, 11g carbohydrates, 17g protein, 2g total fiber, 91mg sodium.

Source: National Institutes of Health

HOW ARE WE DOING?

We constantly strive to offer the very best care and customer service and appreciate your feedback. We welcome a letter or email detailing your patient care experience. Excellent, good, bad, indifferent...let us know how we are doing!

Write to:

Patient Satisfaction
Manchester Memorial Hospital
210 Marie Langdon Drive
Manchester, KY 40962
Or send an email via:
manchestermemorial.org

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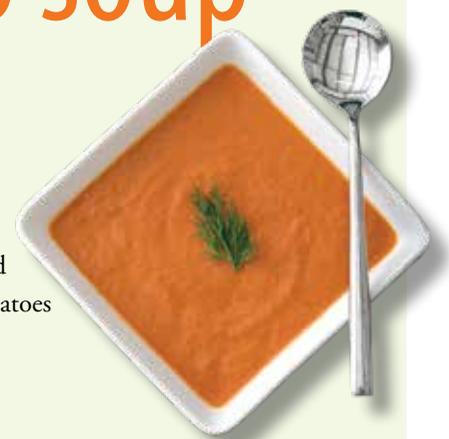
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Old-fashioned tomato soup

Makes 4 servings.

Ingredients

- 1 tablespoon butter
- 1 onion, finely chopped
- 2 large garlic cloves, chopped
- 1 can (28 ounces) diced tomatoes
- 1 tablespoon sugar
- 1 teaspoon dried thyme
- ⅛ teaspoon ground mace
- Pinch of cayenne pepper
- ½ cup fat-free half-and-half cream
- Salt and freshly ground black pepper
- 3 tablespoons snipped dill, for garnish (optional)



Directions

- Melt the butter in a small Dutch oven over medium-high heat.
- Saute the onion until translucent, 4 minutes. Add the garlic and saute until the onions are golden, 5 to 6 minutes. Add the tomatoes with their juices, the sugar, thyme, mace and cayenne pepper. Bring to a boil, cover, and simmer the soup until the tomatoes and onion are soft, about 15 minutes.
- Let the soup sit 20 minutes, uncovered. Transfer it to a blender (or use an immersion blender) and reduce the mixture to a puree, either pulpy or completely smooth, as desired. Blend in the half-and-half. Season the soup to taste with salt and pepper.
- Serve the soup hot, sprinkling one-fourth of the dill over each bowl, if using.

Nutrition information

Amount per serving: 105 calories; 3g total fat (2g saturated fat); 18g carbohydrates; 3g protein; less than 1g dietary fiber; 586mg sodium.

Source: American Institute for Cancer Research

Getting social!

Interested in hearing daily health tips, seeing hospital event photos, reading about important health issues and getting the latest hospital news quickly? You can like us on Facebook or just visit our website for details.



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manchestermemorial.org



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