



# health *beat*

THE PULSE OF HEALTH IN NORTHEAST TEXAS

## ILLUMINATING GIFTS

Local donors elevate healthcare for all in Northeast Texas.

# Investing in healthcare pays undeniable dividends

I read recently that the stock market ended 2009 up 19 percent. That is an amazingly good one-year return on investment!

The reality, though, is that one good year does not guarantee a second good year. There are investments, however, that do guarantee an amazing return, year after year.

This guarantee is what the Hunt Regional Healthcare Foundation is all about!



The medical needs of Hunt County are no secret, and some of them remain unmet. Your hospital district is fortunate to have met the challenge of cancer therapy in 2008 with the opening of the Lou and Jack Finney Cancer Center. This groundbreaking service was accomplished in part through philanthropy. The difference philanthropy makes is the difference between ordinary and extraordinary.

State-of-the-art technology is one example. I have not met anyone who would choose ordinary, especially in healthcare. Philanthropy is what helps provide us with that extra margin of excellence. The return from this investment, year after year, can be measured by the people we serve, the cancer we kill, and the lives we help save, change and rebuild.

The year 2010 offers a new challenge and opportunity to invest. Hunt Regional Healthcare and the Hunt Regional Healthcare Foundation will soon be considering how to best meet the challenges of invasive cardiology and expanded emergency and trauma care.

Cardiovascular-related mortality in Hunt County was 18 percent higher than the State of Texas average, as reported by the Centers for Disease Control, and the incidence of stroke is more than 10 percent higher. We want to make a difference, and through the Foundation every donor can be a difference maker.

Moving from good to great is no easy task, but your investment will help us provide better healthcare through expanded services, improved technology, and enhanced patient care and comfort. Our goal is to provide you with the best possible care right here, close to home.

That serves not only the needs of you and your neighbors, but it also makes good sense. Be a Difference Maker. Invest wisely!

Richard Carter  
Chief Executive Officer

## ON THE COVER

The photo is closeup look at the dazzling glass creation found within the McCallum Quiet Place, named in honor of Monsignor John V. McCallum, who presided over Saint William the Confessor Catholic Church in Greenville for many years. The Quiet Place, which is located near the ICU at Hunt Regional Medical Center, was made possible by gifts from two families. More on page 5. Photo by Laurie King.

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healthbeat

THE PULSE OF HEALTH IN NORTHEAST TEXAS

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THE FOUNDATION  
Hunt Regional Healthcare  
FOR GOOD HEALTH

JOIN US FOR THE

LOVE



BOAT  
Comedy Cruise

**the  
comedy  
cruise  
sets sail  
Saturday,  
Feb. 6!**

5th Hunt Regional Healthcare  
Foundation Gala

**LAUGHTER  
IS THE  
BEST MEDICINE**

**\$50 PER PERSON**

**Helping fund the urgent and  
emerging healthcare needs for  
those in our area.**

**CALL 903.408.1064 TODAY FOR RESERVATIONS**

**This year's comedy gala** will be at the new Sam Rayburn Student Center on the campus of Texas A&M University-Commerce. Reception begins at 6:30 p.m. on the second floor of the student center, followed by dinner and entertainment.

Produced by the HRH Foundation's Special Events Committee with Cruise Directors Barbara Cullen and Tubby Adkisson



**With Mark Mayfield!**

"It's seldom that you find a really funny, clean comedian, and it's seldom that you find a really good, captivating speaker. It's nearly impossible to find one who is both. Mark Mayfield is one of the rare individuals in the world who is equally accomplished at performing comedy shows or delivering high content keynote speeches."

**FAR OUT!**

H

E

A

*Valentine recipe that's good for the heart in more ways than one.*

R

## *Raspberry Cream Torte*

T

1 package (16 ounces) angel food cake mix  
12 ounces frozen reduced-fat whipped topping, thawed  
3/4 cup (6 ounces) raspberry yogurt  
1/3 cup confectioners' sugar  
1 pint fresh raspberries

1. Prepare and bake cake according to package directions, using an ungreased 10-inch tube pan.
2. Immediately invert pan onto a wire rack; cool completely, about 1 hour.
3. In a large bowl, gently combine the whipped topping, yogurt and confectioners' sugar until blended. Run a knife around side of cake and remove from pan.
4. Split cake into thirds horizontally. Place bottom layer on a serving plate; spread with 1 cup yogurt mixture. Repeat layers. Top with remaining cake layer.
5. Frost top and sides of cake with remaining topping mixture. Garnish with raspberries. Refrigerate leftovers.

*Yield: 14 servings.*

*Nutrition: 1 slice (prepared with reduced-fat whipped topping) equals 206 calories, 3 g fat (3 g saturated fat), 1 mg cholesterol, 246 mg sodium, 40 g carbohydrate, 1 g fiber, 4 g protein.*

*Diabetic exchanges: 2 starch, 1/2 fruit.*



*– from TasteofHome.com*

The goal was to achieve a soothing environment for the Msg. John V. McCallum Quiet Place adjacent to the ICU in the new West Wing at Hunt Regional Medical Center. Artist John Degenhardt McCoy from Leander, Texas, took on that challenge. The result was these beautiful stained glass windows — each a reflection of the other — largely based on botanical images. The Quiet Place project was made possible through the generous support of James and Dorothy Coe as well as Brian and Barbara Cullen and the Cullen Family Foundation.



## Visionary friends brighten the future of local healthcare

*Warren Buffet shocked the world* in 2006 when he gave away \$31 billion of his Berkshire Hathaway fortune to the Bill and Melinda Gates Foundation, doubling the gift-making capacity of that international philanthropic organization.

Why did he do it?

Buffet — one of the world's five richest people — had long planned to give away 85 percent of his fortune when he died, but he decided to speed up the timetable. "I know what I want to do," Buffet said at the time, describing how he believed his fortune would make a difference for others.

Warren Buffet, you see, is a Difference Maker.

Since it became active in 2005, The Hunt Regional Healthcare Foundation has benefited from the generosity of many whose goal has been to make a difference. Several of them are featured on the pages that follow.

# Difference Makers

lives and save lives by helping us build healthier communities."

"Thank you, donors," he says. "Every investment of your time, talent or treasure makes a meaningful difference." Because the foundation is a 501(c)(3) charitable organization, gifts are tax deductible to the full extent permitted by law and will improve healthcare right here, close to home. Please let us know how we can assist you in planning your giving goals. You too can become a Difference Maker through your gift to the Foundation. Good health is the greatest gift each of us can give or receive, and one act of generosity can inspire an entire community.

For further information about giving opportunities, contact The Foundation for Good Health at 903.408.1060.



By Jack Gray

In celebration of Greenville businessman Jack Finney's \$1 million gift to support a cancer center, the late Mr. Finney, at right, was honored by elected officials, friends and family at a reception.



To honor his mother, Mary Ann Hilton, Dee Hilton and his wife, Mary Jean, contributed a new baby grand piano for the atrium. Dr. Ted Hansen performed a special work for the dedication.



Norma Mitchell, wife of the late Robert Mitchell, donated toward the cancer center's reception area.



The Weaver Conference Center was made possible by a gift from Scott Weaver.



# Finney

Following the blessing of the new Monsignor McCallum Quiet Place, Father Paul Weinberger joins James and Dorothy Coe and Barbara and Brian Cullen, whose gifts made the space possible.



Guests tour the radiation vault of the Finney Cancer Center, which is highlighted with a photo mural of Texas bluebonnets made possible through Foundation support.



Mary Rich Lynch presented a major gift that was used to enhance the Mary Rich Lynch Cardiac Rehabilitation Center. She is pictured with CEO Richard Carter, Ron Wensel and Jack Gray.



The Cullen Family Foundation, headed by Brian and Barbara Cullen, has been responsible for a number of fundraising efforts for the Foundation.

Mary Cullen and Missy Cullen Beasley are also pictured.



Barbi and Doug Weaver stand by the plaque honoring them for the Weaver Conference Center, part of the West Wing at Hunt Regional Medical Center. A gift from their son, Scott Weaver, made the state-of-the-art center possible.



# Generating Gifts Gifts

Joe B. Hinton, center, of Waco became one of the first major donors to the HRH Foundation when he established an endowment

to treat breast cancer in honor of his wife, Betty. Jack Gray and Ron Huffstutler accept the check.



The West Wing Concourse, including a lovely indoor water feature, was made possible through a gift from Wolfe City residents Ron and Julia Wensel. Ron chairs the Foundation board.



Dee Hilton, chairman of the Foundation board, helps Major Gifts Chairman Don Bolin unveil a plaque honoring Robert Mitchell, whose wife made a gift that was used for the Cancer Center reception area.



Visitors to the Lou and Jack Finney Cancer Center admire a rural Texas scene reproduced on the windows of the medical oncology therapy room of the center. Gifts made the mural possible.



# FitSteps comes to life at Hunt Regional Healthcare

**FitSteps for Life** is an extraordinary rehabilitation tool that offers physical conditioning, dietary instruction, and psychological/spiritual support to cancer patients.

Research has shown that cancer patients involved in such a program experience as much as a 50 percent increase in survival. Because of its promise, FitSteps for Life was being offered at a number of cancer centers in Texas but was not available to the more than 1,500 cancer patients in our region.

Until The Foundation for Good Health hosted last year's "Laughter is the Best Medicine" Gala, that is.

Patrons of that special event donated enough to bring the program to Hunt Regional Healthcare and all those it serves.

The program is truly a victory for cancer patients in Northeast Texas. And that is worth celebrating.

**You are most cordially invited  
to the FitSteps grand opening celebration**

*Thursday, February 18*

*with a reception beginning at 4:30 p.m.  
in The Atrium at Hunt Regional Medical Center*

*Tours of the Rehabilitation and Fitness Center, including the FitSteps sector, will be offered.*

*Festivities are in conjunction with February's  
Greenville Chamber of Commerce Business After Hours.*



*For further information on this free-to-the-public event,  
call 903.454.1064*



# Double-Teaming Diabetes

Two centers team up, empowering patients to beat the disease

One of the best-kept secrets of Hunt Regional Healthcare is its Diabetes Self-Management Education Center.

Tucked away in the Medical Pavilion of Greenville's Hunt Regional Medical Center, the Diabetes Center provides education and counseling for up to 60 patients a month and draws referrals from physicians throughout the area, including urban counties like Rockwall and Dallas.

The Center has built a positive reputation, and its benefits come at a time when diabetes diagnoses have mushroomed.

"There is a diabetes epidemic — and I do mean it's an epidemic," Center director, Lesia Stowers, says emphatically. "Heredity is a factor, but I think our lifestyle is the biggest challenge to overcome. If it weren't for poor diet and poor fitness, we wouldn't be seeing so many patients.

"Our job is to educate those who come to us wanting information, counseling and help with their disease," she said. "There is so much more to it than sticking your finger or taking a pill or a shot."

Stowers joined the hospital staff in 1993 as an R.N. in Home Health. She says she saw a growing need for diabetes education that goes beyond understanding the physical manifestations of the disease. She began working on a nutritional program in 1998, and in 2001 the American Diabetes Association certified the program, which it has continued to do at three-year intervals ever since.



*Grace Rivers, a nutrition therapist with the diabetes self-management education program at HRMC, listens as a patient shares her experience with diabetes while the director of the Diabetes Self-Management Education Center, Lesia Stowers, looks on.*

The Center treats both Type 1 and Type 2 diabetes as well as gestational diabetes, which sometimes develops in women who are pregnant.

Diabetes affects nearly 25 million people in the United States — 7.8 percent of the population. About one-third of them are unaware that they have the disease. While the cause is unknown, the primary symptom of blood sugar levels ultimately can lead to

high blood pressure, vision loss or blindness, and damage to the heart.

The disease can also affect circulation in the extremities and make healing of wounds difficult, sometimes leading to the loss of limbs.

Thomas Kraven, M.D., chief physician of the Wound Care Center, sees a large number of patients suffering from the damage caused by diabetes.

He says statistics suggest that of the approximately 33,843 residents living within a 5-mile radius of Greenville, it is likely that 2,369 have diabetes. Of that number, it is projected that there may be as many as 711 wound care cases.

"The good news is that those people can get the necessary treatment locally without having to drive to Dallas for care," says Dr. Kraven. "Diabetes and its complications are something that can be treated just as well locally as in big cities," he said.

Treatment in the Wound Care Center may include the use of a state-of-the-art hyperbaric oxygen chamber.

"Most of the patients who receive hyperbaric oxygen therapy at HRMC's Wound Care Center are diabetics," says Pat Bailey, chief technician.

By Melva Geyer • Photos by Laurie King

## What is diabetes?

**D**iabetes is a group of diseases marked by high levels of blood glucose — also called blood sugar — which results from defects in the body’s ability to produce insulin or insulin action. Both defects may be involved simultaneously.

Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. Among the types of diabetes are:

**TYPE 1** Juvenile-onset diabetes develops when the body’s immune system destroys pancreatic beta cells. These are the body’s only cells that make the hormone insulin, which regulates the level of blood glucose. Those experiencing Type 1 – usually children and young adults – must have insulin delivered by injection or a pump.

**TYPE 2** Adult-onset diabetes (also called non-insulin dependent diabetes) generally results from a disorder in which cells do not process the insulin properly, which can cause the pancreas to lose its ability to produce insulin as the demand increases. Some contributing factors include family history, obesity and older age.

**GESTATIONAL** This is a form of diabetes diagnosed during pregnancy that occurs with highest frequency among a number of non-Caucasian ethnic groups. Gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications for the infant.

*Source: The 2007 National Diabetes Fact Sheet compiled by the U.S. Center for Disease Control, National Institute of Health and American Diabetes Association. If you suspect that you may have diabetes, see your family physician or call the Hunt Regional Healthcare Physician Referral Line at 903.408.5001 for referral to a physician who can assist you. Do not pursue any course of treatment without consulting a physician.*

Hyperbaric oxygen therapy involves the systemic delivery of oxygen to patients placed in a chamber at two to three times atmospheric pressure, where they breathe 100 percent oxygen for periods of 90 to 120 minutes.

This elevates the amount of oxygen in the patient’s tissues, which helps heal wounds, especially when arterial circulation in the legs and feet is involved.

The patient’s clinical response dictates the number of treatments needed. Non-healing wounds may require as many as 20-40 treatments. The level of tissue damage before treatment and the presence of associated systemic

disorders affect the success rate of hyperbaric oxygen therapy, which must be administered carefully to avoid side effects.

Patients at the Wound Care Center may also be prescribed to have care at home provided by Hunt Regional Home Care. In this scenario, a registered nurse visits the patient at home on a daily basis to clean the wound and change dressings.

Obviously, the educators at the center hope to see their “students” avoid out-patient treatment by controlling major problems often caused by disease.

Research shows that if the blood sugar level is kept in a normal range, people may prevent or delay serious health problems in the future. That’s the challenge of the Center: to help patients learn how to keep blood sugar at an acceptable level.

The ADA has developed another tool for diabetes education called the conversation map. This is a large sheet that mimics a game board and is placed on a table with loads of facts pertinent to living with diabetes.

Grace Rivers, the education director for the program, sits at the head of the table, encouraging conversation. It doesn’t take long for any hesitancy to dissolve, and soon the participants are willing to share their experience with diabetes.



Rivers, a registered and licensed dietitian as well as a certified diabetes educator, soon gets everyone involved. On this particular day, there are about 25 people around the table, and several others on the perimeter in the second-floor classroom at HRMC.

“This [conversation map] has really made a difference in our program,” Stowers says. “It gets people involved and willing to talk about some of their issues — how many times they check their blood sugar each day, how often they eat, what they eat, how they care for themselves when they travel ...”

Before the six classes begin, there is one-on-one counseling with Stowers and Rivers.

“Lesia and Grace really compliment each other. They are a wealth of information and great motivators,” says Beverly Loss, an HRH employee with diabetes who has recently completed the six-week class.

“Sometimes you don’t realize you are eating the wrong food,” she says. “They can provide a better way to make you aware and inspire you to succeed. Quite frankly, I think every person should come take this class whether they are diabetic or not.”

She says her husband, Kenneth, came with her for the classes which was a big help in giving her the support she needed at home.

The diabetes educators also make their presence known in the community by participating on their own time in health-related events. They work closely with Mary Sue Cole, Hunt County Extension family and consumer sciences agent, who conducts free workshops in diabetes self-management and dietary practices. In fact, Cole begins a new diabetes support group Jan. 21 at the Texas Agri-Life offices in Greenville.

The ages of Type 1 and Type 2 diabetes patients range from 30 to 80 years old, while the women with

gestational diabetes are usually 20 to 30 years old. Stowers said the youngest she has seen with Type 1 was 5 years old.

Stowers and Rivers agree that the most important part of their effort is to learn about their patients, their lifestyles and the challenges they face.

“We get very close to them, and I think we all become ‘family,’” Stowers says. “We all rejoice at the smallest of accomplishments, because for someone living with diabetes, the smallest of successes — such as a 5-point drop in blood sugar — are major victories.”

*Editor’s note: The Diabetes Self-Management Education Center can be found in the Medical Pavilion on the second floor of Hunt Regional Medical Center at Greenville. It is located between Out-Patient Registration and the Day Surgery waiting room. Medicare and all insurances are accepted. For more information or to arrange a consultation, call 903.408.5130.*

*Lesia Stowers and Grace Rivers say the diabetes conversation map below has proved to be an effective springboard for patients to discuss their experience with the disease.*



## Diabetes numbers

The following facts are from the 2007 National Diabetes Fact Sheet (the most recent year for which data is currently available):

- 23.6 million children and adults in the U.S. — 7.8 percent of the population — have diabetes.
- In 2006, diabetes contributed to 233,619 deaths; it was the seventh leading cause of death listed on U.S. death certificates in 2007.
- The total cost of diagnosed diabetes in the U.S. in 2007 was \$174 billion.



## TIME CAPSULE

### JANUARY

National Cervical Cancer Screening Month

Glaucoma Awareness Month

Jan. 20-26: Healthy Weight Week

Jan. 20: Last day to RSVP for the 2010 HRH Foundation Gala, Laughter is the Best Medicine

### FEBRUARY

American Heart Month

Kids Ear/Nose/Throat Health Month

Saturday, Feb. 6: Set sail on a comedic Love Boat cruise as part of this year's gala fundraiser, Laughter is the Best Medicine. *See p. 3 inside.*

Feb. 10-16: Cardiac Rehabilitation Week

Thursday, Feb. 18: Grand opening of FitSteps begins at 4:30 p.m. in The Atrium at HRMC. *See p. 8 inside.*

### MARCH

National Colorectal Cancer Awareness Month

National Nutrition Month

March 25: Diabetes Alert Day. For more information, contact the Diabetes Self-Management Center in HRMC at 903.408.5130.

### MONTHLY SUPPORT GROUPS

**Suicide Survivors** for suicide victim families/friends on the 4th Tuesday

**Multiple Sclerosis** support: 4th Wednesday

**Parkinson's Disease** support: 2nd Thursday

**Journey Into Life** cancer support:  
3rd Thursday

**Alzheimer's Disease** support: 4th Thursday

*For more information on these activities,  
call 903.408.1064.*

upbeat

HMHD welcomes ...



Justin Morais, PT, DPT, Director of Physical Therapy and Rehab Services



## The Heritage Program for Senior Adults

Older adults — as well as their families and caregivers — face unique challenges and needs. Physical decline, loss of independence, safety concerns, and multiple losses can contribute to depression and other mental health issues, which in turn affect an older adult's ability to cope with the natural aging process.

The professionals at Hunt Regional Community Hospital's Geropsych Center know how to help senior adults take charge of their own well-being, overcome problems, and make the most of their later life.