

# Health *Chatt*

CONNECTING YOUR HEALTH + YOUR LIFE SPRING 2011

**Parkridge  
Health System**  
*Care in Three  
Convenient  
Locations*

page 3

**Electronic  
Brachytherapy**  
**Raises the Bar for  
Cancer Care**

page 4



Parkridge Medical Parkridge East\* Parkridge Valley\*\*

\*A Facility of Parkridge Medical Center

\*\*A Behavioral Health Facility of Parkridge Medical Center

Welcome  
to the  
Premier  
Issue of  
HealthChatt



## Dear Friends,

Parkridge Health System is pleased to introduce our community's new publication, *HealthChatt*. Celebrating health and wellness, our magazine aims to bring you relevant information about advanced medical services available at convenient locations in and around the Scenic City.

As we commemorate 40 years of serving our friends and neighbors, we reflect on how we have evolved to better meet the healthcare needs of our community. Minimally invasive options and robotic procedures have taken surgery to new levels of excellence. The advances for technology and patient identification methods have greatly improved the flow of information, and further ensured the safety and privacy of patients. Throughout this process, we at Parkridge Health System have taken great pride in maintaining the friendly environment and compassionate hospital culture for which we are known.

While flipping through this first issue of *HealthChatt*, you'll learn about calcium scoring screening on this page and Xoft® brachytherapy—a new technique that treats cancer through more precise, localized radiation dosing—on pages 4 and 5. Currently, Parkridge Medical Center is the only facility in Tennessee to offer treatment using the Xoft system to its patients. On page 7, you'll read about our maternity services at Parkridge East Hospital, including our Bella Baby Photography service that captures those precious first moments. The same page also features important information to raise awareness about behavioral health concerns among youth that can be addressed at Parkridge Valley Hospital.

At Parkridge Health System, we are committed to improving patients' quality of life, and it is our privilege to serve you—our neighbors, families, and friends.

Sincerely,

Darrell Moore, FACHE  
PRESIDENT AND CEO OF PARKRIDGE HEALTH SYSTEM

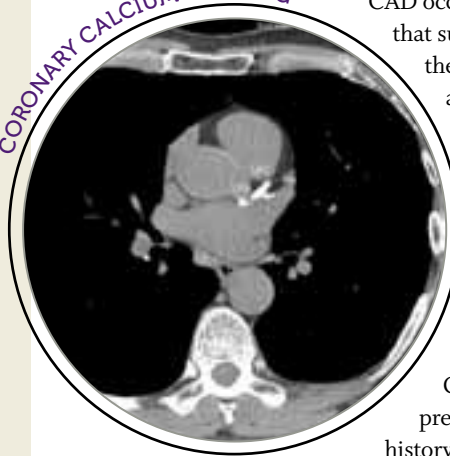
Brian Cook, FACHE  
CEO OF PARKRIDGE EAST HOSPITAL

Brennan Francois  
CEO OF PARKRIDGE VALLEY HOSPITAL

# Score One for Coronary Artery Disease Detection

A noninvasive test at Parkridge Medical Center can help you determine your risk for coronary artery disease (CAD), the most prevalent form of heart disease in American men and women.

CORONARY CALCIUM SCORING



CAD occurs when plaque accumulates in the arteries that supply the heart with blood, thereby denying the muscle its normal supply of blood and oxygen and potentially leading to a heart attack.

Calcium is a chief component of plaque, and a type of computed tomography (CT) scan called coronary calcium scoring can help individuals learn their risk for developing CAD by determining the level of calcium in the coronary arteries.

“Candidates for coronary calcium scoring are people with risk factors for CAD, including high cholesterol, high blood pressure, diabetes, obesity, smoking, and a family history of heart disease,” says Martin Finnegan, MD, radiologist for Parkridge Medical Center. “The test is very simple and takes approximately 10 minutes to perform.”

## Information You Can Live With

Coronary calcium scoring requires a physician's order and costs \$69. During the painless test, the patient is attached to an electrocardiogram machine via three leads and lies on a table while the scan is performed. The patient's primary care physician receives the report from the scan and is responsible for delivering the results to the patient. If moderate or extensive plaque buildup is detected, the physician may recommend lifestyle modifications or medical intervention.

“People who qualify for coronary calcium scoring should definitely take advantage of it,” Dr. Finnegan says. “Early detection of CAD is crucial to saving patients' lives.”

**FOR MORE INFORMATION ABOUT CORONARY CALCIUM SCORING AT PARKRIDGE MEDICAL CENTER, CALL MEDLINE AT (800) 242-5662.**

» **ON THE COVER: KATHY HATFIELD, CANCER SURVIVOR AND PATIENT AT THE SARAH CANNON CANCER CENTER**

**HealthChatt**  
CONNECTING YOUR  
HEALTH + YOUR LIFE

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Parkridge Health System includes three facilities that serve Chattanooga:

### Parkridge Medical

2333 McCallie Avenue  
Chattanooga, TN 37404

**(423) 698-6061**

[parkridgemedicalcenter.com](http://parkridgemedicalcenter.com)

### Parkridge East

941 Spring Creek Road  
Chattanooga, TN 37412

**(423) 894-7870**

[parkridgeeasthospital.com](http://parkridgeeasthospital.com)

### Parkridge Valley

2200 Morris Hill Road  
Chattanooga, TN 37421

**(423) 894-4220**

[parkridgevalley.com](http://parkridgevalley.com)

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# Your Go-to Guide

## FOR HEALTH SERVICES



**Parkridge Medical Parkridge East\* Parkridge Valley\*\***

\*A Facility of Parkridge Medical Center

\*\*A Behavioral Health Facility of Parkridge Medical Center

Whether you're looking for general, specialized, or emergency care, knowing when and where to get the best care for you and your family is important. Parkridge Health System has multiple campuses to offer a wide range of high-quality health services that are nearby and convenient.

1

### Parkridge Medical Center

Parkridge Medical Center is a 275-bed, acute-care facility that offers leading-edge services. A full array of cardiac services is available, from diagnosis and interventional treatments to rehabilitation. The 24-hour emergency department is an accredited Chest Pain Center, while The Sarah Cannon Cancer Center is approved and commended by the American College of Surgeons. Parkridge Medical Center was also the first hospital in the region to offer robotic surgery.

2

### Parkridge East Hospital

Parkridge East Hospital is a full-service, acute-care hospital emphasizing women's health services in East Ridge. Features include obstetrics care and a neonatal intensive care unit; robotic, orthopaedic, and gynecologic procedures; and a 24-hour emergency department, which is also an Accredited Chest Pain Center.

3

### Parkridge Valley

Parkridge Valley Hospital is a behavioral health facility focused on providing mental healthcare for children, adolescents, and adults. Treatment is available for a variety of conditions, including behavioral problems and chemical dependency/addictive disorders. For those needing to talk with a trained mental health professional and psychiatric nurse, the RESPOND helpline is available to offer confidential support 24 hours a day.

Call (423) 499-2300 or (800) 542-9600 for more information.

**40 Years**  
of serving our  
friends and  
neighbors!

TO LEARN HOW SERVICES AVAILABLE AT PARKRIDGE HEALTH SYSTEM CAN ENHANCE YOUR LIFE, VISIT [WWW.PARKRIDGEMEDICALCENTER.COM](http://WWW.PARKRIDGEMEDICALCENTER.COM).

# The Next Level of Cancer Care

For patients with certain cancers, radiation treatments administered using the Xoft® Axxent® Electronic Brachytherapy System offer significant advantages over conventional radiation delivery systems. Parkridge Health System now offers the only Xoft system in Tennessee, so patients have access to the latest cancer care right here in Chattanooga.



A soft catheter is used to administer brachytherapy.

## Advancing Treatment for Skin Cancer

One of the main advantages of using the Xoft® Axxent® Electronic Brachytherapy System to treat skin cancer is that it may eliminate the need for surgery. It's currently approved for patients with basal or squamous cell skin cancers and is especially beneficial for patients who are not surgical candidates and who do not want visible scarring in the facial area. With Xoft, the treatment regimen is usually complete within four weeks.



Michael Howard, MS  
chief of medical physics



The Xoft system treats cancer through radiation treatments delivered precisely to the necessary area using a miniature X-ray tube as the source of radiation. Currently, the system is being used to treat qualifying patients with breast, gynecologic, and skin cancers.

“Brachytherapy has been used in the treatment of cancer for more than 100 years,” says Stephen Golder, MD, radiation oncologist and medical director of The Sarah Cannon Cancer Center at Parkridge Health System. “With the Xoft system, we administer treatment while remaining in the room with the patient, either in the clinic at The Sarah Cannon Cancer Center or in the operating room of the hospital.”

### The Science Behind the Medicine

“For every cancer patient, we utilize a multimodality team of specialists to offer the best treatment plan for each individual situation,” Dr. Golder says. “These specialists include surgeons, medical oncologists, radiation oncologists, diagnostic radiologists, pathologists, pain management specialists, and others working together to ensure that every cancer patient receives multidisciplinary cancer care tailored to combat their particular situation.”

Although many of their contributions occur behind the scenes, physicists at Parkridge Medical Center perform quality assurance measures to verify the accuracy of Xoft treatments and help physicians plan the patient’s treatment course.

### Breast Cancer as an Example

For certain women who have been diagnosed with breast cancer and undergo lumpectomy and sentinel lymph node staging—the surgical removal of cancerous tumors from the breast as well as lymph nodes—the Xoft system can be used to administer radiation treatment during the same operative procedure. Once the lump and lymph nodes are removed, a pathologist examines the tissue to assess if the surgeons have successfully removed all of the cancer. After verifying the cancer has been completely removed, the radiation oncology team proceeds with the Xoft treatment in the operating room, so patients do not need to undergo a separate procedure.

### How It Works

The surgeon places a soft catheter with a balloon on the tip into the space left after removing the cancer. The balloon is filled with liquid, and the radiation oncology team delivers radiation through the balloon-tipped catheter. After treatment is complete, the balloon is deflated and removed from the patient. The incision is then closed, and the patient is able to return home the same day.

### The Benefits Are Clear

With traditional radiation therapy technology, physicians and staff are unable to stay in the room with the patient due to the high levels of radiation. However, with the Xoft system, treatment takes place using a small X-ray tube. This eliminates the heavy shielding

## Skin, Breast and Gynecologic Cancers

Patients treated in The Sarah Cannon Cancer for skin, breast and certain types of gynecologic cancer benefit from having the treatment team in the room during treatment. The team can make adjustments and offer reassurance if the patient feels anxious.

“The Xoft process is a much more relaxing experience for patients, especially those with other medical issues or anxiety concerning treatment,” says Michael Howard, MS, chief of medical physics for Parkridge Health System and director of The Sarah Cannon Cancer Center. “We are in the room to talk patients through the treatment, which has been a significant comfort for those we have treated thus far.”

requirements, allows portability it possible for the staff to remain actual treatment. For certain can be treated in the operating anesthesia.

Undergoing Xoft radiation during surgery does not cause complications, and while radiation therapy takes weeks, Xoft therapy may be in a single day. Patients experience a lower degree of common radiation side effects as skin reactions and fatigue.

“A lot of our breast cancer patients live outside Hamilton County, and some travel 50 miles or more for treatment,” says Laura Witherspoon, MD, FACS, breast surgeon at Parkridge Health System. “Traveling for six weeks of radiation treatment can be very tiring and difficult for patients, and the Xoft system helps to eliminate this hassle.”



Surgeon Laura Witherspoon, MD, FACS, and radiation oncologist Stephen Golder, MD, with the Xoft® Axcent® system

**FOR MORE INFORMATION ABOUT XOFT BRACHYTHERAPY, CALL MEDLINE AT (800) 242-5662.**

# The Clear Choice for Orthopaedic Care

Whether you suffer a sports injury or you begin feeling the effects of arthritis as you age, Parkridge Health System offers preventive solutions to help you maintain optimal orthopaedic health and exceptional noninvasive and surgical options to treat musculoskeletal conditions.



With 46 million Americans suffering from arthritis or some form of rheumatic condition, Parkridge Health System's orthopaedic experts understand the importance of treating and preventing joint-related health problems.

"If a patient is struggling with joint pain, Parkridge Health System offers an array of surgical procedures," says Martin Redish, MD, board-certified orthopaedic surgeon at Parkridge Health System. "However, through medication, exercise, and patient education, we often can find noninvasive ways to treat musculoskeletal conditions."

## A Distinguished Center

Since 1971, Parkridge Health System has provided patients in the Chattanooga area with high-quality orthopaedic surgical services. These efforts recently earned the hospital recognition by BlueCross BlueShield

of Tennessee, which designated Parkridge Medical Center as a Blue Distinction Center for Knee and Hip Replacement.

"This recognition is awarded to hospitals that have extensive experience and adhere to strict quality criteria regarding the care offered to patients," says Mark Freeman, MD, board-certified orthopaedic surgeon at Parkridge Medical Center. "Being evaluated by this organization and demonstrating quality outcomes lets patients know that we are among the best hospitals in the country for hip and knee replacement."

Patients seeking care for orthopaedic conditions can find the following surgical services at Parkridge Health System:

- » total knee and hip replacement
- » partial knee replacement
- » complex shoulder revision and reconstruction
- » hip resurfacing
- » complex revision surgery

"At Parkridge Health System, patients find relief from pain quickly and efficiently due to the expertise of the medical staff and the high level of care we offer," Dr. Redish says. "We measure our success one patient at a time."

## Healthy Joints, Happy Patients

If you are suffering from joint pain, it's important to take a look at your overall health. To reduce your risk of arthritis or other degenerative joint conditions, you can implement several lifestyle changes to increase your flexibility and joint health.

» **Eat a diet rich in calcium, vitamin D, and omega-3 fatty acids.** Fatty fish, such as salmon, offer anti-inflammatory benefits that protect joints. If you don't enjoy fish, sprinkle flaxseed on salads or yogurt to incorporate omega-3s into your diet.

» **Exercise regularly.**

If you have joint problems, you shouldn't be running or participating in other high-impact activities, but you can engage in low-impact activities such as swimming or biking. By varying exercises and incorporating light weight training, you can strengthen muscles and ligaments and improve joint movement.

» **Lose excess weight.**

It's important to maintain a healthy weight for your overall health, including your joint health. Excess weight can put pressure on your joints and cause cartilage to break down. According to the Arthritis Foundation, losing just 15 pounds can cut knee pain in half for overweight individuals with arthritis.



Mark Freeman, MD



Martin Redish, MD

TO LEARN MORE ABOUT ORTHOPAEDIC SERVICES, VISIT [WWW.PARKRIDGEMEDICALCENTER.COM](http://WWW.PARKRIDGEMEDICALCENTER.COM) OR CALL MEDLINE AT (800) 242-5662.

# Celebrating Your Special Delivery

The Birth Place at Parkridge East Hospital offers new mothers a comfortable, caring, and safe environment to bring their children into the world.

The staff at Parkridge East Hospital understands how special it is to bring a child into the world and strives to make families as comfortable as possible through a family-centered approach to care. Families enjoy the large, home-like birthing suites that keep mother, baby, and visiting family members together while having access to leading-edge maternity services.

Because nurses can perform initial measurements and the baby's first bath at the bedside, newborns are able to stay with their mothers during these precious first moments. Nurses and physicians work together as a team to ensure the safety of each infant and provide quality care. Should an infant require intensive care, the neonatal intensive care unit and neonatal specialists are available to offer peace of mind.

## Capturing the Moment

A new photography service at Parkridge East Hospital takes baby's first pictures to a new level. Photographers come to each patient room and photograph each newborn in natural light and in a variety of modern poses.

"We want the birth of each baby to be the experience of a lifetime," says Teresa Walker, RN, BSN, CNNP, director of the neonatal intensive care unit, and mother/baby unit at Parkridge East Hospital. "With the addition of Bella Baby photography, we offer the whole package."

♥ FOR MORE INFORMATION ABOUT MATERNITY SERVICES, INCLUDING BELLA BABY PHOTOGRAPHY, CALL MEDLINE AT (800) 242-5662 OR VISIT [WWW.BELLABABYPHOTOGRAPHY.COM](http://WWW.BELLABABYPHOTOGRAPHY.COM).



## SPOTLIGHT ON

# Children's Behavioral Health

In recent months, headlines of teen suicide have grabbed the attention of the nation.

## WHEN TO SEEK HELP

While symptoms of mental illness in children may vary based on the child, parents should consider seeking help if the following behaviors are observed in their children:

- » alcohol or drug abuse
- » anxiety
- » changes in eating/sleeping patterns
- » complaining of physical ailments
- » defiant behaviors
- » depression
- » difficulty coping with normal problems
- » frequent outbursts or tantrums
- » hallucinations
- » hyperactivity
- » isolation
- » poor school performance



As the stories of these troubled young people receive coverage, greater attention has been paid to mental illness in youth. It is estimated that 14 million children and teens suffer from a mental condition that may interfere with normal life. Unfortunately, many of these young people go undiagnosed, which can lead to greater risk of long-term health risks and suicide.

Conditions including depression and anxiety disorders present unique symptoms and are becoming increasingly common among young people. From social withdrawal to irritability and poor academic performance, the symptoms of mental illness can be difficult to identify. Through careful observation, however, parents can help teens struggling with mental health before the issue becomes serious or life-threatening.

## Raising Awareness

The first line of defense against childhood and teen mental illness is education about these conditions. By learning more about mental health issues and recognizing symptoms, parents can take a vital step toward helping their children.

"Mental health issues are treatable," explains Farlie Chastain, LCSW, clinical supervisor at Parkridge Valley Hospital. "It is vital for parents to remember that they know their children best and to seek help if they are concerned about their child's well-being."

**IF YOU ARE CONCERNED ABOUT YOUR CHILD OR TEEN, CALL THE PARKRIDGE VALLEY RESPOND LINE AT (800) 542-9600 OR (423) 499-2300.**



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hospitals don't heal people.  
people do.



For as long as this city has been alive, it has refused to be broken. And for the last 40 years, the extraordinary physicians, nurses and staff of the Parkridge Health System have been uniquely committed to keeping it that way. Three hospitals working together as one for more points of access and shared expertise – from family birthing care and behavioral health, to orthopedics and cardiology. After all, hospitals don't heal people – people do. For more information or a physician, call MedLine<sup>SM</sup> at 800-242-5662.



Parkridge Medical Parkridge East Parkridge Valley

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