

# BetterHEALTH

Promote.  
Preserve.  
Restore.

MISSION 2016

GET  
HEALTHY.  
STAY  
HEALTHY.





MISSION 2016

# GET HEALTHY. STAY HEALTHY.

*—This New Year, make prevention a priority.—*

## SCREENINGS & DIAGNOSTICS

According to the Centers for Disease Control (CDC), seven out of 10 U.S. deaths are caused by chronic disease, while roughly half of the country's population has been diagnosed with a chronic illness, including heart disease, cancer, diabetes and other conditions classified by the medical community as preventable.

The old saying, "an ounce of prevention is worth a pound of cure," is true: Preventative healthcare is a critical part of wellness. According to Healthy People, a federal program administered by the United States Department of Health and Human Services, routine cardiovascular exams alone save tens of thousands of adult lives each year, while vaccines save the lives of roughly 42,000 children on an annual basis. Preventative health screenings and primary care consultations have also been found to significantly increase life expectancy, particularly among the 30- to 49-year age group.

This New Year, make prevention a priority and plan to get healthy, and stay healthy, in 2016. This issue of Better Health will share strategies to make this vision a reality. We'll discuss the importance of annual screenings, including an overview of who should be getting which screening, and when. A focus on family doctors will highlight how to better communicate with your physician and how to find a family doctor that's right for you. And we'll also share a list of wellness classes, support groups and other programs that will help you put your health into your own hands in 2016.

Happy New Year—for a new you!

To learn more about Diagnostics and Screenings at DeKalb Health, visit [www.DeKalbHealth.com](http://www.DeKalbHealth.com)

MAKE  
PREVENTION  
A PRIORITY

## HEALTH SCREENING RECOMMENDATIONS CHEAT SHEET

Not sure when or how often to get a particular health screening? Here's a quick breakdown of general screening guidelines to help keep you on track.

- BLOOD PRESSURE - A minimum frequency of every two years is recommended.
- BREAST CANCER - Mammograms are recommended every one to two years for women aged 40 and older.
- CERVICAL CANCER - Have a Pap smear every one to three years if you are 21 to 65 years old and have been sexually active.
- CHOLESTEROL - Every five years for men 35+, women 45+.
- COLORECTAL CANCER - Have a screening test for colorectal cancer starting at age 50.
- DIABETES - Adults with high blood pressure, elevated cholesterol levels or other risk factors should be periodically screened for diabetes.
- OSTEOPOROSIS - Women should have a screening test at age 65.
- PROSTATE CANCER - Men should have a Prostate Specific Antigen (PSA) test each year beginning at age 50; earlier for those with increased risk.

*These are general and summarized guidelines. Consult with your physician for your recommendations. For a more complete and detailed list of screenings guidelines visit [cdc.gov](http://cdc.gov).*

2016



## MISSION 1

# GET INFORMED WITH ANNUAL SCREENINGS

Today, more and more people want to take control of their health. But they're not just eating better, moving more and getting more sleep. They're also trying to capture an accurate and informed snapshot of their current physical condition.

Why is it so important to be an informed patient? This awareness arms you with the data you and your doctor need to address potentially dangerous health conditions, and to make a practical, personalized plan for improvement. It also shows you where you're doing a good job in your wellness efforts, and could even help your physician determine whether you need current medications.

To get 2016 off on the right foot, start by scheduling your annual screenings. You should always follow the direction of your physician, but patients don't often recognize the choices they have in selecting where their testing is performed. With comprehensive diagnostic and screening services, DeKalb Health is a convenient, comprehensive, cost-effective and reliable choice.

DeKalb Health offers nationally-accredited imaging and diagnostics technology and expertise as advanced as anywhere in northeast Indiana, thanks in no small part to our imaging services and the capabilities of our Women's Diagnostics Suite. This 18,000-square-foot facility features the latest in imaging technology and equipment, including a large-opening, high-field MRI unit, CT scanner and bone-density scanner. DeKalb Health—nationally accredited by the Society of Chest Pain Centers—offers a host of cardiac diagnostic outpatient testing and procedures, cardiac rehabilitation, heart health education and exercise programs.

### Screenings available through our diagnostic imaging department include:

#### Women's Diagnostic Suite

- Mammography (Screening and Diagnostic)
- Breast MRI
- Ultrasound and Vascular Diagnostic Imaging
- Bone Densitometry (Osteoporosis Screening)
- Private Waiting

#### Other Imaging Services

- X-rays
- CT (Computed Tomography)
- MRI (Magnetic Resonance)
- ECG (Echo cardiogram)
- EKG (Electrocardiogram)
- Myocardial Treadmill Stress Test
- Nuclear Medicine Imaging
- Ultrasound and Vascular Diagnostic Imaging



**ACR-accredited facility in:**  
Mammography,  
Magnetic Resonance Imaging, Nuclear Medicine, Ultrasound, and Computed Tomography

## WELLNESS DIRECT SELF-PAY LABORATORY PROGRAM

Annual screenings are covered by most insurance plans. However, DeKalb Health operates a program called Wellness Direct, which allows patients to self-pay for certain annual screenings at a reasonable out-of-pocket price. It is offered at the Auburn location. Patients receive self-ordered lab testing and screening without the need for a physician's order—and without an appointment. With no insurance or billing as part of the process, not only can patients enjoy increased convenience, they can also get many laboratory screening services at discounted rates of up to 30 percent.

Visit DeKalbHealth.com for a registration form and list of pricing.

### FINANCIAL ASSISTANCE IS AVAILABLE

DeKalb Health also offers assistance to qualifying individuals who need help paying for their preventative healthcare. Learn more at dekalbhealth.com. To schedule an annual screening, call Central Scheduling at 260.333.7710.

### FASTING TESTS (for 12 hours)

- Cholesterol
- Glucose
- General Health Panel (Includes: CBC, TSH, Albumin, Alkaline Phosphatase, Total Bilirubin, Calcium, Chloride, Creatinine, Glucose, Potassium, Protein, SGOT (AST), SGPT (ALT) Sodium, BUN and Carbon Dioxide)
- Lipid Profile
- Vitamin B 12

### NON FASTING TESTS

- Blood Type
- Calcium
- Cardiac hsCRP
- CBC without diff (Hemogram)
- Hepatitis B surface antibody
- Hepatitis C
- PSA (males only)
- RPR (Syphilis test)
- Rubella
- TSH
- Urinalysis

A draw fee of \$5.00 is added to the test fee.



The Laboratory is nationally accredited by the American College of Pathologists



### Cardiac diagnostic services available include:

- Drug induced stress tests
- Echo cardiogram
- Holter monitor for 24-hour monitoring
- Nuclear studies
- Stress testing
- 30-day event monitor

*DeKalb Health—nationally accredited by the Society of Chest Pain Centers—also offers a host of cardiac diagnostic outpatient testing and procedures, cardiac rehabilitation, heart health education and exercise programs.*

## THREE CONVENIENT LAB LOCATIONS

To provide the most convenient service possible, DeKalb Health offers three laboratory locations to serve you better:

### DeKalb Health - Auburn Laboratory (Open 24/7)

2nd Floor, Main Hospital  
1316 East Seventh Street Auburn, Indiana  
Phone: 260.920.2602  
Open 7 days a week, 24 hours a day, providing full-service testing.

### Butler Laboratory

409 East Washington Street  
Butler, Indiana  
Phone: 260.868.5843, call for hours.

### Garrett Laboratory

128 North Randolph Street  
Garrett, Indiana  
Phone: 260.357.0380, call for hours.



## MISSION 2

# GET A FAMILY PHYSICIAN

One of the most important things you can do to improve your health in 2016 is to find a family physician. If you have a family physician, you're already on the path to better health in 2016. Make an appointment for your annual check-up, and set aside some time to talk to your doctor about the big picture of your health.

If you need a family physician, we can help. DeKalb Health Medical Group offers access to family physicians at the main Auburn campus, as well as locations in Garrett and Butler, so it's easy to find a family doctor close to home. To view a full list of the outstanding family medicine practitioners at DeKalb Health, visit [dekalbhealth.com](http://dekalbhealth.com) and click "Find a Physician." Provider/Directory Listing.

### FOUR QUESTIONS YOU NEED TO ASK YOUR DOCTOR THIS YEAR

Your relationship with your family physician is built on communication. But some patients just don't know how to talk to their doctors. To help you make the most of your 2016 check-up, here are four questions you should plan to ask your doctor:

#### 1. Am I a healthy weight?

The number on your scale may not present an accurate picture of your health. Or, if that number is too high, you might not know how to get back on track. Have an honest conversation with your doctor about your weight. Ask about the ideal weight for your particular

body type, and how you can help lower your risk of conditions like diabetes, heart disease and cancer.

#### 2. Do I need to be taking these medications?

Our bodies change over time—so our treatment plans need to be evaluated regularly. No one wants to waste money on prescriptions that aren't beneficial—and taking unnecessary medication can actually have a negative impact on health. With that in mind, have an ongoing discussion with your doctor about all of your prescribed medications and dosages, as well as any over-the-counter medications or herbal supplements, to keep you on track.

#### 3. Am getting enough sleep?

If you're not sleeping seven to eight hours every night, you're putting yourself at risk for stress-induced illness, depression, and even serious health conditions like diabetes, obesity, high blood pressure and heart disease. If you're having trouble sleeping, keep a sleep journal and plan to discuss it with your family doctor.

#### 4. Does my family history put me at risk?

Have a candid discussion about family history with your doctor. If any new diagnoses have occurred since you became a patient, update the list with your physician and share your concerns. Ask about any early warning signs and ways you could prevent risks from developing.

As your community hospital, DeKalb Health has many resources available to help you get healthier in 2016. From nurturing your emotional health, to providing opportunities for you to get active, we're ready to be your partner in creating a new you. Here's a list of ways we can help you kick off your New Year on a positive note—no matter what you need:

### Need help snuffing out a bad habit? Try Smoking Cessation Support.

DeKalb Health offers several support groups and smoking-cessation courses that can help you snuff out the smoking habit this New Year. Adults can sign up for the American Lung Association-certified Freedom from Smoking class. The five-session program uses a positive behavior change approach to assist a group of smokers through the quitting process, providing them with tools, techniques and support essential to quit smoking successfully.

Teens and young adults trying to kick the habit can benefit from the American Lung Association's (ALA) Not On Tobacco (N-O-T) smoking cessation program, designed to help middle and high school students stop smoking. For more information, call Cardiac Rehab at 260.920.2571.

### Need to get your weight back on track? Try the some of our specialized classes.

#### Wellness Center

Getting active is a big part of getting healthy in the New Year, and eating right is, too. We can help you on your path to healthy eating by pairing our customized nutrition counseling services with fitness classes at DeKalb Health.

#### Dietitian Services

Nutrition counseling is a process of individualized nutrition assessment; assistance with daily problem solving and skill building; follow-up care; monitoring and evaluation of results. All programs are tailored to your individual needs and experiences. For more information, call our registered dietitian at 260.920.2651.

#### Weight Management

Behavior change is also an important part of the weight management program, a sensible alternative for northeast Indiana residents serious about achieving long-term weight loss success. The hospital's weight management program is three months in duration, and a great way to lay a solid foundation of skills and healthy diet and fitness habits. The program has both an exercise physiologist and a dietitian on staff. During the program, participants can exercise as frequently as five

times a week, and are encouraged to work out at least three times weekly. They also attend a one-on-one appointment with a dietitian. For more information call Cardiac Rehab at 260.920.2571.

#### Weight Management For Teens

We also offer a specially designed program open to teens 10 to 15 years of age who are interested in a structured, one-on-one, fitness and weight management program involving nutrition, education and exercise. The program is designed to work with teens who self-enroll (with parental consent), or on a physician referral basis. For more information, call Cardiac Rehab at 260.920.2571.

### Need a little help from your friends? Try a support group.

DeKalb Health offers many support groups to help connect survivors, patients and family members with a network of others who are sharing their experience.

- Breastfeeding Support Group
- Celiac Support Group
- Diabetes Support Group
- Hip on Hep C Support Group
- Multiple Sclerosis Support Group



## OUR 2015 ANNUAL REPORT

As part of our recently published annual report, we highlighted our year of exciting changes, a statistical look at our activity and the impact to our community in 2015. To view the full report visit [DeKalbHealth.com](http://DeKalbHealth.com).



## MISSION 3

# GET HELP GETTING HEALTHY

## DEKALB COUNTY NIGHT WITH THE MAD ANTS

Be a Super Hero with DeKalb Health and the Mad Ants. DeKalb Health is proud to once again sponsor DeKalb County Night. We are equally proud and excited to partner with the Mad Ants to donate a portion of proceeds from ticket sales back to the DeKalb Health Foundation. Join us for a Super Hero themed night of healthy fun—a great way to tip off another exciting season.

**Saturday, March 12, at 7:30 p.m.**

**Vs. Sioux Falls Sky Force**

**Memorial Coliseum – Doors open at 6:30 p.m.**





# COMING SOON

## WOMEN'S HEALTH ADVANTAGE



Kenneth Chaffee, MD



Larson Langschwager, MD

### Women's Health Advantage Gets a New Home in 2016

Women's Health Advantage will be getting a new home later this spring on-campus at DeKalb Health, located at 1316 East Seventh Street. Once operational, patients should park in Lot A, and enter Door #3.

**For more information, call 260.432.4400.**

## WHAT'S HAPPENING AT THE WELLNESS CENTER

### YOGA \$25/MONTH FOR UNLIMITED YOGA

Yoga Core: Wednesdays, 7:30 a.m. – 8:30 a.m.

Fitness Yoga: Mondays and Fridays, 7:30 a.m. – 8:30 a.m.

Mary Goudy, Instructor

Call 260.920.2812 to register

### STAYFIT CLASS: STRETCH & FLEX

StayFit members are invited to participate in the Stretch & Flex class. Improving muscle tone, balance and flexibility are the goals of this 45-minute class. Fee associated. Mondays, Wednesdays and Thursdays, 9 a.m. – 9:45 a.m. Call Cardiac Rehab at 260.920.2571

**WELLNESS CENTER IS LOCATED ON THE EAST CAMPUS OF DEKALB HEALTH, 1700 E. 7TH ST.**



## Let's Celebrate Doctors' Day

On March 30, DeKalb Health will celebrate our physicians and their contribution to our community's health by observing National Doctors' Day. This annual holiday honors the work of doctors across the United States, and encourages patients and the public to thank physicians for the work they do. Let your family doctors know you appreciate their hard work—and their help keeping you healthy in 2016!

## Marketplace Insurance

### Open Enrollment Event FREE

Do you have questions about your insurance options—or how to navigate the complex sign-up process? DeKalb Health has partnered with Brightpoint to bring a free service to you. Navigators and counselors will be on hand to help guide you through the sign-up process for Marketplace Insurance plans or Medicaid. Join us on January 16 from 1 to 4 p.m.

## CONTACT US

Send inquiries to [info@dekalbhealth.com](mailto:info@dekalbhealth.com) or call:

### MEDICAL SERVICES

#### AMBULANCE

After Hours Walk-In Clinic  
Anticoagulation Clinic Services  
Cardiopulmonary Rehabilitation Services  
Central Scheduling  
Diabetes Management Services  
Home Health and Hospice Services  
Imaging and Radiology Services  
Laboratory Services Auburn – Main Hospital  
Laboratory Services Butler  
Laboratory Services Garrett  
Nutrition and Dietitian Services  
Obstetrical Services/Family BirthPlace  
Occupational Therapy Services  
PharmaCare Pharmacy  
Physical Therapy  
Respiratory Services  
Sleep Diagnostic Services  
Specialty Clinic  
Speech Therapy  
Surgical Services/Outpatient Surgery  
Wellness Services

### MAIN HOSPITAL

Administration  
Admitting/Registration/Patient Access  
CBO/Billing and Insurance  
Community Services  
CPR and First Aid Education  
DeKalb Health Foundation  
Gift Shop  
Media Inquiries  
Patient Experience Officer  
Patient Condition  
Physician Referral  
Prenatal Breastfeeding Education  
Release of Medical Information  
Support Group Information

### DIRECT LINE

#### 911

260.920.2000  
260.920.2738  
260.920.2571  
260.333.7710  
260.920.2652  
260.925.8699  
260.920.2513  
260.920.2602  
260.868.0502  
260.357.0380  
260.920.2651  
260.920.2510  
260.920.2632  
260.925.8000  
260.920.2632  
260.920.2574  
260.920.2574  
260.920.2741  
260.920.2632  
260.920.2639  
260.920.2812

### 260.925.4600

260.920.2501  
260.920.2603  
260.333.7699  
260.920.2518  
260.333.7683  
260.333.7641  
260.920.2553  
260.920.2555  
260.920.2802  
260.920.2802  
260.920.2556  
260.920.2510  
260.920.2749  
260.920.2518



1316 East Seventh Street • Auburn, Indiana 46706

**Visit DeKalbHealth.com for a complete schedule.**

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## FAMILY BIRTHPLACE at DeKalb Health

All classes are held at the DeKalb Health Family BirthPlace Conference Room located on the 2nd Floor, 1316 E. 7th St., Auburn. For more information or to register for a class, please contact Julie Wagoner at 260.920.2780.

### BREASTFEEDING CLASSES

Let us help you with all of your questions concerning breastfeeding or bottle feeding. 4 p.m. – 6 p.m. Fee \$5. Free to Family BirthPlace Patients. Registration required. **FEB: 1 | APR: 4**

### BREASTFEEDING SUPPORT GROUP

Are you new to breastfeeding? Trying to figure out how to maintain your milk supply when returning to work? Just want to meet other breastfeeding moms? Join us! Every Monday, 1 p.m. – 2 p.m. FREE to all.

### PRENATAL CLASSES

Fee \$20. Free to Family BirthPlace patients. Each class consists of three 2-hour sessions. Registration required. 6 p.m. – 8 p.m. **JAN: 5, 12, 19 | APR: 5, 12, 19**

### PRENATAL CLASS BLAST

Saturday. One-day class with hour lunch break on your own. Fee \$20. Free to Family BirthPlace patients. Registration required. 9 a.m. – 4 p.m. **MAR: 5**

### HEALTHY EXPECTATIONS

Come to DeKalb Health's Family BirthPlace to pick up your FREE prenatal vitamins. Free vitamins available to all women of childbearing age.

### SCHEDULE A PRIVATE TOUR

Family Birthplace Tours are available any time. We recommend an advance call so we can ensure there are rooms available to view.

### DEKALB HEALTH CAR SEAT CLINIC

DeKalb Health Central Business Office, 1700 E. 7th St., Auburn. Certified technicians on-site to check proper installation and safety. Contact DeKalb Health Car Seat Hotline at 260.920.2551.

### MARCH FOR BABIES - DEKALB, NOBLE AND STEUBEN COUNTY 2016

Saturday, 1:00 p.m. Registration Time: 12:00 p.m. Commons Park, 299 S John St, Angola, IN 46703 **APR: 23**

## WINTER 2016 CALENDAR OF EVENTS (JAN, FEB, MAR, APR)

### ADVANCED LIFE SUPPORT TRAINING

• **ACLS (Advanced Cardiac Life Support)**  
3rd Fri. of every odd month 8 a.m.- 4 p.m., DeKalb Health Central Business Office Training Room, 1700 E. 7th St., Auburn. Registration required, contact the AHA Training Coordinator Office at 260.333.7683. **JAN: 15 | MAR: 18**

• **PALS (Pediatric Advanced Life Support) in Association with Parkview Health**  
2nd Wed. and Thurs. of every even month (except August), 8 a.m. – 4 p.m. Registration required, contact the EMS Training Office at 260.333.7683. **FEB: 10, 11 | APR: 13, 14**

### ALCOHOLICS ANONYMOUS. NO FEE

For more information, call 260.927.8902 or visit [www.serenityhouseinc.org](http://www.serenityhouseinc.org).

• **OPEN MEETINGS**  
Weekdays, Mon. – Fri. at 12 noon  
Weekends, Sat., Sun. at 10 a.m.  
Speaker Meeting Wed. and Sat. at 7 p.m.  
Serenity House (Barn), 2438 CR 50, Auburn

• **WOMEN ONLY**  
907 South Main St., Auburn  
Every Fri. 9 a.m., Sun. 5 p.m.

### BLOOD DRIVE (WALK-INS WELCOME)

DeKalb Health Employee Parking Lot F  
1316 E. 7th St., Auburn, 12:30 p.m. – 6 p.m.  
Sign up at [www.GiveBloodNow.com](http://www.GiveBloodNow.com) (Sponsor code: DeKalb). For more information, contact Brenda at 260.920.2612 or Ashley at 260.920.2609. **JAN: 13 | MAR: 9**

### CELIAC SUPPORT GROUP

1st Thurs. of every even month 6:30 p.m. at DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Anna Hartman at 260.705.6971 or [nutritionlover@gmail.com](mailto:nutritionlover@gmail.com). **FEB: 4 | APR: 7**

### CPR/FIRST AID CLASSES

DeKalb Health Central Business Office Training Room, 1700 E. 7th St., Auburn. Registration required, contact the EMS Training Office at 260.333.7683.

• **Adult** – 3rd Tues. of every even month, 6 p.m. – 10 p.m. **FEB: 16 | APR: 19**

• **Pediatric** – 3rd Tues. of every odd month, 6 p.m. – 10 p.m. **JAN: 19 | MAR: 15**

• **Healthcare Provider** – 3rd Wed. of every month, 7:30 a.m. **JAN: 20 | FEB: 17 | MAR: 16 | APR: 20**

**FORT WAYNE MAD ANTS DEKALB COUNTY NIGHT**  
(See Details Inside) **MAR: 12 at 7:30 p.m.**

**DIABETES SELF-MANAGEMENT EDUCATION**  
PATIENT REFERRAL NEEDED. Contact Vicki Faux, RN, CDE at 260.920.2652. One-day session, offered monthly. 8 a.m. – 3:30 p.m. DeKalb Health Office Building #1314, Board Room, 1314 E. 7th St., Auburn. **JAN: 4 | FEB: 1 | MAR: 7 | APR: 4**

### DIABETIC SUPPORT GROUP

2nd Thur. of even months. Sponsored in part by DeKalb County Council on Aging. 1:30 p.m. Heimach Senior Activity Center, 1800 E. 7th St., Auburn. Contact Vickie Faux, RN, CDE at 260.920.2652 or Meg Zenk at 260.925.3311. **FEB: 11 | APR: 14**

**DOCTORS' DAY - LET'S CELEBRATE**  
(See details Inside) **MAR: 30**

### HIP ON HEP C SUPPORT GROUP

3rd Fri. of every month, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Christie Soaper at 260.927.8180. **JAN: 15 | FEB: 19 | MAR: 19 | APR: 15**

**MARKETPLACE INSURANCE ENROLLMENT EVENT - FREE**  
(See Details Inside) **JAN: 16**

### MULTIPLE SCLEROSIS SUPPORT GROUP

3rd Mon. of every month, 7 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Neal Esselburn at 260.637.3820 or [1234neal.ms1@frontier.com](mailto:1234neal.ms1@frontier.com). **JAN: 18 | FEB: 15 | MAR: 21 | APR: 18**

### SMOKING CESSATION

**"FREEDOM FROM SMOKING"**  
Tues./Thurs., 5 p.m. – 6 p.m., DeKalb Health Cardiopulmonary Rehabilitation Department. Park in Lot A, enter Door 3. To preregister contact Cardiopulmonary Department at 260.920.2571. **JAN: 5, 7, 12, 14, 19**

### ADULT HEALTH FAIR

Co-Sponsored with DeKalb County Council on Aging, Thursday, 8-11 a.m. Contact Meg Zenk at 260.925.3311 or [mzenk@dcco.net](mailto:mzenk@dcco.net). **APR: 21**

Find us on **facebook**  
Or visit us at **DeKalbHealth.com**

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