



CULBERTSON CONNECTION



Your Health. Your Hospital.

Schedule Your Colonoscopy – Screenings Save Lives!



Lisa Adams

If you had a chance to prevent cancer, wouldn't you do it? While colonoscopies aren't on the average calendar, they should be – for a nonsmoking male or female, colon cancer is the **second most common cancer killer**.

"There are over 160,000 new cases yearly, but most can either be prevented or detected at a curable stage by early screening," says Dr.

John Bozdech, a gastroenterologist with Quincy Medical Group who regularly performs colonoscopies at Culbertson Memorial Hospital. In fact, Dr. Bozdech has performed more than 35,000 endoscopic procedures in his career. Thus, he speaks from experience: "Most cancers develop from polyps, which can be removed during a colonoscopy." That's the importance of getting a regular colonoscopy. A person with no family history of colon cancer or polyps (average risk) should start colon cancer screenings at age 50.

Lisa Adams speaks of this personally: "If I didn't have my colonoscopy, the doctor said in a few years I would have been in real trouble." The year she turned 50, her insurance company sent her a reminder about getting preventive tests including a colonoscopy. She did, and the results were alarming – several polyps, including one quite large.


Colonoscopy is the best test for detecting polyps and cancer, and it's the only test where polyps can be removed. Newer tests, including stool DNA testing and CT colonography, detect a high percentage of cancers but fall short on detecting polyps.

In Lisa's case, the polyp was cancerous, but the disease was contained in the polyp – which would not have been the case had she waited. "Have your colonoscopy and have the polyps removed so they don't turn into cancer," urges Lisa.

About 90% of people with colon cancer have no family history, but those who do are at higher risk, especially if the family member with the cancer or polyp was under age 60. A family history may mean screenings should start much earlier in life... and more often.

"I'm the poster child for having a colonoscopy at 50," says Lisa. "This cancer is a preventable thing. The doctor said if I hadn't had mine... it saved my life. Insurance covers the screening colonoscopy, so there's no reason not to do it."

The specialists at Culbertson Memorial Hospital – including Dr. Bozdech and Dr. Sembu Kanthilal – have years of experience. Colonoscopy is performed as an outpatient procedure, making it easier to fit into schedules.

For more information or to schedule a colonoscopy, ask your physician or call Surgical Services at 322-4321, ext. 293. 



Sarah D.
CULBERTSON
Memorial Hospital

238 S. Congress, Rushville, IL 62681
217-322-4321 • cmhospital.com

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The Most Advanced Laboratory Services – No Driving Required

Close to home and easy to access, Culbertson Memorial Hospital's state-of-the-art laboratory gives you something most rural communities lack – 24-hour-a-day, 7-day-a-week access to the most advanced instruments and technology to analyze body fluids, cells and tissues. Prompt, accurate lab results can make a marked difference in treatments and outcomes. With Culbertson's Lab Services minutes away, you can rest easy knowing a valuable medical resource is at your disposal without the risk and inconvenience of a drive.

Conveniently located next to the Emergency Department (enter through the main lobby), Lab Services offers efficient outpatient and inpatient testing and services. No appointment is necessary – although we do recommend calling ahead to minimize your wait time.

Led by an expert pathologist and supported by highly trained technologists and technicians, the lab is CLIA (Clinical Laboratory Improvement Amendments) certified and is inspected by the Illinois Department of Public Health. Lab Services honors any lab orders (not just those from Culbertson's physicians) and gives the community easy access to a full scope of tests including:

- Cholesterol screening
- Diabetes screening and maintenance blood draws
- Prenatal blood glucose testing
- Fasting blood draws
- Drug testing
- Urinalysis
- And more

Trust Culbertson's Lab Services to provide the fast, accurate results your doctor needs to confirm a diagnosis, complete a screening or find the cause of your symptoms. For questions or to schedule a test, call 322-5283. 




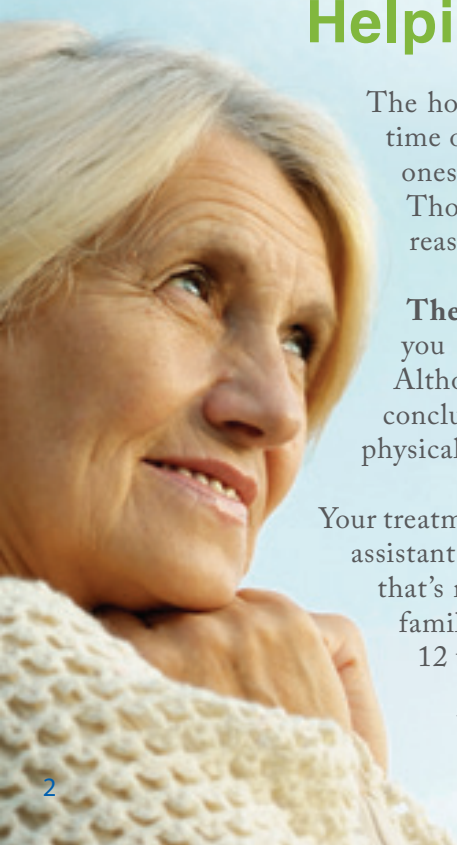
Helping Seniors Get Their “Happy” Back

The holidays can be the most wonderful time of the year. But for some seniors, they can be a time of sadness and longing as old memories return... reminders of good times past and loved ones who are no longer with them. And the feelings of loneliness can be overwhelming. Those adjusting to life after a recent move can face even more challenges. But there's no reason to feel alone – help is close to home.

The Senior Life Solutions Program at Culbertson Memorial Hospital offers the support you need, right when you need it. These feelings aren't something you have to live with. Although they can be a natural part of growing older, they don't have to be a foregone conclusion. Our compassionate staff can help you cope with depression, anxiety, declining physical ability and any of the challenges you face.

Your treatment team will include a psychiatrist, therapist, registered nurse (RN) and a certified nurse assistant (CNA), working with you, your family members and your doctor to find the solution that's right for you. Depending on your needs, the program can include group, individual and family therapy; medication management; grief counseling and more. It typically runs eight to 12 weeks, two to four days per week... fully confidential and all personalized to you.

We're trained to help you get back to a normal life! Call the Senior Life Solutions Program, 322-5201. 



Stop Smoking with Low Light Laser Therapy

Smoking is the #1 most preventable cause of death in the world. But we know quitting is easier said than done. That's why Rushville Family Practice recommends revolutionary low light cold laser therapy. This state-of-the-art procedure applies very low intensity laser light to specific body energy points associated with nicotine addiction.

Typically involving only two sessions applied to the hands, face, wrist and ears, low light laser therapy works by adding energy to enhance the body's natural healing processes. With that, scientists believe the body's production of endorphins, naturally occurring pain relief substances, is increased. This in turn reduces or eliminates the normal cravings and withdrawal symptoms that come with quitting. While it won't take away the addiction, it will boost energy. Typically, the first 72 hours are the toughest, but this therapy helps manage that period along with the challenging weeks that follow.

Nearly 70% of the more than 46.5 million American adults who smoke cigarettes want to quit.



Used worldwide for 40 years, cold laser therapy is approved by the Food and Drug Administration and has zero reports of significant long-term negative side effects. The therapy is described as curative and requires no return treatment after the initial two sessions. And because laser therapy for smoking cessation often isn't covered by insurance, Rushville Family Practice offers two sessions in an economical package for just \$181. That's a bargain compared to the typical smoker's yearly \$1,500 cost for cigarettes!

Cigarette smoking causes 87% of lung cancer deaths – not to mention heart attacks, other cancers and health problems. Call Rushville Family Practice about this therapy for smoking cessation today – 322-3345. 🏥

Veterans May Now Have Access to Care Nearby

Veterans faced with delayed appointments and long wait times, or who live far from Veterans Affairs (VA) clinics and hospitals now have another option, thanks to the Veterans' Access to Care Act, which requires the VA to offer non-VA care at their expense to qualifying veterans who:

- Live more than 40 miles from a VA medical facility
- Cannot get an appointment within the VA wait-time goals
- Need a specialist not accessible through the VA

If you qualify, you can receive a Non-VA Care voucher, which can be used for care at Culbertson Memorial Hospital or one of our health clinics. Pre-authorization is required for Non-VA Care, unless the medical event is an emergency. Emergency events may be reimbursed, so don't delay treatment if you need emergency care!

To request a Non-VA Care Authorization, contact your local VA office or call the VA at 1-877-222-VETS (8387). For more information, visit www.nonvacare.va.gov. 🏥



Give Diabetes a Holiday by Putting Prevention at the Top of Your List

At many a holiday celebration, sweet treats and big eats traditionally come into play – a contributing factor for diabetes and a minefield for those already dealing with the disease. **Healthy eating** is one of the most important prevention steps in lowering your risk for diabetes, a challenge any time of the year that's made even more difficult during the holidays.

As with any food choices, **moderation** is key. Try these simple tips to prevent sabotaging yourself during the holiday season:

- Prevent overeating by eating a healthy snack before the event.
- Potluck? Bring a better-for-you option – many delicious recipes out there!
- Check the menu ahead of time so you can make your choices.
- Make a one-trip limit, especially at buffets.
- Make healthy choices – water and unsweetened or diet drinks; limit heavy holiday traditions like glazed ham, turkey with gravy, etc.
- Watch out for butter-laden side dishes and fried or marshmallow toppings.
- Look for low sugar or carb options.
- Minimize alcohol intake.
- Manage your portion sizes.

That last one is easier said than done – after all, what is an acceptable portion size anyway? Here are three easy ways to judge standard **portion sizes** and keep from over-serving yourself:

1 CUP OF POTATOES, RICE OR PASTA


=



1 OZ. OF MEAT IS EQUAL TO A MATCHBOOK



One of the best ways to keep both temptation and diabetes at bay? **Keep moving.** Staying active for at least 30 minutes a day, five days a week offers benefits for your heart and bones, lowers stress, improves circulation – and that's on top of reducing your risk for diabetes. Don't let chilly weather and gray skies be an excuse for being a couch potato. Enjoy a brisk fall walk or run, and when it's too cold to be outside, look for other options like a mall or health club. Do stretches or other exercises at home, and consider incorporating strength training or light weights into your routine for bone building and other benefits.

By incorporating these and other tips into your lifestyle, you can prevent diabetes – and live longer and healthier! For more ideas on how to prevent diabetes, talk to your doctor or visit www.diabetes.org. 

Risk Factors for Diabetes

- Overweight
- Unhealthy eating
- High blood glucose (sugar)
- Unhealthy cholesterol
- High blood pressure
- History of diabetes during pregnancy (gestational diabetes)
- Physical inactivity
- Smoking
- Age, race, gender and family history

Are You Pre-Diabetic?

Many people never know if they're pre-diabetic because there are no clear symptoms. Being pre-diabetic simply means your blood glucose levels are elevated, putting you at higher risk for developing diabetes. That's why it's so important to take good care of yourself, eat well, stay active and get regular physicals.

Research shows that you can lower your risk for type 2 diabetes by 58%:

- Lose 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- Exercise moderately (such as brisk walking) 30 minutes a day, five days a week

The Smallest Grain Can Have the Biggest Impact: Farmers Make a Difference


Farmers already feed the world – now you can make an even bigger impact through the CMH Foundation “Give a Gift of Grain” Program, which lets you reap tax-saving benefits by donating grain directly. Your gift will have significant effects right here in your community, helping your family, friends and neighbors by helping Culbertson Memorial Hospital:

- **Serve more patients**
- **Expand and upgrade facilities**
- **Acquire cutting-edge medical equipment**
- **Attract top medical professionals**


There are several distinct advantages for donors to use grain when making a gift to charity instead of contributing cash. Foremost among these is the fact that the commodity (corn, beans, etc.) becomes an asset of the charity, and when it is sold the value of the grain contributed is not reported as income by the farmer. Typically the farmer will still be allowed to claim his deduction for the costs of production of the gifted commodity as a farm business expense. This gifting method allows the farmer to reduce his federal income tax, self-employment tax and state income tax. This makes the charitable gift of grain, which reduces their taxable income, a win-win situation for both CMH Foundation and the donor.

It's simple: Donate grain. Save money. Impact healthcare. How?

1. Deliver the grain to your local elevator.
2. Request a warehouse receipt showing CMH Foundation as the owner.
3. Contact CMH Foundation and advise where the grain is stored.
4. CMH Foundation will order the sale with the original invoice.

Give the gift of grain. To find out more, call 248-7511 or 322-4321. 

Our Pharmacy Has Been Remodelled!

Thanks to the generosity of the CMH Foundation and donors from the 2013 Annual Appeal, the Pharmacy Remodel is now complete! 



2014 Dr. Russell Dohner Golf Outing

Hospitality Stop

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In Memory of Margaret Stanley

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FOUNDATION
Caring for today. Preparing for tomorrow.

Hearing Means Healing: New Paging System Increases Efficiency & Response

Whether it's getting nurses where they need to be on an average day or clearly communicating emergency response instructions across the hospital and clinics, an effective, seamless communication system is critical to our hospital's infrastructure. Culbertson Memorial Hospital's new communications and paging system will do just that – allow all departments to receive the same message at the same time, while allowing integrated wireless phones for nurses and other key personnel.

This will be a huge leap forward from the current system, which runs on 12-year-old circuitry that originates in Europe, making it difficult to source parts and maintain. Added to that, recurring malfunctions in voicemail notifications – coupled with an inability to transfer calls to our clinics – place continued limitations on communications.

By contrast, the new technology will ensure an effective system that's heard but not seen to promote a calm, healing environment. Effective communications mean providers respond more quickly – enhancing the level of care and keeping the focus where it should be – on the patient. This new system will do that, plus:

- Maximize emergency preparedness
- Provide reliable campus-wide emergency notifications
- Facilitate easy communication across hospital departments and clinic locations
- Increase efficiency through integration of wireless phones and Microsoft Outlook
- Offer the confidence of state-of-the-art technology
- Provide end-to-end system monitoring to ensure maximum uptime
- Require minimum maintenance

The system will also be “future proof” – flexible and scalable so that it can easily grow as the hospital's needs expand and change. This networked system will easily retrofit to our existing infrastructure.

You can help us keep the focus on patients with more efficient paging to increase our efficiency and response. To make your donation, call the Foundation at 322-5269 or make a gift online by going to our website. 