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# extra

news for Owensboro Medical Health System employees

**“To see that there is a need for something and then to find money for it is exciting.”**

## QUOTE OF THE WEEK

**Jeff Rudnik**  
on the OMHS Community Grant for  
AEDs at Brescia

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## OMHS offering SonoCiné for breast cancer screening

**Advanced ultrasound technology can detect cancers mammography may miss**



*Dr. Terry Tyler  
Chief Outpatient  
Diagnostic Officer*

RDI Outpatient Imaging, a service of Owensboro Medical Health System, is now offering SonoCiné, advanced ultrasound technology for breast cancer screening. Early studies indicate that SonoCiné may find smaller cancers than relying on mammography alone.

“Mammography typically finds cancers small enough to be treated successfully,” says Dr. Terry Tyler, a radiologist and chief outpatient diagnostic officer for Owensboro Medical Health System. “Up until now we’ve used breast ultrasound as a diagnostic tool; SonoCiné allows us to use ultrasound for early detection.”

In women with dense breasts, mammograms are more difficult to interpret because it can be difficult to see through the dense tissue, which shows up as white on mammograms. Cancerous lumps also appear white so they become invisible and difficult to differentiate.

“Women with dense breasts on mammography are potential candidates for SonoCiné,” Tyler says.

SonoCiné, cleared by the FDA as a supplement to mammogram screening, plugs into existing ultrasound equipment. The technology takes video of an entire patient's breast exam instead of just single pictures; it can be stopped, magnified and reviewed

by the radiologist. If a radiologist wants to have a second or third look at an exam the patient doesn't have to come back.

“SonoCiné makes cancer more visible because the breast tissue appears white while cancerous tissue appears dark,” Tyler says. “We can go back and forth through the video to reduce the risk of missing anything, in addition to mammography.”

In a study of American women, adding SonoCiné ultrasound to the annual mammogram doubled the number of cancers found in a group representing approximately 40 percent of all women seeking annual mammograms.

SonoCiné is offered at the RDI Springs location, Highway 54.

### Breast Cancer Awareness:

October is Breast Cancer Awareness month and we're rolling out some new tools to give you as much information as possible on the topic. You can visit [www.omhs.org/mammograms](http://www.omhs.org/mammograms) to find information about breast cancer screenings and test your knowledge on the subject by taking the breast cancer quiz. If you have an inspiring story you would like to tell about life with breast cancer contact Stuart Peck by emailing [speck@omhs.org](mailto:speck@omhs.org) or calling (270) 685-7738. Also, check upcoming editions of Extra for more on Breast Cancer Awareness month.



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**Do you have a story for Extra? Send an email to [speck@omhs.org](mailto:speck@omhs.org).**



## Upcoming Events at OMHS

### October 11th – 14th

#### OMHS employee/community blood drive

The Western Kentucky Regional Blood Center will be on hand for blood donations. Monday October 11th the blood mobile will be in the parking lot at the Business Center from 9:00 a.m. to 1:00 p.m. On October 13th and 14th WKRBC will be in the conference center at the OMHS main campus. You can donate from 5:00 p.m to 9:00 p.m. on the 13th and 6:30 a.m. to 5:00 p.m. on the 14th. Donors will receive a t-shirt and \$5 will be given to the HOPE Fund for every successful donation.

### Coming soon

Do you know someone with qualities becoming of a President's Award winner? Nominations will start soon for the 2011 President's Awards. Watch Extra for more information on how you can nominate an OMHS employee to be the next President's Award winner.

Do you have an OMHS related event you'd like to share in Extra? Send it to [speck@omhs.org](mailto:speck@omhs.org) and we'll include it in the 'Upcoming Events' section!

## OMHS grant provides AEDs for Brescia University



*A sign on the front door of one of the residence halls on Brescia's campus lets students, staff and visitors know an AED is available if an emergency ever arises and one is needed. The unit is one of eight around the campus.*

### Eight AEDs now available around the campus and at Brescia's athletic facility

As Safety Committee Chair for Brescia University, Jeff Rudnik quickly observed the lack of AEDs on campus. After hearing of incidents at other colleges where student athletes had cardiac emergencies he knew it was time to do more research on the subject.

"Most institutions are getting them in place," said Rudnik. "We have over 600 students and lots of people from the community coming onto our campus. The potential is there for lots of cardiac issues."

When Rudnik heard about the Community Benefit grants available through OMHS he applied and Brescia was awarded \$10,000 to purchase the needed AEDs.

"We really worked well together," said Rudnik about working with Debbie Johnson, OMHS' Community Benefit grant manager. "To see that there's a need for something and then to find money for it is exciting."

The grant allowed Brescia to purchase eight units, four of which are housed in cabinets in various buildings on campus and four which stay with faculty in their offices. Rudnik says 20 people on campus have been trained to use the devices in the case of an emergency. He says having the units around campus has really given students and staff piece of mind. Purchasing the units would not have been possible without the grant from OMHS according to Rudnik.

"It's great to see OMHS take that on," he said.

## Women's Health Forum draws big crowds



Maestro David Dworkin, founder of the Conductorcise® leads a group of Women's Health Forum visitors in the program.

### Forum included demonstrations, booths and tours of the HealthPark

In its fifth year, the OMHS Women's Health Forum saw hundreds come through the doors of the HealthPark to get more information on women's health. Presentations were given on breast cancer detection, the female body and treatments for cancer in women. Visitors also had a chance to see the brand new third floor addition to the HealthPark which features a new aerobics studio, Pilates Reformer studio and the new Kinesis studio.

To see more pictures from the Women's Health Forum as well as watch a cooking demonstration, from the forum, become a fan of Owensboro Medical Health System on facebook!



Beth Cecil, OMHS nutritionist, cooks up a healthy dish during a demonstration at the Women's Health Forum.



Booths fill the floor of the gymnasium at the HealthPark. A wide variety of health and wellness information was given out to patrons.



## HIP 4th quarter has started

4th quarter: Oct. 1st – Dec.17th

The 3rd quarter of HIP has ended. Below is a list of classes available during the fourth quarter. You'll need to know your employee ID number when attending. For a complete list of classes, log onto the intranet and go to the Health Improvement Plan section at the bottom of the right hand column.

October 11th – 6:00 p.m. – 7:00 p.m.  
Handling shift work successfully  
HealthPark Classroom B

October 12th – 11:00 a.m. – 12:00 p.m.  
Burning more calories in a very busy day  
Conference Room D

October 19th- 12:00 p.m. – 1:00 p.m.  
Nutrition 101  
Conference Room D

October 21st – 5:00 p.m. – 6:00 p.m.  
What is a Brain Attack?  
HealthPark Classroom B

October 26th – 2:00 p.m. – 3:00 p.m.  
Staying in Range  
HealthPark Classroom B

**Cancelled:** December 7th – Keeping your heart healthy

**Location change:** Classes will no longer be held in the New Life Education Center. All classes scheduled to be held in that room have been moved to an alternate location.

- Cardiac Surgery Excellence Award™ for the second year in row
- Pulmonary Care Excellence Award™ for the sixth year in a row
- Gastrointestinal Care Excellence Award™ for the sixth year in a row
- Gastrointestinal Surgery Award™ for the third year in a row

## Going on in government



### Federal Health Reform Provisions Roll Out

Several provisions of the new healthcare reform law took effect late last month. Since most health plans begin their coverage year on January 1st,

*Steve Johnson*

that's when many consumers will start to see these changes.

### Restriction on Annual Dollar Coverage Limits

In general, employer plans can't impose annual coverage limits of less than \$750,000 for "essential" health benefits, including hospital services, drugs, emergency services and maternity and newborn care. The maximum limits increase every year and they are eliminated in 2014. These limits apply to new individual policies, too.

### Extension of Young Adult Coverage

All health plans must permit adult children to remain on their parents' plans until age 26, regardless of if they are married or financially independent. As long as children don't have an offer of coverage from their own employer, parents can keep them on their plan.

### Prohibition on Coverage Exclusions for Children with Pre-existing Conditions

Employer plans can no longer refuse to cover children younger than 19 because they were born with or develop a serious medical condition. The ban on coverage exclusions also applies to new individual policies purchased for a child.

In what may be considered fallout from the extension of young adult coverage and pre-existing conditions, insurers in Kentucky are not offering "child-only" policies. In response, insurers are being "ordered" to Frankfort on October 13th to explain their decision not to write "child-only" coverage.

## Welcome new employees!



*Adam Young- Information Systems; Krystal Hamorsky- OCRP; Bridget Evans- Neuro; Kimberly Arnold- Environmental Services; Gloria Rogers- H.I.M.; Kathy Stone- Family Care Unit; Kelly Beth Cruse- Medical 6-5; Valerie McManaway- Medial 4-4; Diane Bennett- Pharmacy; Derek Fairrow- MultiCare Madisonville; Anne Rollins- Medical Oncology; Bryant Underwood- Pharmacy*



*April Midkiff- Business Office; Jonathan Weedman- Business Office; Rachel Goffinet- Medical Telemetry; Alana Lockhart- H.I.M.; Kelly Hayden- Admitting; Theresa Ambs- Admitting; Jessica King- Medical 6-5; Bethany Estes- Medical 6-5; Carrie Castlen- General Surgery; Melissa Huckleberry- Transitional Care; Rachael Casoli- Central Scheduling; Joy Michelle Nicholson- Central Scheduling; Douglas Bloedorn- MultiCare Madisonville; Heather Mitchell- MultiCare Madisonville; Beverly Clark- MultiCare Madisonville; Pamela Farmer- Green River Heart; Davina Henderson- Green River Heart*