



St. Tammany
PARISH HOSPITAL



CARING FOR WOMEN *at Every Stage of Life*

*Newly opened STPH Women's Pavilion
means excellence at every age*



1202 South Tyler Street
Covington, LA 70433
(985) 898-4000
www.stph.org

Our Mission

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both inpatient and outpatient care, all of which help to ensure continued good health.

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St. Tammany Parish Hospital
Communication Department
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Covington, LA 70433

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RICK OLIVIER PHOTOGRAPHY
THINKA DESIGN & BRANDING

“It was so wonderful for Dennis to return home and have care here after literally being treated at facilities around the country.”



A Healing Room *with a view*

Dennis V. McCloskey cherished family and nature. Now a light-filled room in St. Tammany Parish Hospital’s 4-South unit honors the memory of a man who delighted in the beauty of the natural world and the people around him.

The late founder of Windmill Nurseries Inc. drew comparisons to Johnny Appleseed for his spirit of generosity toward nature and community alike. Dennis McCloskey beautified schools, parks and churches on the north and south shores of Lake Ponchartrain through countless donations of trees.

“The private corner room named for Dennis includes colorful views of trees and sky that he would have liked,” Blanche McCloskey said of her late husband.

“Patients and their families will take comfort in the view of the outdoors and in the spaciousness of the room itself,”



added Mrs. McCloskey, a member of the St. Tammany Hospital Foundation Board of Trustees.

The couple’s three daughters—Blanche “Dee” McCloskey of New Orleans, Kelly McCloskey Duffy of Pass Christian, Miss., and Katie McCloskey Gibert of

New Orleans—joined their mother in dedicating the room to their father’s memory.

The McCloskey room dedication also reflects the care Dennis McCloskey received at STPH prior to his death in 2007, Mrs. McCloskey said; care that included transfusions, emergency room visits and hospice.

“It was so wonderful for Dennis to return home and have care here after literally being treated at facilities around the country,” Mrs. McCloskey said.

Private rooms in the 4-South unit feature healing arts amenities designed to enhance patient wellbeing, such as soft overhead lighting and flooring that reduces hallway noise.

More information on giving opportunities at STPH, including room dedications, is available by contacting Charley Strickland, executive director of the St. Tammany Hospital Foundation, at 985-898-4141 or cstrickland@stph.org.



MONSTER MASH

returns October 29

Monster Mash combines its 23-year tradition of family fun with new excitement when it returns to Bogue Falaya Park October 29.

The 10 a.m. to 3 p.m. event, presented by Capital One Bank, will feature games, music, arts-and-crafts, trick-or-treating and more.

Event highlights include live music by Stone Rabbits, Soul Revival, Johnette Downing and Stories in Motion by Frank Levy; plus a shopping village, 50/50 raffle and scavenger hunt. Radio Disney, Angie’s Animal Adventures and the Audubon Institute’s Bugmobile and Zoomobile will join a magic show, local dance and singing groups, inflatables and junior racecar driver Ronnie Osmer for a day of fun for all ages.



New this year is a simplified admission structure for unlimited access to all activities without wristbands or single-game tickets. Monster Mash Tickets are \$12 in advance (\$15 at the gate), available at Northshore locations of Capital One Bank, STPH Parenting Center and the STPH gift shop. VIP tickets (\$25 per person) cover admission plus access to the VIP Pavilion with private restrooms, seating, and other exclusive amenities.

Proceeds from Monster Mash benefit the STPH Parenting Center, the Northshore’s primary resource for parenting guidance, support and education.

For information and tickets, visit stph.org/monstermash or call 985-898-4435.



1202 South Tyler Street
Covington, LA 70433

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www.sthfoundation.org

Our Mission

The St. Tammany Hospital Foundation is a 501(c)3 non-profit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital.

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Charles Ann Strickland
EXECUTIVE DIRECTOR

2011
WE CARE
 EMPLOYEE CAMPAIGN

STPH Employees Give Back

Not only do the employees of STPH give their time and talent to the hospital, they give their treasure as well. The 2011 WE Care Employee Campaign raised nearly \$100,000 from 885 hospital employees, doctors and volunteers. Lead by volunteer team leaders, 50 hospital departments boasted 100% participation.

While the employees partially funded new ultrasound equipment for surgery, they also contributed to the Healing Arts and Learning Together programs, enhancements to the employee and guest walking trail, endowment and the Employee Benevolent Fund.

Since the campaign's inception six years ago, the generous employees of STPH have given nearly \$600,000 to benefit patients, guests and employees of the hospital.

"It is beyond gratifying to see so many employees participating in the yearly campaigns," said Charley Strickland, executive director of St. Tammany Hospital Foundation. "Their desire to ensure excellent patient care on the Northshore is not only evident in the job they do every day, but also in their generosity."



A Milestone in Robotic Surgery

Successful kidney surgery is first of its kind on Northshore

Already the Northshore's most experienced robotics institute, St. Tammany Parish Hospital marked another milestone this summer with da Vinci surgery.

Covington urologist Sunil Purohit MD removed a malignant tumor embedded in Donna Smith's only remaining kidney. Using the da Vinci robotic system, Dr. Purohit removed the tumor and about 20 percent of Smith's kidney in a procedure known as a partial nephrectomy. He then repaired the kidney to preserve normal function.

"Saving her kidney was the key element," Dr. Purohit said. "Ms. Smith was facing renal failure requiring dialysis. With the aid of the ultrasound and da Vinci we were not only able to remove her cancer, but we were able to preserve normal kidney function so she does not need dialysis."

Smith's right kidney had been removed years earlier after physicians discovered a large, cancerous mass. Dr. Purohit discovered a new tumor in her remaining kidney earlier this year during routine monitoring.

The discovery posed special challenges. The tumor was embedded deep within her kidney, making excision from the vascular organ particularly difficult. But the most straightforward option—removing the whole kidney—would mean a lifetime of dialysis treatments for the 51-year-old Smith, whose

additional health issues include hypertension and asthma.

Additionally, while Purohit used the da Vinci system for numerous partial nephrectomies, performing the procedure on a patient with just one kidney was an unprecedented use of STPH's technology.

Ultrasound equipment partially funded through the STPH WE Care Employee campaign played an essential role in Smith's surgery. Purohit used the ultrasound to locate and remove the tumor and then guide the rebuilding of her kidney.

"He could not have done this without the special ultrasound," said Mary Krentel, STPH surgery department head.

Smith's post-surgery experience underscores a core benefit of the da Vinci system to patients: she was up and walking shortly after the procedure, comfortable and well enough to return home after a two-day stay. In fact, "the average length of stay after a robot-assisted partial nephrectomy at STPH is typically much shorter than either standard laparoscopic or open partial nephrectomies," Krentel noted.

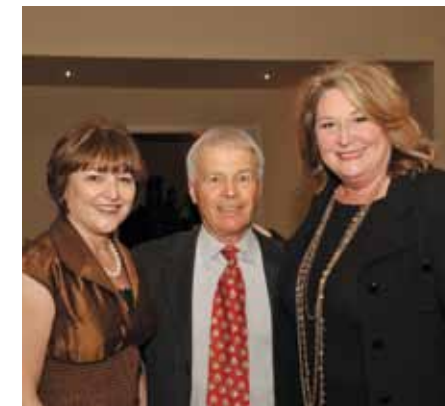
For her part, Smith is thankful to have her kidney intact.

"I was worried that I would lose my kidney," she said. "Dr. Purohit did a great job."

COUTURE for a Cause

Fall events benefit STPH pediatrics

Three dazzling fall events raised more than \$200,000 for the advancement of pediatric care at St. Tammany Parish Hospital.



The line-up of stylish fundraisers began September 16 with the Look of Fashion, which featured a day of services at H2O Salon & Spa in Mandeville.

The season's premier events, St. Tammany Hospital Foundation's Heart of Fashion and its first Night of Fashion, were held Sept. 22 at Tchefuncta Country Club. The daytime event and the new evening soirée featured silent and live auctions, delicious cuisine, cocktails and glamorous fall fashion shows by Saks Fifth Avenue.

PARTNERS IN CANCER CARE EXCELLENCE

Joint Program Assures the Best in Cancer Care

St. Tammany Parish Hospital's long partnership with Mary Bird Perkins Cancer Center, begun in 1998, delivers the full range of treatment modalities to cancer patients on the Northshore.

Now the two organizations are entering a new phase in the partnership to elevate local cancer care to the highest level and give Northshore patients something they have not had before: seamless, uninterrupted, expert, compassionate care. Patients benefit from the new cancer center's integrated resources because all caregivers along the spectrum can see their history and experience and have local access to early stage clinical trials of emerging cancer therapies.

"The full gamut of services along with clinical trials truly improves treatment and literally saves lives," said Chryl Corizzo, STPH cancer services director. "This will do that, here in our own community."

Patti Elish, STPH president/CEO, noted the hospital's deep-rooted history with Mary Bird Perkins, which includes accreditation as an integrated cancer program by the American College of Surgeons.

"This is the latest step in our continued strategy to align and strengthen comprehensive cancer care on the Northshore," Elish said.

Ultimately, the two organizations will deliver integrated services as Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital, which will be the first floor of the Charles A. Frederick Medical Office Complex, 1203 S. Tyler St., directly across from St. Tammany's main hospital building.

Several elements of the intensified partnership are already in place. In March Mary Bird Perkins relocated its Northshore radiation therapy and support services to the Frederick Complex. The STPH skybridge currently underway will ensure cancer center patients, physicians and visitors easier direct access to the main campus.

In the coming months, the cancer center project will progress, with December relocation of expanded STPH infusion services. Over the coming months, the cancer center will become the new home of the STPH Cancer Resource Center, oncologists' offices, palliative care and additional support services.



"The full gamut of services along with clinical trials truly improve treatment and literally save lives," said Chryl Corizzo, STPH cancer services director. "This will do that, here in our own community."

Patients and families can look to see early detection screenings, nutrition and dietary support as well as community outreach being added to the center. An onsite cancer navigator will guide patients through multifaceted courses of treatment.

Full implementation of other elements of the enhanced partnership, notably early clinical trials of new therapies, will proceed over the next three to five years, said Renea Duffin, Mary Bird Perkins vice president of cancer programs.

"The closer ties between the two programs will bring the best practices of a National Cancer Institute community cancer program



initiative to the Northshore," Duffin said, "as Mary Bird brings to Covington the best practices that we learn through our NCI program in Baton Rouge."

The center's location is a central aspect of its benefit for patients, Corizzo explained: "Dealing with cancer is challenging enough without having to travel."

"Patients want access to the best possible treatment, but they want it close to home. Renewing and strengthening this partnership expands our ability to deliver on that promise to our Northshore patients."

For more about integrated cancer care on the Northshore, contact Mary Bird Perkins in Covington at 985-875-2234 or St. Tammany Parish Hospital's Cancer Resource Center at 985-898-4581.

In Support of Cancer Care Excellence

The integrated cancer program of Mary Bird Perkins and St. Tammany Parish Hospital includes joint philanthropic efforts.

Leslie Landry, associate director of development for Mary Bird Perkins on the Northshore, leads the effort through fundraising initiatives and charitable events benefiting the joint program in the new cancer center on the STPH campus.

"My task is to seek support for the integrated cancer program, to help it provide the best possible care to patients in St. Tammany and Washington parishes," said Landry.

More information on support opportunities is available by contacting Leslie at 225-215-1429 or llandry@marybird.com.



The DIVINE Vitamin D

By Linda Keefer MD PhD

The bottom line: You'll never feel your best if you're low in Vitamin D, but more especially adults. Correcting this deficiency can be simple but must be managed carefully.

A lot of attention has been paid in recent years to Vitamin D, with nutritionists recommending since 2007 that women take higher amounts of Vitamin D and calcium for bone density. In my practice, patients low in Vitamin D say they feel stressed easily.

Vitamin D deficiency makes it harder to lose weight and easier to gain it. Vitamin D deficiency may explain elevations in blood sugar, blood pressure, increase in "stress weight" (abdominal girth), decrease in immune function and other stress-related maladies.

The American Association of Pediatrics has made recommendations to increase the level of Vitamin D in infants and children, and The Endocrine Society has issued new guidelines for supplementation in adults. Excess Vitamin D results in calcifications throughout the body, may lead to undesirable symptoms and can be fatal in high doses.

Vitamin D acts as a steroid hormone. We make this fat-soluble vitamin from cholesterol-based derivatives in the skin by action of the sun's UV B rays. However, tanning beds and foregoing sunscreen are dangerous in their own right; and our bodies' ability to produce D varies by skin color, age, UVB ray exposure and time in the sun. Taking a supplement under the supervision of a monitoring physician is the most effective and safest manner to maintain a healthy Vitamin D level.

Vitamin D is found naturally in oily fish, including tuna and salmon, and in beef liver, egg yolks and other fatty foods we discourage people from eating. It is in fortified foods such as

milk and certain cereals, but may not be in all dairy, so one should check labels. Cod liver oil is rich in vitamins D3 and A, which can also be toxic in excess.

There are generic and over-the-counter supplements of Vitamin D. In my practice, I have found the prescription ineffective at raising calcidiol levels. Although there are some caveats with the over-the-counter (OTC) forms of D3, I have had the best success with it.

By having a level check and working with a physician, patients can maintain optimal ranges, which for adults are 30 to 80, in some labs up to 100. There is agreement that 150 is toxic, and below 20 is clearly deficient. I currently recommend levels between 45 to 70 as ideal, without apparent risk for toxicity.

To meet with Dr. Keefer or her colleagues in St. Tammany Physicians Network, call 985-626-1717 in Mandeville or 985-871-5900 in Covington.

"Primary care helps to keep you healthy in the first place and to find and resolve health issues before they become acute."



Expanding Primary Care on the Northshore

STPN to open Madisonville office in 2012

Regular visits to primary care physicians help you stay healthy and make treatment for serious illness more effective. In this way, visiting your pediatrician, internist or family practitioner enhances your health through prevention and early detection of disease.

"The earlier something is caught, the better," said Dr. Bob Capitelli, chief medical officer for St. Tammany Parish Hospital. "Primary care helps to keep you healthy in the first place and to find and resolve health issues before they become acute."

St. Tammany Physicians Network will expand its commitment to excellence in primary care on the Northshore with the 2012 construction of a Madisonville office. St. Tammany Parish Hospital currently provides primary care services through Covington and Mandeville network locations and the Family Medical Clinic in Franklinton.

Yearly physicals and screenings such as mammograms and colonoscopies are examples of preventive services. The opportunity for patients and physicians to discuss issues such as proper body weight further explains primary care's connection to good health. Primary care physicians also coordinate care among specialists by tracking drug interaction and other medical therapies.

"The relationship with the physician gives you the opportunity to make changes in lifestyle to prevent against potential disease or to effectively monitor chronic conditions," said Dionne Williams, STPN practice administrator. "Having that relationship is an important element of staying healthy in the first place."

The St. Tammany Physicians Network and Family Medical Clinic take appointments for new and established patients. Call Mandeville 985-626-1717, Covington 985-871-5900 or Franklinton 985-839-9895.

Protect Against the Flu with a Yearly Vaccine

STPH Community Wellness Center offers Essential Vaccine

"We strive to meet the hospital's mission to help keep our community healthy," said Sandy Matthews, center manager, "and immunizations are such a vital part of that."

October to May is peak season for influenza, making October an ideal time for a flu vaccine.

The Community Wellness Center at St. Tammany Parish Hospital provides flu vaccinations as the most important step in protecting against influenza viruses. The Centers for Disease Control and Prevention recommends a yearly flu vaccine starting at age 6 months. Ample supplies of the 2011-12 vaccines are available at the Community Wellness Center.

"We strive to meet the hospital's mission to help keep our community healthy," said Sandy Matthews, center manager, "and immunizations are such a vital part of that."

The center also provides on-site flu immunizations to local businesses that want to provide this service to employees.

More information is available at 985-871-6030.

Health Fair Offers Vital Tests — *For Free*

As part of its commitment to the community, St. Tammany Parish Hospital recently hosted its second Fall Health Fair of free screenings and information at the Paul D. Cordes Outpatient Pavilion.

The September event included carotid artery screenings and tests to measure attendees' risk for chronic obstructive pulmonary disease. Additional screenings included flexibility assessments and index readings for blood pressure and body mass.

Other complimentary offerings included sleep apnea education and corectal cancer screenings kits.

The annual event also included treats, prizes and information on the pavilion, including the STPH Clinic for Wound Care and Hyperbaric Medicine.

Most diagnostic screenings at this year's event provided immediate results to attendees, said Danielle Carlson, STPH Wellness Works coordinator. Fair screenings were offered free to attendees, regardless of insurance status.

"We recognize that initial screenings can be out of reach for patients with high deductible health plans or alternative insurance arrangements," said Melonie Lagalante, pavilion director. "We offer this community service opportunity each fall and always include significant screenings for the general public good."

More information on services provided at the Paul D. Cordes Outpatient Pavilion is available by calling 985-871-6080.



"In some cases, it can be done in as little as five minutes," said Northshore ophthalmologist Edward Langlow MD, a glaucoma specialist.

Unique Glaucoma Treatment Now Offered at STPH *Covington Surgery Center is first in state to offer Trabectome for glaucoma*

St. Tammany Parish Hospital has expanded its ability to treat chronic glaucoma with a new minimally invasive surgery, unique in the state.

"Our investment in this technology reflects St. Tammany's commitment to quality for the Northshore," Nancy Ledet RN, surgical services director, explained.

Glaucoma is typically treated with eye drops to decrease pressure from fluid inside the eye. Laser treatment or a longstanding surgical technique called a trabeculectomy are traditional next steps when medication alone is not effective.

STPH Covington Surgery Center recently began offering this new less invasive procedure that requires less time and less sedation than traditional glaucoma surgery. Using a tiny instrument called a Trabectome, the surgeon removes a small amount of tissue inside the eye to relieve fluid buildup and enhance the eye's natural ability to drain.

Patients are sedated during the outpatient procedure, typically completed in 10 or 15 minutes, compared to as long as an hour for traditional glaucoma surgery under general anesthesia.

"In some cases, it can be done in as little as five minutes," said Northshore ophthalmologist Edward Langlow MD, a glaucoma specialist.

Trabectome leaves no incision in the eye, so there is less risk of scarring, said Lauren Horridge, head of CSC. The procedure requires fewer post-operative physician visits and involves less risk of infection or other complications, noted Dr. Langlow.

Trabectome is not appropriate for all glaucoma patients. "Open angle" glaucoma is most suited, but some patients may need to continue eye drops afterward, he said.

To date, STPH is the only Louisiana hospital using this breakthrough technology. CSC's additional eye-surgery capabilities include cataract surgery, corrective surgery for pediatric patients, reconstructive eye surgery and eyelid lifts.

More information on the STPH Covington Surgery Center is available by calling 985-898-4431.



CARING FOR WOMEN *at Every Stage of Life*

Newly opened STPH Women's Pavilion means excellence at every age

The newly opened Women's Pavilion of St. Tammany Parish Hospital is celebrating National Breast Cancer Awareness Month with expanded capabilities and technology to provide Northshore women exceptional care across the lifespan.

The spa-like facility also continues to add services for women at every stage of life, including the weekly Maternal Fetal Medicine clinic for high-risk mothers-to-be.

STPH originally brought Maternal Fetal Medicine to the main hospital campus in Covington so that high-risk Northshore patients would not have to drive to Baton Rouge or New Orleans for consultations with perinatologists.

"Those specialists now bring their expertise to expectant mothers in the healing arts environment of the Women's Pavilion," said Kerry Milton, STPH chief nursing officer.

The Women's Pavilion continues to enrich the patient experience through artistic elements related to the STPH Healing Arts Initiative, which focuses on providing a soothing, artistic ambience among patients and staff. The dedicated breast MRI room includes a sunset mural, while warm robes and a glowing fire-feature provide real and emotional warmth to patients awaiting diagnostic tests.

"We care for women in a setting that gives them a quiet, relaxing place to come take care of themselves," said Sharon Toups, STPH chief operating officer. Added Pam Ballard, pavilion manager, "Just because we have clinical excellence doesn't mean we need to look or feel clinical."

Making both routine and diagnostic screenings less stressful is a central tenet of the pavilion's design and range of care. For example, the dedicated breast MRI allows patients to come to the same place for a screening mammogram and follow-up diagnostic procedures. Specialized

radiologists consult with patients during all diagnostic procedures to answer questions they may have.

The coming months will bring additional services to the Women's Pavilion, including physical therapy, nutrition consultations and post-mastectomy lymphedema treatments, Toups said. The center will also cultivate the involvement of local artists in its unique setting, she said.

"We want to build on that peaceful feeling as we add new services for women of all ages," Toups said.

More information on the Women's Pavilion is available at 985-773-1500. Information on Healing Arts is available by contacting Charley Strickland, executive director of the St. Tammany Hospital Foundation, at 985-898-4141 or cstrickland@stph.org.

On the cover and above, the Healing Arts are evident inside and out in the décor and design of the Women's Pavilion.

STPH Calendar Highlights

As your community hospital, STPH hosts events, meetings and opportunities to improve and maintain physical and emotional well-being. A short sample of upcoming events is provided below, but please check stph.org and local newspapers for additional learning opportunities for individuals of all ages.

New Family Center Tours

**October 1 & 15, November 5 & 19,
December 3 & 17; 10 am to noon**

New Family Center at STPH

Prospective new parents can tour the New Family Center and preregister for their birth plan on first and third Saturdays each month. Tours take approximately 30 minutes. 985-898-4536

Breastfeeding Support Group

**October 6, November 3,
December 1; noon to 1pm**

STPH Parenting Center

Join our certified lactation consultant each month for questions and answers relating to breastfeeding your child. 985-898-4435.

Northshore Ostomy Support Group

**October 11, November 8
& December 13; 6:30 pm to 7:30 pm**

STPH Conference Center

This group meets on the 2nd Tuesday, monthly, to provide support for ostomates and their families and caregivers. 985-898-4581

Free Child Safety Seat Inspections

**October 13, November 10
& December 8; 9 am to noon**

STPH Parenting Center

Safety seats are inspected on the 2nd Thursday of each month. Call for an appointment. 985-898-4435

Free Breast Cancer Screenings

**October 17, November 12
& December 10; 9 am to 2 pm**

TBA-Covington / Mandeville

STPH, Mary Bird Perkins Cancer Center and Woman's Hospital are co-sponsoring free clinical breast exams for women 18 and older and screening mammograms for women 40 and older (free for women without insurance). 888-616-4687

World-class Healthcare Close to Home Tour

October 26; noon to 1:30 pm

STPH Conference Center

Free. Tour the largest, most technologically advanced hospital along the I-12 Corridor and learn how you can become involved in securing its future. Lunch provided. 985-898-4141

Monster Mash

October 29; 10 am to 3 pm

Bogue Falaya Park, 213 Park Drive, Covington

The STPH Parenting Center's annual fundraising event, Monster Mash Fun Fall Family Festival presented by Capital One, is celebrating its 22nd year! Tickets are available beginning October 1. 985-898-4435

Living Wills & End-of-Life Decisions

November 1; 2 pm to 3 pm

STPH Conference Center

St. Tammany Parish Hospital and Mary Bird Perkins Cancer Center are hosting a free panel discussion about the importance of making end-of-life healthcare decisions before a health crisis arises. 985-898-4581

Baby Chat for Siblings

November 5; 10 am to noon

STPH Conference Center

In this fun class, siblings of newborns will understand the changes that occur when mom and dad bring home the new baby. 985-898-4083

Using Lamaze Techniques

November 5 thru December 17; 4 pm to 7 pm

STPH Conference Center

Relaxation and pain control techniques will be practiced weekly over a series of 6 classes to help you through the childbirth experience. 985-898-4083

Look Good, Feel Better

November 10; 6:30 pm to 8 pm

Paul Cordes Outpatient Pavilion

Certified professional cosmetologists demonstrate beauty tips to enhance your appearance and improve your self-image during cancer treatment. 985-898-4481

Basic EKG Course

November 11 & 18; 8 am to 4:30 pm

STPH Conference Center

This 2-day program is for healthcare providers interested in learning the basics of electrocardiography. 985-898-4083

OCTOBER

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23	24	25	26	27	28	29
30	31					

NOVEMBER

31	30	1	2	3	4	5
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20	21	22	23	24	25	26
27	28	29	30	31		

DECEMBER

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

CPR for Healthcare Providers

November 12; 9 am to 1 pm

STPH Conference Center

This is an initial class for healthcare providers who require certification in basic life support. 985-898-4083

Boot Camp for New Dads

November 19; 9 am to noon

STPH Conference Center

Experienced dads offer their knowledge and demonstrate their parenting skills to new fathers. 985-898-4083

Angels of Light

December 8; 5:30 pm to 6:30 pm

STPH Lobby

Join us for this annual holiday ceremony, including the lighting of the Hospice Tree for Life adorned with Tribute Angels and a performance by the STPH Choir. Tribute Angels may be purchased in advance. 985-898-4171