Groundbreaking Neurosurgery at STPH

Advances Preserve Brain Function
A Fountain with a Purpose

Playful Fountain Distracts, Soothes Children, Parents

Northshore architect Kieran Weldon’s son with special needs was born at St. Tammany Parish Hospital. His family and caregivers worried if he would survive.

“That was 16 years ago,” said Weldon, partner in H+WB Architects.

“The care that he received was incredible,” he said.

This passion shaped Weldon’s involvement in a healing fountain and garden outside STPH’s pediatric emergency waiting area.

H+WB designed the fountain, donated draft time and renderings and made a significant gift to St. Tammany Hospital Foundation’s Pediatric Capital Campaign.

Like other elements of STH Foundation’s Healing Arts Initiative, the fountain’s purpose is improving patient healing and being through beauty and soothing distraction.

Weldon said he worked to capture a sense of play in the fountain, which shoots illuminated beams of water among four cisterns.

“It reminded me of hopscotch,” said Weldon, whose firm has worked on many STH projects over the years, including the Emergency Department expansion and pediatric ER.

Niece Suhey, STH Foundation executive director, described the fountain as “a beautiful intersection of state-of-the-art technology and the power of design and the healing arts.”

Three Decades of Halloween Fun

Monster Mash Marks its 30th Anniversary in 2018

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The 30th anniversary of STH Parenting Center’s Monster Mash fundraiser presented by Metairie Bank was held at Falaya Park in Covington.

This community-beloved festival hosts more than 2,000 families and offers a unique opportunity to enjoy a safe and fun holiday event each year.

Throughout the last 30 years, our amazing supporters have helped the Parenting Center by raising more than $1.5 million through their contributions to Monster Mash.

The generosity and support we receive is incredible,” said Lori Caja, Parenting Center executive director.

Proceeds from Monster Mash fund ongoing programs and enable the Parenting Center to introduce new services, many of which are offered at little or no cost to the community.

One of these new programs is CHOP (Cooking Healthy Options and Portions), which is offered to students ages 11 to 16 and teaches them about food and knife safety, measurements, choosing healthier options and proper portion sizes.

The mission of the Parenting Center has always been to promote confidence and competence in parenting, encourage optimal child development and enhance the well-being of the family as a whole. As our population grows, the resources required to fulfill this mission and strengthen families in our community increase as well.

The 30th anniversary of Monster Mash will combine community favorites such as the Trick-or-Treat Village, Princess and Pirate Table and live music with a few new tricks and treats to commemorate the legacy of Monster Mash and the Parenting Center.

Learn More

For more information or to sponsor Monster Mash, visit stph.org/MonsterMash or call 985-898-4435.
Growing for St. Tammany’s Future

Master-Facilities Expansion Includes All-Private Rooms, Pediatric ICU

St. Tammany Parish Hospital in coming months will begin work on a $314 million expansion that includes an addition to the existing building, more space for obstetrics and neonatal intensive care and completion of its transition to all-private patient rooms.

The project is STPH’s biggest expansion in 15 years.

STPH has already begun work on a four-bed pediatric intensive-care unit inside the main hospital that is targeted for completion by late December.

The larger, 36-month expansion project is shaped by rising community need on the fast-growing Northshore as well as expanded STPH capabilities in cardiology, neurology, pediatrics and other specialties through its partnership with Ochsner Health System.

Project planning was informed by detailed analysis of community needs, including growing use of STPH by Northshore community physicians as well as Ochsner and St. Tammany doctors.

A multi-phase parking project to make room for the new patient addition and other aspects of the expansion is already underway with some changes, including new lots east and west of Tyler St. complete.

The addition will be the most visible element of STPH’s master-facilities project to support its growth during the next five to 15 years.

The total number of patient rooms at STPH will remain at 240–250, but the expansion will add 10 critical-care beds and, for the first time, all STPH patient rooms will be private.

It is likely to include three completed floors as well as a 40,000-square-foot, fourth floor shell to accommodate future growth, said project manager Randy Willett.

The additional shell would add about $3 million to the project cost.

The goal is to break ground on the new building by the end of 2018. The 120,000-to-160,000-square-foot structure will take about two years to build, with a target completion date in July 2020, Willett said.

Components of the addition include: 30 critical-care beds on the second floor, 40 all-private med-surgery rooms on the third floor, two new operating rooms and expansion of women and children’s care, to include improvements to the hospital’s existing level III NICU.

The addition’s ground-level floor will house administrative operations including conference rooms, offices and physician parking.

The master-facilities project was in the design stage this spring and early summer in preparation for a fall summer bid process.

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The target for completion of the overall project is mid- to late 2021.

Limiting Carbs and Adding Exercise Key to Diabetes Management

Changes for Good

Limiting carbohydrates was fundamental. Lanoux instructed Kastava on counting total carbohydrates through a dietary plan and daily caloric limit that she designed according to his height and weight.

Kastava then used the techniques to make a series of changes. He switched white bread for whole wheat. He cut down on pasta and tortillas. He discovered quinoa was a delicious alternative to white rice.

“Diabetes is all about diet, so seeing a nutritionist was just common sense,” he said.

He also learned that it was important to monitor his consumption of some fruits, such as apples, which are made up mostly of water and carbohydrates.

Lanoux also suggested he limit his daily sodium to 2,500 milligrams and drink more water after she noticed he was retaining fluid in his legs. He made these changes and got visible results.

“His legs don’t have fluid anymore,” Lanoux noted.

Resistance exercise helps the body better utilize insulin, and Kastava added moderate weights to his workouts at Lanoux’s recommendation.

In consultation with Kastava’s doctor, she also suggested he increase his use of Metformin in two times a day.

“Diet and exercise were the most important changes he made,” she said.

This spring, Kastava got more good news on the effects of the changes he’s made. The level of triglycerides in his blood fell from 170 to 110 in six months.

“He was diligent about making changes, and those changes have done him a world of good,” Lanoux said.

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Craig Horn is upbeat, articulate and cancer-free months after treatment for metastatic brain tumors.

Horn, 54, is eager to share what he has learned about neurosurgery at St. Tammany Parish Hospital, where new technology and expertise have brought groundbreaking capabilities to the Northshore. “I don’t know that I could put a value on the care I received,” said Horn, an accountant who was relocating from Slidell to Georgia this summer. “I don’t know that people are aware of the expertise that is available here.”

Expanding Northshore access to specialists in neurology was a central objective of STPH’s strategic alliance with Ochsner Health System, whose neurology program is among the nation’s top-ranked.

Combined with these specialists, investment in state-of-the-art equipment throughout the past two years STPH has introduced the ability to treat many complex brain and spine conditions, including brain and pituitary tumors, aneurysms and movement disorders such as Parkinson’s disease close to home at STPH main campus in Covington. A new specialized neurosurgery operating room includes brain-navigation equipment and 3D-imaging software to help neurosurgeons identify the best way to remove a tumor while minimizing damage to surrounding brain tissue.

Including STPH and Ochsner, only a handful of U.S. hospitals have such equipment, noted neurosurgeon Sebastian Koga MD, a fellowship-trained specialist in tumors and vascular disorders of the brain who removed Horn’s initial tumor and four smaller lesions months later. “It’s a different program than even two years ago,” said Dr. Koga, medical director of the Ochsner Neuroscience Institute at STPH. “We have the people, the facilities and the equipment to treat highly complex brain and spine disorders with very few exceptions.”

STPH’s neurosurgery program now includes a neurosurgery intensive-care and recovery unit where everyone from the scrub team to nurses is a neurology specialist. "That kind of expertise raises the bar at every level," Dr. Koga said. Horn’s initial brain tumor was detected after he experienced problems walking during a hunting trip in Nebraska in fall 2017. Scans of his brain and body back home at STPH showed a tumor in his brain and cancer in the non-smoker’s lungs.

Days later, Horn underwent a craniotomy to remove the brain tumor. He spent two days at STPH, then returned home to continue his recovery. By Friday of that week—four days after the Monday surgery—he felt well enough to start making work calls from home.

Weeks later, he had surgery to remove cancerous tissue from the lower right lobe of his lung.

During a follow-up visit, Dr. Koga discovered four additional brain tumors, so arrangements were made to use gamma knife technology to destroy the lesions. Horn returned home within hours of the procedure, with no aftereffects. He compared the experience to “a dentist’s appointment.”

“He didn’t miss a beat,” said Dr. Koga, who added that the earlier craniotomy had provided him with in-depth knowledge of the anatomy of Horn’s brain and insight into where new tumors might develop.

“That is an argument for continuity of care,” he said. Horn is grateful to be back at work and enjoying favorite pursuits, including spending time with his family and friends.

Dr. Koga said getting care close to home is about more than convenience. “People with an excellent attitude do better, and anything to reduce their stress and help them get critical support from family and friends nearby is very valuable,” he said. “Patients shouldn’t have to battle brain cancer in some far-flung place. We want them to be able to get the care they need here and carry on with life.”

"I DON'T KNOW THAT I COULD PUT A VALUE ON THE CARE I RECEIVED. I DON'T KNOW THAT PEOPLE ARE AWARE OF THE EXPERTISE THAT IS AVAILABLE HERE."

- CRAIG HORN, STPH NEUROLOGY PATIENT

TO MAKE A DONATION IN SUPPORT OF NEUROSCIENCES AT ST. TAMMANY PARISH HOSPITAL CONTACT NIDCLE SUHRE AT 985-888-4171 OR NSUHRE@STPH.ORG.
Here’s Looking at Generosity

STH Foundation Honors Outstanding 2017 Donors

Period treats and music set a retro mood for St. Tammany Hospital Foundation’s Donor Recognition Celebration on May 17.

The event at Benedict’s Plantation in Mandeville honored STH Foundation donors and supporters for 2017 with the theme, “Here’s Looking at You, Kid.”

The foundation’s “Adrian” Spotlight Award for exceptional in-kind giving went to The Home Depot for providing supplies and support for the craft booth at the annual Monster Mash fundraiser for the St. Tammany Parish Hospital Parenting Center.

Event highlights included stunning theme décor, the Rolling Cones ice-cream truck and music by New Orleans jazz ensemble The Money Cookers.

Gilsbar CEO Hank Miltenberger shared insights on the importance of supporting the foundation before a special presentation from foundation board chairman, Greg Pellegrini, honoring the work of Patti Ellish, STH chief executive officer, and wishing her well on her retirement.
GURNEY GAMES
Spring 2018 events in support of St. Tammany Hospital Foundation included Gurney Games presented by fl+WB Architects, which raised funds in support of St. Tammany Parish Hospital and drew more than 500 race-watchers and participants to the Covington Trailhead.

The STPH laboratory team completed the course in the fastest time to claim the Race for Gurney Glory award. The Fan Favorite award went to the STPH education team, while STPH communication took home the prize for Best Judges’ Bribes.

RAISING THE ROOF
The winner of the 2018 Raising the Roof for Charity Raffle House grand prize drawing has close ties to STPH: she is labor and delivery nurse Corie Johnson RN, who bought her ticket in support of STH Foundation.

More than 5,300 raffle tickets were sold this spring, and 2018 marks the second year running that STH Foundation has sold the winning ticket. STH Foundation has received $163,500 to date in donations from the Northshore Home Builders Association for its participation in the Raffle House.

An Evening of Vintage Fun
THE Gala Continues Tradition of Helping Cancer Patients

A vintage Parisian circus is the theme of a new gala presented by HUB International benefiting patients and families of St. Tammany Cancer Center.

THE Gala, themed “Step into the Ring,” will be October 4 at The Southern Hotel in Covington. Highlights of the event include a champagne toast patron party, circus-style entertainment, live-art painting, silent and live auctions, games, delicious food and drinks in the hotel lobby and its courtyard.

The fundraising target is $240,000. HUB International’s role in presenting the event underscores its longstanding leadership on behalf of Northshore cancer patients and their families.

HUB International became a trailblazer of regional cancer-care fundraising in 2012, when they partnered with Mary Bird Perkins Cancer Center on the first Benefits of Home, which raised $1 million for cancer patients in recent years.

Funds raised by THE Gala will allow St. Tammany Cancer Center to continue delivering exceptional cancer care to Northshore cancer patients, while also assisting patients with potential hardships such as transportation. The cancer center houses a comprehensive approach to cancer care by STPH, OHS and MBPCC as well as community oncologists.

“The focus has always been on helping those most in need and that won’t change. It’s had a huge impact, and money raised will continue to benefit cancer patients on the Northshore.” – Kevin Gardner, senior vice president of HUB International

Additional information on support opportunities is available by contacting Melanie Rudolph, at 985-898-4141 or mrudolph@stph.org or by visiting sthfoundation.org/thegala.

GET LUCKY! GOLF TOURNAMENT
The seventh-annual Get Lucky! Golf Tournament sponsored by Refreshment Solutions on April 19 raised more than $45,000 to support the mission of STH Foundation. Beautiful weather greeted 24 teams for this year’s event at Money Hill Golf Course.

Heart to Heart Vol 14: No 3 Summer 2018
**STPH CALENDAR HIGHLIGHTS**

As the Northshore’s community health network, St. Tammany Parish Hospital hosts events, meetings and opportunities for you to improve and maintain your physical and emotional well-being. We’ve provided a short sample of the many upcoming events below, and please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

### For New Parents

**New Family Center Tours**  
1st and 3rd Saturdays  
10 a.m. or 11 a.m.  
STPH New Family Center | Free  
Learn about our private birthing suites, rooming in, skin-to-skin program and more.  
985-898-4436

**Prepared Childbirth**  
Tuesday, Aug. 14 | 6–8 p.m.  
STPH Conference Room | Free  
Learn the physical and emotional changes that occur, how your baby develops throughout pregnancy, the signs and stages of labor, what to expect during childbirth and the breathing and relaxation techniques used during labor. Anesthesia options will be discussed.  
985-898-4083

**Baby Care Basics**  
Tuesdays, Aug. 14 & Sept. 10 | 6–8 p.m.  
STPH Conference Room | Free  
Learn helpful hints and what to expect when caring for your new baby.  
985-898-4083

**Art of Breastfeeding**  
Monday, Sept. 5  
6:30-8:30 p.m.  
STPH Parenting Center | Free  
Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful breastfeeding experience.  
985-898-4083

**New Baby Support Group**  
Every Thursday | 11:15 a.m. to noon  
STPH Parenting Center | Free  
Join other mothers and their little ones to discuss child development and parenting tips with professionals as well as other parents.  
ksupan@stph.org or 985-898-4435

### For the Kids

**Play and Learn**  
Tuesdays, Aug. 14, 21 & 28  
9:30–10:15 a.m.  
STPH Parenting Center  
$15/members, $24/nonmembers  
For more information, contact ksupan@stph.org or 985-898-4435.

**Ballet**  
Wednesdays, Aug. 15, 22 & 29  
2:15–3 p.m.  
STPH Parenting Center  
$21/members, $30/nonmembers  
For more information, contact ksupan@stph.org or 985-898-4435.

**Cuddle Buddies**  
Thursdays, Aug. 16, 23 & 30  
10:30–11 a.m.  
STPH Parenting Center  
$6/members, $9/nonmembers  
For more information, contact ksupan@stph.org or 985-898-4435.

**Monster Mash**  
October 20  
Bogue Falaya Park  
stph.org/MonsterMash

### For the Grown-Ups

**Sister Survivors Support Group**  
1st Tuesday of each month | 7 p.m.  
St. Tammany Cancer Center | Free  
Support group open to any female cancer survivor, whether currently receiving treatment or has completed treatment for any cancer diagnosis.  
cmhughes@stph.org or 985-276-6832

**Bereavement Support Group**  
1st Wednesday of each month | 3 p.m.  
STPH Madisonville Conference Room  
For adults who have suffered loss.  
dvanek@stph.org

**Living Tobacco Free**  
Paul D. Cordes Outpatient Pavilion  
Louisiana residents who smoked their first cigarette before 1988 and are ready to quit smoking are eligible for free tobacco cessation counseling, one-on-one and group counseling with certified tobacco treatment specialists available.  
985-898-4468

**THE Gala**  
October 4  
Southern Hotel  
For more information contact Melanie Rudolph at mrudolph@stph.org or 985-898-4141.