

YH

YOUR HEALTH



A PUBLICATION OF BEAUREGARD MEMORIAL HOSPITAL

nothing's more important than your **health**™

Getting a Knee-Up on Arthritis Pain

More than 46 million Americans, or one in five adults, suffer from arthritis or chronic joint symptoms. Luckily, there's hope for relief.

Arthritis can best be described as joint inflammation that is recurring. Inflammation is distinguished by swelling, pain, tenderness, warmth, and stiffness with decreased mobility. Perhaps the most difficult arthritis symptoms affect mobility and movement.

"Arthritis comes in multiple forms," says Janet Lewis, MD, Orthopaedic Surgeon on staff at Beauregard Memorial Hospital. "Some of the more common forms include osteoarthritis, rheumatoid arthritis, and gouty arthropathy."

"I am glad to be on staff at BMH when patients need care, so there should never be a need to travel elsewhere," Lewis concluded.

Finding Relief

Fortunately for arthritis sufferers, there are a variety of different treatment methods ranging from oral medications, physical therapy, corticosteroid injections, and surgical options to reduce discomfort and improve mobility.

Along with the benefit of having Dr. Lewis on staff, rehabilitation services at BMH offer a full spectrum of arthritis management and treatment care.

"You do not have to live in pain and stiffness," says Christian Armetta, CCC-SLPD, Director of Rehab Services at BMH. "There are services and healing options available at BMH to help increase your quality of life."

For more information on services offered at BMH, visit www.beauregard.org or call the Rehabilitation Department at 337-462-7320.

After undergoing a total knee replacement in February, Jimmy Hickman is back to enjoying the activities he loves. "Dr. Janet Lewis is an outstanding surgeon. I recommend her to anyone needing orthopaedic services," says Jimmy. "Also, the nursing and rehab staff at BMH are second to none. There is no need to leave town for healthcare and orthopaedic services. We have the best right here at home!"



Electronic Health Records Are Here!

Beauregard Memorial Hospital has always been committed to enhancing the safety of patients and is now excited to announce our successful transition to electronic health records, or EHR. By electronically documenting patients' medical history, prescriptions, and physician notes, EHR will minimize the risk of human error and therefore increase effectiveness and safety for patients.

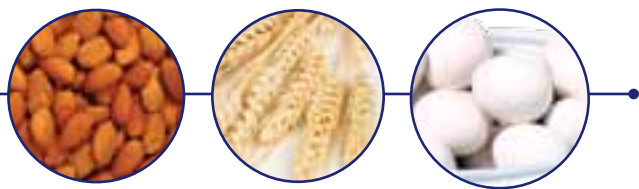
Vitamins and Your Children—An Essential Partnership

Q: What's the best type of vitamin to give my child?

A: There are two main types of children's vitamins: chewable vitamins and gummy vitamins. The more popular of the two is the gummy vitamin. However, pediatricians find it preferable to give children the chewable version because of higher levels of cavity-causing sugars in gummy vitamins.

Q: My child refuses to eat a healthy diet. Can I use vitamins to replace healthy foods?

A: Vitamins are meant for use as a supplement, not a replacement. If your child is having trouble embracing a healthy diet, involve your child more in food decisions. Take him or her grocery shopping and have your child help prepare or arrange foods.



I Think I'm Allergic to That...

In order to maintain your well-being, it is imperative that you make your physician aware of any allergies you may have, as well as all prescription and over-the-counter medications you are currently taking.

Take a moment to record your allergies and keep this list with you for a quick reference.

I am allergic to these foods:

- milk
- pecans
- walnuts
- eggs
- shellfish
- peanuts
- soy
- wheat
- other _____

I am allergic to these medications:

- ibuprofen
- penicillin
- erythromycin
- other _____

I am currently taking these medications:

- _____
- _____
- _____
- _____

Recognized for *Quality Care*

Beauregard Memorial Hospital was honored with the Silver Level 2009 Louisiana Hospital Quality Award—a true testament to our commitment to improving patient care, specifically in the areas of acute myocardial infarction, heart failure, pneumonia, and surgical care.

“We use proven, evidence-based practices to ensure that consistent medical care for all patients is carried out,” says Vicky Gray, RN, Director of Quality Improvement at BMH. “We are proud of the quality improvement initiatives at BMH, and each day we are realizing the direct benefits as patient health improves and lives are saved.”

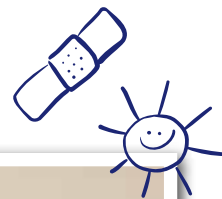
For the latest hospital news and events, visit www.beauregard.org.



Front Row: (left to right) Ted Badger, FACHE, CEO; Christian Armetta, CCC-SLPD, Director of Rehabilitation Services; Kathy Anderson, RN; and Jackie Reviel, RN, Interim VP Patient Care Services. Back Row: (left to right) Darren Caillouet, CRNA, Director of Anesthesia; Terra Bailey, RN, Interim Director of Labor & Delivery/Nursery; Leah Clayton, Dietitian, Director of Nutritional Services; Alan Slaydon, RRT, Director of Cardio/Pulmonary Services; Bonnie Smart, RN, Quality Improvement Data Specialist; Ellen Mount, RN, Director of Surgery/Same Day Surgery; and Vicky Gray, RN, Director of Quality Improvement.



Meet Our New Pediatric Dynamic Duo



In April, Beauregard Memorial Hospital was pleased to welcome James Jang, MD, and Jessica Jang, MD, Pediatricians at Pelican Pediatrics in DeRidder.

The Drs. Jang were attracted to pediatrics out of a love of caring for children and the gratification of seeing kids rebound quickly from injury or illness. Dr. James Jang, a graduate of the University of Tennessee College of Medicine in Memphis, Tenn., and Dr. Jessica Jang, a graduate of the Joan C. Edwards School of Medicine at Marshall University in Huntington, W.Va., met while performing their residencies at Tulane University Health Sciences Center and Ochsner Clinic Foundation in New Orleans.



James Jang, MD, and Jessica Jang, MD



A Well-Rounded Practice

The Drs. Jang established their practice at 101 West 6th Street, where their individual areas of expertise complement each other in caring for children from infancy through age 18.

“James has special interests in general pediatrics and emergency medicine, while I have experience in caring for kids with chronic problems like heart defects and lung disorders,” says Dr. Jessica Jang. “We enjoy working with each other because our different skills enhance our practice.”

Dr. James Jang agrees.

“Jessica and I are glad to be in DeRidder and to be part of Beauregard Parish and the surrounding communities,” says Dr. James Jang. “We look forward to working with our patients and their parents to deliver the best care possible.”

To make an appointment with the Drs. Jang, call (337) 462-8636.

Adding to Our Team of *Excellence*

Beauregard Memorial Hospital is pleased to welcome Andres Guillermo, MD, Family Practice Physician, to the hospital. Dr. Guillermo, a native of Thibodaux, Louisiana, attended medical school at American University of the Caribbean School of Medicine in St. Maarten. He completed his third and fourth year clinical rotations at Lutheran Medical Center in Brooklyn, New York, and the Louisiana State University School of Medicine in Shreveport, Louisiana. Dr. Guillermo then completed a family medicine residency at Lake Charles Memorial Hospital in Louisiana.

“I am very excited to join the Beauregard team,” says Dr. Guillermo. “I look forward to working to help better meet the needs of patients in the community.”

Building Bonds

The son of a physician, Dr. Guillermo has always had a passion for medicine.

“I chose to practice family medicine because I enjoy caring for patients of all ages that have a variety of health conditions,” Dr. Guillermo says. “Family medicine allows me to provide continuing, comprehensive healthcare for the individual and family. I am an attentive listener and hope to build close relationships with my patients.”

When he’s not working, Dr. Guillermo enjoys spending time with his family and traveling around the country. He also enjoys playing tennis and staying active.

Dr. Guillermo is now accepting new patients at the Guillermo Family Medical Clinic, located at 301 South Washington Street, Suite A, in DeRidder. To schedule an appointment with Dr. Guillermo, call (337) 460-7688.



Andres Guillermo, MD



This is a
recyclable product.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Seeing You Clearly

The Radiology Department at Beauregard Memorial Hospital provides immediate access to digital X-ray images with the implementation of the NOVARAD South RIS/PACS system.

Each day at BMH, digital X-ray images are verified by radiologists and stored in the picture archiving and communication system (PACS). PACS is the digital solution to the process involved in medical imaging. The BMH Radiology Department made the transition to PACS in November 2009.

“PACS has transformed the way we provide our service,” says Ray London, Director of Radiology and Imaging at BMH.

Images are developed via laser images obtained from a cassette, and then archived to a large mainframe computer. The radiologist reads or interprets from a



Colinda Thomas, Office Manager/PACS Administrator, and Amy Amer, BSRT, US

computer screen and communicates the findings via a report. The pictures and report, which are saved in PACS, may be immediately viewed.

“Now, each physician involved in a patient’s coordinated care can view the image at BMH, in his or her office, or from any computer which is connected to the internet,” says London. “This is a huge improvement to the way we obtain medical pictures, archive the pictures, and communicate the images and reports to the medical community.”

To schedule your imaging appointment, call (337) 462-8788.



Streamlining Registration

Pre-registering online streamlines the admission process for patients at Beauregard Memorial Hospital, who can go to www.beauregard.org and pre-register at their own pace.

In addition to a faster check-in, laboratory patients who pre-register also have access to reserved parking spaces on the south side of the hospital. Pre-registration is available 24 hours prior to scheduled tests or by noon on Friday if your appointment is scheduled for Monday.

For questions about pre-registration, call (337) 462-8788.