

Life & Health

FALL 2015

A JOURNAL DEVOTED TO HEALTHFUL LIVING

FALL
2015

HEALTHY LIVING EXPO

Check it out in Chase City on Saturday, Sept. 26!

TURNING a healthy corner in your life and taking better care of yourself doesn't have to be confined to New Year's resolutions or the start of a warmer season. Fall is a fine time to get outside, get some exercise and find the healthy side of life.

That's why Sentara Halifax Regional Hospital, and all its associated facilities, is offering the Fall 2015 Healthy Living Expo in Chase City on Saturday, Sept. 26. The Expo will be held at the Estes Community Center from 9 to 11 a.m. and will feature a wide variety of screenings, seminars and sources of good information.

"Many people are familiar with the Healthy Living Expo presented by Sentara Halifax Regional Hospital every spring and located in South Boston," says Olivia Epps, manager



of marketing and communications for Sentara Halifax Regional Hospital. "This opportunity—having the Expo in Chase City—is meant to offer this signature event and all it has to offer to more of the patients we serve. Good health is something we want people to think about throughout the year, and offering the Expo in the fall is one way we can keep healthy living—and the services we have to help people achieve that goal—at the forefront of people's minds."

Free screenings and seminars will include:

- ▶ Blood pressure and body mass index
- ▶ Cholesterol and blood sugar
- ▶ Oral health
- ▶ Breast health

You can also get lifestyle tips about:

- ▶ Depression and anxiety
- ▶ Stress management
- ▶ Sleep disorders
- ▶ Diabetes
- ▶ Long-term care
- ▶ Cardiopulmonary rehabilitation
- ▶ Quitting smoking
- ▶ Weight management and nutrition
- ▶ Exercise
- ▶ Pregnancy and children's health

All of this and more, including drawings for door prizes, is waiting for you at the Healthy Living Expo on Sept. 26 in Chase City. We look forward to seeing you there!

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HEALTH Night Out

Care for the girls!

October is Breast Cancer Awareness Month, and Sentara Halifax Regional Hospital is highlighting breast health with two comprehensive Health Night Out programs, featuring general surgeons Michael Tozzi, D.O., Lovetta Pugh, M.D., and Michelle Helms, M.D., along with Michelle Gibson, ANP-C, MSN, AOCNP.

Breast cancer knows no boundaries, be they age, ethnicity, gender, socio-economic status or geographic location. According to the National Breast Cancer Foundation:

- ▶ One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- ▶ Breast cancer is the most commonly diagnosed cancer in women.
- ▶ More than 200,000 new cases of invasive breast cancer and more than 40,000 breast cancer deaths will occur in 2015.
- ▶ Cancer is the second leading cause of death among women.

Because of statistics like these, breast health is a crucial part of every woman's life. Knowing what is normal, what isn't and how to tell the difference is a lifesaving skill in which all women should feel confident. Come explore the many facets of total breast health with us, including:

- ▶ Breast self-exams
- ▶ Mammography
- ▶ Knowing when to see a doctor
- ▶ Breast cancer treatment options

Mark your calendar



Michael Tozzi, D.O.



Lovetta Pugh, M.D., and
Michelle Helms, M.D.



Michelle Gibson,
ANP-C, MSN, AOCNP

"Health Night Out: Breast Health" with guest speaker Dr. Tozzi will be presented on **Tuesday, Oct. 13, 6:30 p.m.** in the Community Room at Sentara MeadowView Terrace in Mecklenburg County.

Guest speakers Dr. Pugh and Dr. Helms, as well as Michelle Gibson, ANP-C, MSN, AOCNP, of Sentara Southside Hematology & Oncology, will present "Health Night Out: Breast Health" on **Thursday, Oct. 15, 6:30 p.m.** in the Leggett Auditorium at Sentara Halifax Regional Hospital in Halifax County.



Attendance is free, but registration is required. Call **434-517-8029**.

No-cost mammograms available now

Are you: • Uninsured? • Underinsured?
• Between the ages of 40 and 64?

If so, you may qualify for a no-cost mammogram, courtesy of the Susan G. Komen grant received by Sentara

Halifax Regional Hospital.

For more information or to schedule your mammogram, please call our breast health coordinator at **434-517-3932**.





OCCUPATIONAL THERAPY

Improving your life

YOU don't have to be injured on the job or even have a job to benefit from seeing an occupational therapist (OT).

If you have a disabling mental or physical condition, an OT can help you improve your ability to perform tasks at home as well as in the workplace.

"Occupational therapy can help you improve the quality of your life from the time you wake up to the time you go to bed, from self-care to community activities to hobbies," says Sharlene Levesque, certified occupational therapy assistant, of Cox Rehabilitation Center, a Sentara facility on the campus of Sentara Halifax Regional Hospital in South Boston, Virginia.

How an OT can help

An OT is a highly trained healthcare professional who helps people who have been through some type of life-changing experience—such as a brain injury or stroke—improve basic motor skills and find other ways to master the tasks of daily work or home life.

For example, if you've had a stroke and are paralyzed on one side of your body, an OT can help you learn how to do things one-handed or relearn how to use the impaired side of your body.



Sharlene Levesque, COTA

According to the American Occupational Therapy Association, you may benefit from occupational therapy if you have:

- ▶ A work-related injury, such as a low-back problem or a repetitive stress ailment
- ▶ Arthritis, cerebral palsy or another chronic health condition
- ▶ Mental health or behavioral problems, including Alzheimer's disease and post-traumatic stress disorder
- ▶ Problems with drug or alcohol abuse
- ▶ A spinal cord injury, an amputation or a burn-related injury

Making your life easier

An OT can help you with all types of activities, from using a computer to caring for daily needs—such as dressing, cooking and eating—to finding a suitable job. An OT can also aid you in setting up an exercise program to increase strength and dexterity and teach you how to use adaptive devices, such as wheelchairs.

"Being able to live life to the fullest is very important, and an occupational therapist can help get you there," Levesque says.

To find out more, call Cox Rehabilitation Center at **434-517-3169** or visit **www.sentara.com**.

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HEALTHY LIVING EXPO

Screenings and seminars

- ▶ Learn your blood pressure and what to do if it's too high or too low.
- ▶ Learn your body mass index and what to do to get it on track.
- ▶ Learn your cholesterol and blood glucose levels—with a quick stick of a finger. To make an appointment for this finger stick, call **434-517-8029**.
- ▶ Learn how to prevent cardiovascular disease and stroke.
- ▶ Surgeons from Sentara Halifax General Surgery will offer breast health seminars every 30 minutes. They will explain how to do breast self-exams and what to look for.

Conquer your concerns

- ▶ Think you might be depressed? Take a depression/anxiety screening, and learn what to do if you are.
- ▶ Learn about stress management.
- ▶ Take a sleep disorder screening and learn how sleep studies might help.
- ▶ Worried about diabetes? Ask the experts what to do about it.
- ▶ For future long-term care needs, visit with representatives from Sentara Woodview and Sentara MeadowView Terrace.
- ▶ Learn how cardiopulmonary rehab can help you become fit.
- ▶ Are you a smoker? See the Jar of Tar and learn ways to quit.
- ▶ Talk to our dietitian about nutrition, weight loss and exercise. Enjoy a sample of tasty, healthy foods, and take the recipe home with you.
- ▶ Find out about the Family Birthing Center at Sentara Halifax Regional Hospital and health care for children at Sentara Halifax Pediatrics.

Coming to
Chase City



Caring, above and beyond



Read more
patient stories! Visit
www.sentara.com and
click on "Health and
Wellness"



or call Sentara Halifax
General Surgery at
434-517-3910.



Edward S. Purvis II, M.D.

Early one morning, Megan Ferrell began experiencing what she thought might be cramps in her abdomen. By that evening, the pain was so intense that Megan could barely move. "Finally, my husband told me that he was going to take me to the emergency room because I was lying in a ball on the floor," Megan recalls.

After arriving at Sentara Halifax Regional Hospital emergency room, Megan learned she had gallstones. She was referred to Edward S. Purvis II, M.D., from Sentara Halifax General Surgery.

During the gallstone removal process, the doctor found a web of tissue in Megan's throat. The web had to be broken before inserting the scope.

"After the stone removal surgery, Dr. Purvis was nice about the pain in my throat," Megan says. "He held off on doing the actual gallbladder surgery until that pain was gone."

Answering questions

Prior to the gallbladder removal surgery, Megan had lots of questions and concerns. Her family did as well. They all felt comforted by Dr. Purvis' kindness and willingness to explain things in a way that they could easily understand.

"He explained everything beforehand. He drew pictures," Megan remembers. "He was understanding and wanted to make sure I knew what was going on. That meant a lot to me."

After a two-day hospital stay, Megan had two follow-up visits with Dr. Purvis—one to check the surgery and the second to re-check her throat.

"Dr. Purvis made me feel important," says Megan. "I liked that he was concerned about the pain I was having from something other than my gallbladder. I didn't feel like just another patient."

Helping and healing

After experiencing persistent pain in his lower torso for a while, Jeffery Davis decided to attend a Health Night Out in his hometown of Chase City, Virginia. With Michael Tozzi, D.O., from Sentara Halifax General Surgery, as the speaker, Jeffery thought he might find some answers.

“Every time I would go shopping with my wife or if I would stand for a long time, I was experiencing a lot of pain, and I would have to sit down,” Jeffery remembers. “I didn’t know what it was. It felt like a burning sensation.”

While attending the Health Night Out, Jeffery was pleased to hear Dr. Tozzi talk about the symptoms he was experiencing.

“It turned out that I needed a hernia repair,” says Jeffery. “He gave a lot of information about the problem, and later I decided, as the pain persisted, that something needed to be done about it.”

Standing strong

Jeffery visited his primary care provider who, by chance, referred Jeffery to Dr. Tozzi.

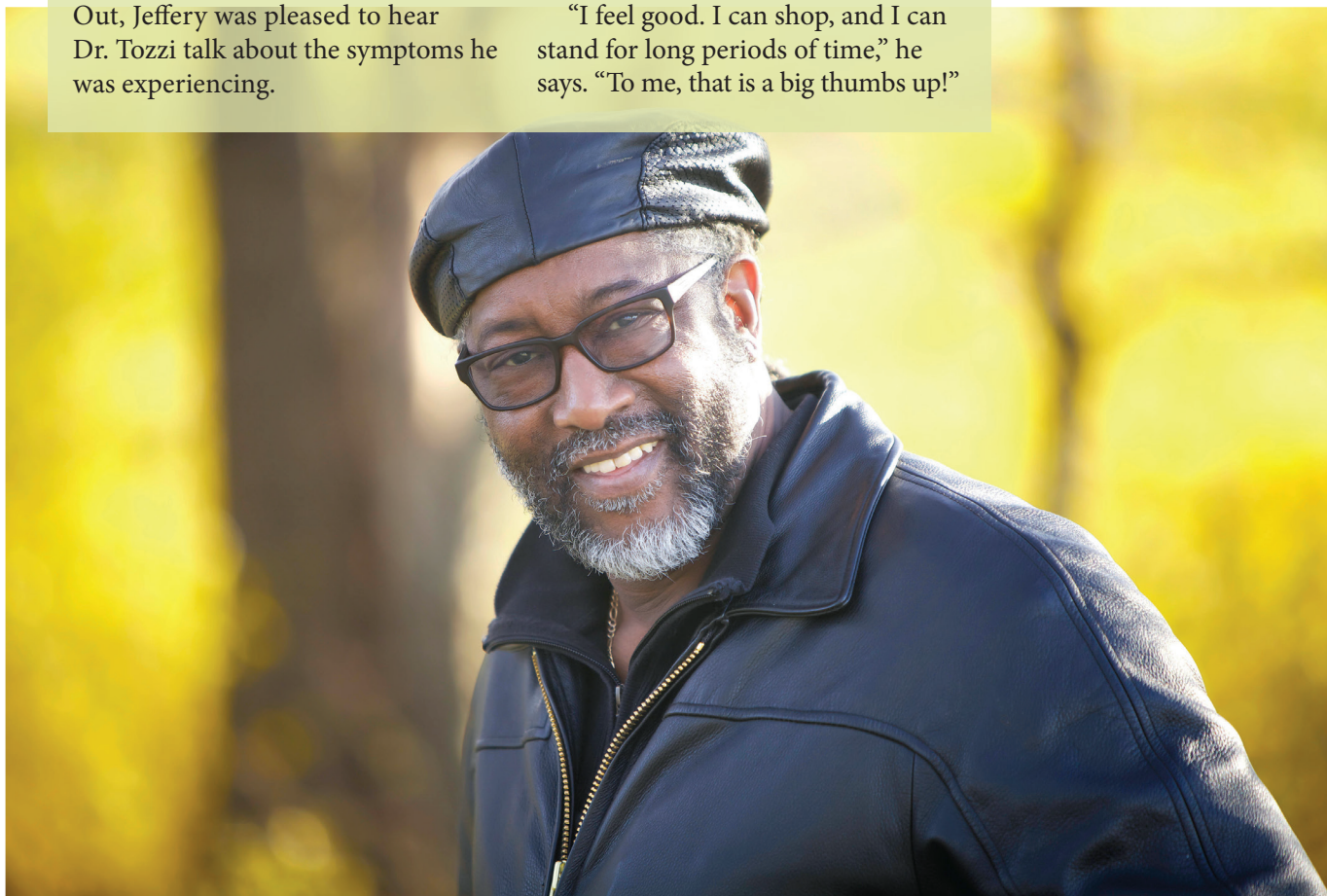
Going into the surgery, Jeffery was a little anxious, but he had confidence that Dr. Tozzi would get to the root of the problem.

After having the hernia repair, Jeffery is feeling like himself again. His pain is gone, and he is able to do things he hasn’t been able to do in quite some time.

“I feel good. I can shop, and I can stand for long periods of time,” he says. “To me, that is a big thumbs up!”



Michael Tozzi, D.O.



Because sickness can't be scheduled

Longer office hours make it easier to see your provider

BUILDING additions and renovations and providing Saturday office hours are just a couple of the highlights dotting the history of Sentara Halifax Family Medicine since it first opened in 2009. Now Sentara Halifax Family Medicine has made one of the biggest changes ever, all in the name of providing better access for patients.

Sentara Halifax Family Medicine began offering extended office hours on Sept. 1. The practice is open Monday through Friday, 7 a.m. to 7 p.m., and both appointments and walk-ins are available. The practice remains open on Saturdays from 8 a.m. to noon as well.

"People don't just get sick between 8 a.m. and 5 p.m., and we understand they may need to see the healthcare provider at an earlier or later time," says Grey Watson, practice operations manager for Sentara Dominion Health Medical Associates. "We also understand that people who work may have a difficult time being away from their job, even for regular checkups and appointments. We want to make it easier for patients to see their provider when it is most convenient for them."

Care for you

Sentara Halifax Family Medicine currently has eight providers: four physicians and four nurse practitioners.

As with all primary care and specialty care offices, patients have the ability to register online with My Halifax Medical Record and get connected with their providers. The online portal provides additional ease of access for patients and helps provide a central location for personal health information. Patients can learn more by visiting www.sentara.com



and clicking on "Patient Login" at the top of the screen.

Listening to patients

"We've worked hard to create a schedule with the providers and the staff which works well for them while offering the extended hours we want to provide our community," Watson says. "We look forward to

seeing how these extended hours are used by our community during the next three months. At that point, we will evaluate the program and determine how to move forward and if any improvements need to be made."



Visit www.sentara.com to learn more about Sentara Halifax Family Medicine and all its providers.

Our services

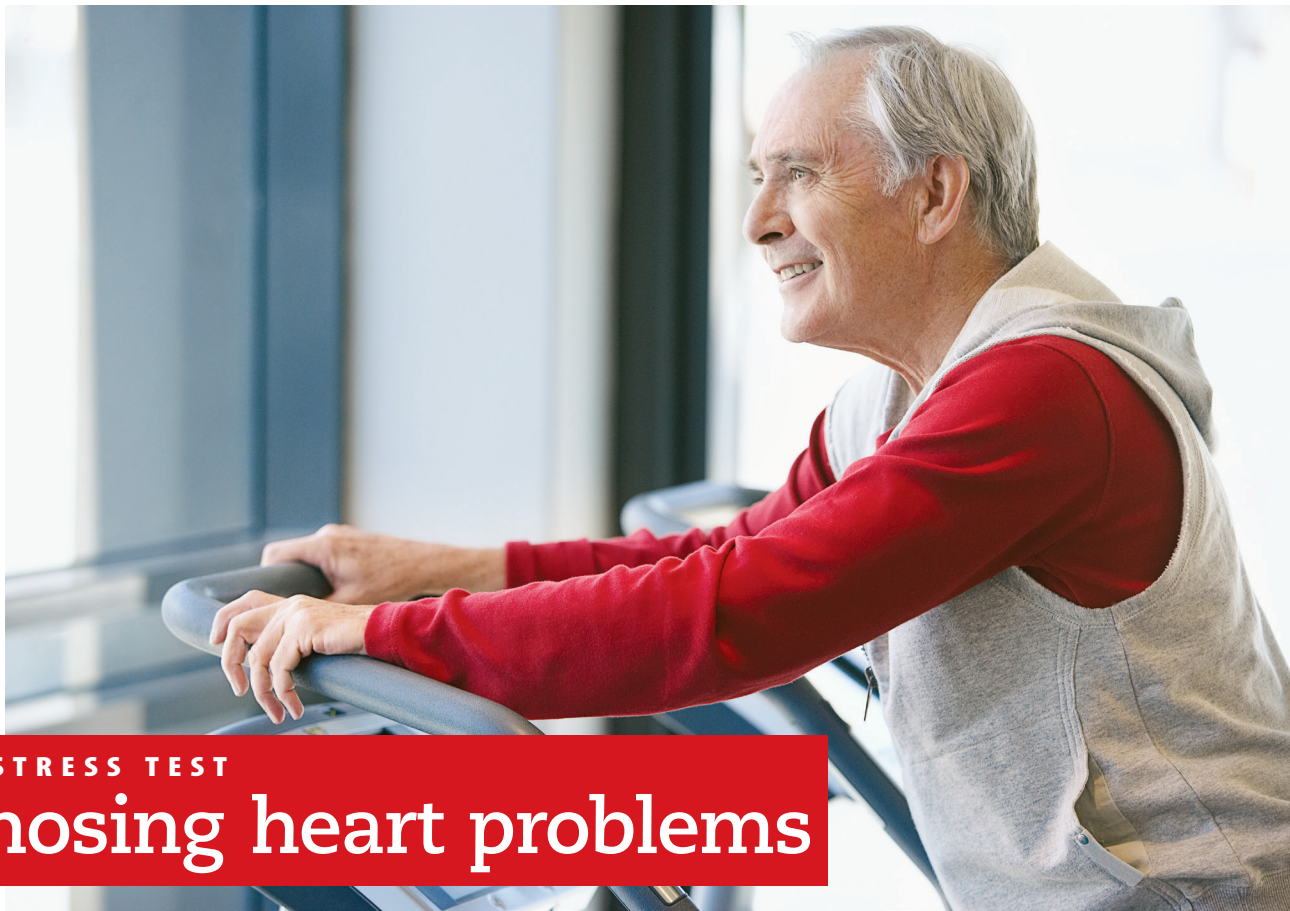
Healthcare services offered include:

- ▶ Family health care
- ▶ Acute and chronic health care
- ▶ Adult and child immunizations
- ▶ Sports physicals
- ▶ Department of Transportation (DOT) physicals
- ▶ Workers' compensation care

New hours!

- ▶ Monday through Friday, 7 a.m. to 7 p.m.
- ▶ Saturdays, 8 a.m. to noon

Phone number:
434-517-3879



CARDIAC STRESS TEST

Diagnosing heart problems

A short walk that takes you nowhere can tell your doctor a lot about your heart.

A stress test, which is also sometimes called a treadmill or exercise test, is a safe procedure that helps your doctor find out how well your heart works during physical stress. As your body works harder, it requires more oxygen and your heart has to pump more blood.

The test can determine if there is an insufficient supply of blood to your heart.

How is it done?

Before the test begins, electrodes will be attached to your chest and arms or shoulders. An electrocardiography machine will be used to record your heartbeat and heart rhythm.

You will then be asked to walk slowly in place on a treadmill. During the test, the treadmill will tilt so that you feel like you are walking up

a small hill. The treadmill will also change speeds to make you walk faster and make your heart work harder.

A technician will monitor your heart rate, breathing, blood pressure and how tired you feel. You can ask to stop at any time.

Near the end of the test, you may be asked to breathe into a tube for a couple of minutes so that your breathing can be measured.

After slowing down for a few minutes, you will be asked to sit or lie down, and your heart and blood pressure will be checked.

What might it reveal?

Stress tests are usually used to

A stress test helps your doctor find out how well your heart works during physical stress.

help diagnose or assess coronary artery disease. But your doctor may also recommend a stress test to:

- ▶ Diagnose symptoms such as chest pain, shortness of breath or light-headedness
- ▶ Determine how much and how long you should exercise
- ▶ Predict your future risk of dangerous heart-related conditions, such as a heart attack

Dorothy Satterfield, cardiopulmonary rehabilitation coordinator, of Sentara Halifax Regional Hospital, emphasizes just how important scheduling a stress test can be.

“Stress testing is an invaluable tool that allows your cardiologist to establish a baseline if you are having symptoms, such as chest pain, or if you have existing risk factors for heart disease,” Satterfield says. “It can be done with or without medication and takes only a few minutes to complete.”

Source: American Heart Association



HEALTH Night Out

Celebrating breast health!

Oct. 13: Michael Tozzi, D.O.

Oct. 15: Lovetta Pugh, M.D.,
Michelle Helms, M.D., and Michelle
Gibson, ANP-C, MSN, AOCNP

Turn to page 2 for details.

calendar

See and search our entire event calendar online. Go to www.sentara.com and click on "Classes & Events." All classes are located at Sentara Halifax Regional Hospital, unless otherwise indicated.



Alzheimer's Support Group

**Fourth Wednesday of each month,
Oct. 28, Nov. 25, Dec. 23, 3:30 p.m.**
Sentara Woodview, 103 Rosehill Drive,
South Boston

Join others who are caring for someone with Alzheimer's disease or a similar form of dementia. Call **434-517-7534** for more information.

The Arc of Southern Virginia

Tuesday, Dec. 1, 6:30 p.m.
Leggett Auditorium

The Arc helps people with intellectual and developmental disabilities in Mecklenburg, Halifax and Charlotte counties to be fully active in their communities. Call **434-222-8931** for more information.

Baby Basics and Beyond

Monday, Nov. 23, 7 to 9:30 p.m.
Edmunds Room

Especially beneficial for first-time moms and dads. Topics include diapering, infant illnesses, feeding and bathing a newborn, cord and circumcision care, and much more. Call the Family Birthing Center at Sentara Halifax Regional Hospital at **434-517-3336** to register.

Better Breathers Support Group

Thursday, Sept. 24, Oct. 22, Nov. 19, 6 p.m.
Edmunds Room

For people who have lung problems, who are caring for someone with lung disease or who are interested in learning about lung disease. To learn more, call **434-517-3846**.



Bosom Buddies Support Group

Monday, Oct. 12, 7 to 9 p.m.
Edmunds Room

Bosom Buddies is open to anyone who has breast cancer or is interested in learning more about breast cancer. Call **434-374-5207** for more information.

Breastfeeding Class

Monday, Nov. 16, 7 to 9:30 p.m.
Fuller-Roberts Conference Room

This class prepares moms-to-be for successful breastfeeding experiences. To register, call **434-517-3336**.

Diabetes Group Class

► **Thursday, Oct. 15, 22, 29, 5:30 to 8:30 p.m.**
Leggett Auditorium
► **Tuesday, Nov. 10, 17, 24, 1 to 4 p.m.**
Fuller-Roberts Conference Room

Learn to monitor your blood glucose levels, take medication appropriately, plan nutritious meals and snacks, make exercise an important part of your life, manage stress, and prevent complications related to diabetes. Registration is required. Call **434-517-3804**. Free.

Good Grief

Last Thursday of each month, Oct. 29, Nov. 26, Dec. 31, 2 to 3 p.m.

Fuller-Roberts Conference Room

For individuals experiencing unresolved grief, help is now available through a group called Good Grief. The group is designed for people who have been unable to find a good way to cope following any loss. Call **434-517-3339** for more information.

Look Good...Feel Better

Dates scheduled as requested

This hourlong workshop for women undergoing active cancer treatment explains how to moisturize your skin, add color and excitement to your face, and achieve a brighter outlook on life. Free skin care/makeup kit for participants. Registration is required. Call **434-476-2714** for more information.

Prepared Childbirth Class

Saturday, Oct. 10, Dec. 5, 8:30 a.m. to 4:30 p.m.

Activity room in former skilled care unit
Edmunds Room

Moms-to-be and their birthing partners learn how to work together to have a positive birthing experience. Class includes discussion of relaxation techniques, anesthesia and postpartum adjustments, as well as a tour of the Family Birthing Center at Sentara Halifax Regional Hospital. Call **434-517-3336** to register or for more information. Fee required.

Stroke/Aphasia Support Group

► **Tuesday, Oct. 13, 2 p.m.**
Fuller-Roberts Conference Room
► **Tuesday, Nov. 10, Dec. 8**
Edmunds Room

This support group is for stroke survivors, co-survivors, and anyone wishing to learn more about stroke and aphasia. Call **434-454-7606** for more information.