ThompsonHealth has a brand new look, new features

ThompsonHealth’s Web site has been expanded and redesigned, with many new features that make it easier to find and use health information.

Here are some highlights:

- Bill payment feature lets you pay your Thompson bill online using your credit or debit card.
- Community calendar: Interested in attending an upcoming class or fundraising event at Thompson? Check out our community health calendar for details and times.
- Registration form to register for Wellness classes from our Web site.
- Job search: Thompson’s new site makes it easier than ever to apply for a job online. Post your resume online, if that’s not an opening in your area of expertise right now, your resume will be archived with Thompson’s Human Resources department for future references.
- Find a Doctor: The Web site is a searchable database of our doctors by specialty or goal.

Health news: The Health Information portion of our site is a great resource. It has detailed information and videos on conditions, medical procedures and treatments. Instructions are interactive features such as health self-evaluations, as “an -nuating” nurse to view body systems and a conditions navigator to view the impact of health problems on the body.

In the News: The ThompsonHealth team is dedicated to providing you with the latest news and information about health care. We’ll post articles and information here about topics that interest you. Join us on Facebook and Twitter to stay up to date.

Sign up for ThompsonHealth’s free monthly e-newsletter, which features health tips and information about upcoming events.

www.thompsonhealth.com

WHEN TO CALL...”

When in doubt, you should be interested in attending any of the following educational programs or utilizing any of the following services.

- Nutrition and Special Diets
- Healthy Cooking Workshops
- Insulin Information Sessions
- Yoga, Tai Chi, Self Defense, etc.
- Stress Management Classes
- Self-management Classes

As obvious as this sounds, many vacationers show up at Thompson Hospital because some areas do not have quality health care; hospitals that are convenient and are not overwhelmed by major trauma or other critical ill patients.

WHAT IS INTERVENTIONAL RADIOLOGY?

Interventional radiology uses advanced imaging technology to make fluoro, x-ray, ultrasound, computerized tomography (CT) and other imaging techniques. Before guide- small medical instruments through the body to the site of a problem is repair.

C A L E N D A R O F E V E N T S

Summer 2007 Survey

We are interested in the needs of our community.

Please take a moment to answer the following questions to help guide Thompson Health in future planning and partnership development.

- Your age:
- Do you have health insurance?
- What would you like to be interested in attending any of the following programs or utilizing any of the following services?
- If you are interested, what are your needs?
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Help for dementia patients, caregivers

It’s estimated that as many as 50 million people in the U.S. suffer from dementia. Alzheimer’s disease continues to grow with elderly populations, but conditions such as Parkinson’s disease, Huntington’s disease, and Lewy body disease also play roles. Alzheimer’s disease is the most common form of dementia, and it affects memory, thinking, and behavior. There is no cure for Alzheimer’s disease, but treatment can help manage its symptoms. The goal of treatment is to improve quality of life for both the patient and their caregivers.

WHAT IS DEMENTIA?

Dementia is a general term for a group of central nervous system disorders that may cause memory, behavior, learning, and communication problems. Common causes of dementia include Alzheimer’s disease, Parkinson’s disease, and vascular dementia.

Causes of Dementia

- Alzheimer’s disease
- Parkinson’s disease
- Vascular disease
- Brain trauma
- Infections (e.g., HIV, H1N1)
- Metabolic disorders (e.g., thyroid problems, vitamin B12 deficiency)

Signs of Dementia

- Difficulty with memory
- Problems with communication
- Changes in mood or personality
- Trouble with judgment or problem solving
- Difficulty with daily tasks
- Disorientation to time or place
- Changes in eating or sleeping habits
- Lengthy periods of forgetfulness
- Incontinence

What can you do to help?

- Support the patient’s daily routine
- Use simple, short sentences
- Write things down
- Keep things in familiar places
- Encourage physical activity
- Offer tasty, nutritious snacks
- Keep medications accessible
- Encourage social interaction
- Provide a quiet environment

Careers in healthcare

Many opportunities, career options for doctors

The healthcare industry is one of the largest and most diverse sectors of the economy. It encompasses a wide range of occupations, from doctors and nurses to administrators and support staff. Here are some career options for doctors in various specialties.

- Family Practice
- Internal Medicine
- General Surgery
- Cardiology
- Neurology
- Radiology
- Orthopedics
- Dermatology
- Ophthalmology
- Pathology

As of 2023, the average salary for a medical doctor in the United States is $208,000 per year. However, salaries can vary greatly depending on the specific specialty and location. Some doctors may earn significantly more, while others may earn less. It’s important to consider factors such as experience, location, and demand when exploring career options in healthcare.

Conclusion

The healthcare industry offers a wide range of career opportunities for doctors. With a commitment to helping others, a career in healthcare can be rewarding in many ways. Whether you are interested in working with patients directly or in research, there are many paths to explore. As healthcare needs continue to evolve, the opportunities for growth and innovation are endless.

Customer satisfaction is always our goal at Thompson

At Thompson Health, we’re always striving to improve customer service. “Always” is the key word, we strive to meet or exceed the expectations of our patients and visitors.

We use this feedback to continuously improve the way we serve all our customers and visitors.

Now we are expanding our survey process to include our surgical patient satisfaction surveys, as well as our post-surgical patient satisfaction surveys, in an effort to improve overall patient experience. Everything we do, from our purchase of new technology to the way our nurses greet patients, is designed to make the patient visit as comfortable as possible.

We also gather data with help from our customers, such as customers, visitors, and staff. We have a feedback form that can be filled out by anyone who has visited Thompson Health.

The feedback form is available at Thompson Health’s Shortsville Family Practice.

For more information, please visit the Thompson Health website or call our customer service line at (585) 728-4200.

CONTINUED FROM FRONT COVER

New services available

Thompson Health is pleased to announce the availability of new services, including virtual colonoscopy and stenting.

Virtual colonoscopy is an advanced diagnostic imaging technique that uses a computer program to create detailed images of the colon. This allows doctors to detect and diagnose problems such as polyps, tumors, and inflammation. Stenting is a procedure that involves placing a small metal tube inside a narrowed blood vessel to help keep it open.

These new services are available at Thompson Health’s Shortsville Family Practice. For more information, please call (585) 728-4200.

CONSULTANT: Linda Janczak, P.A.

We are proud to announce the arrival of Linda Janczak, P.A. to the Thompson Health workforce. Linda brings with her a wealth of knowledge and experience in the medical field.

Linda Janczak has spent over 20 years in the medical field, working in various capacities. She has a Bachelor of Science degree in Nursing from Buffalo State College and a Master of Science degree in Physician Assistant Studies from SUNY Upstate Medical University. Linda is-board certified by the American Academy of Physician Assistants and is licensed to practice medicine in the State of New York.

Linda is currently accepting new patients and is located at Thompson Health’s Shortsville Family Practice. For more information, please call (585) 728-4200.

Healthy recipe

Roasted Vegetable and White Bean Salad

1 small butternut squash, peeled and diced
2 small red bell peppers, diced
1/2 medium onion, diced
1/2 cup red lentils
1/2 cup white beans
1/2 cup spinach
1/2 cup feta cheese
1/4 cup olive oil
1/4 cup lemon juice
3 cloves garlic, minced
1/2 cup parsley, chopped
1/4 cup mint, chopped

Preheat oven to 425 degrees Fahrenheit. On a large baking sheet, toss butternut squash, red bell peppers, onion, and red lentils with 2 tablespoons of olive oil and 1 tablespoon of lemon juice. Roast in the oven for 15 minutes, or until the vegetables are tender.

In a medium bowl, mix together white beans, spinach, feta cheese, parsley, mint, garlic, and remaining lemon juice. Add roasted vegetables to the bowl and toss to combine.

Spoon salad onto a bed of mixed greens. Drizzle with olive oil and lemon juice. Serve immediately.

CONTINUED FROM FRONT COVER

Senior Living

Understanding the need for assisted living can be intimidating. Our team of experts is here to help.

Thai Ruangthai is a physical therapist at Thompson Health. She is dedicated to helping patients achieve their goals and improve their quality of life.

Thai Ruangthai graduated from the University of Rochester with a Bachelor of Science degree in Physical Therapy. She has been with Thompson Health since 2010.

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insists a tiny balloon into the narrowed blood vessel to expand it. Peripheral stent placement is another option, a small balloon catheter is inserted into the vessel to help keep it open. Crucial is a current of many hospitals, including Thompson Hospital, including cardiac catheterization laboratory. The procedure is often performed in conjunction with stent placement.

While interventional radiology is not appropriate in every case and is not a replacement for surgical treatment, it is an important complement to it. This technology advances, new procedures will become available, offering the promise of still more treatments options. “The field has changed dramatically in recent years,” Dr. Lee says. “Who knows how much more will be discovered as non-invasive treat- ments are developed?”

Help for dementia patients, caregivers

It’s estimated that as many as 5 million people in the United States are living with Alzheimer’s disease. Despite the seriousness, help patients understand family and friends and caregivers support can be a powerful resource. Strategies and tools are available to help manage symptoms and improve quality of life. Alzheimer’s disease is a chronic, progressive, degenerative disease, and caregivers are integral to the care of people with dementia.

In order to plan for care, it is important to know some basic facts about the disease.

WHAT IS DEMENTIA?

Dementia is a general term for a group of mental states that may cause memory, behavior, learning, speaking and communicating problems. While some diseases cause dementia, including Alzheimer’s disease.

Some of the early signs of dementia include:

• Changes in learning ability
• Changes in mood and behavior
• Changes in day-to-day activities
• Changes in judgment
• Changes in problem-solving
• Changes in language

In October, Thompson Hospital’s Shortsville Family Practice.

Continued Care Center partners with Alzheimer’s Association

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Here are some highlights:

- Billing portal: now you can pay your Thompson bill online using your credit or debit card.
- Community calendar: interesting in attending an upcoming class or event? Medical? Then visit Thompson.com to find out what's happening at the hospital or in the community.
- Job search: Thompson's site makes it easier than ever to apply for a job online. Post your resume online, if that's not an opening in your area of expertise right now, your resume will still be archived with Thompson's Human Resources Department for future reference.
- Find a Doctor: The Thompson site has a searchable database of doctors by specialty or group.
- Health news: The ThompsonHealth.com Health News section is a great resource. It has detailed information and videos on ThompsonHealth.com procedures and medical conditions. It includes interactive features such as health self-assessments, "an anatomy navigator" to view body systems and a conditions navigator to view the impact of health problems on the body.

What women don't know—BUT NEED TO—about heart disease

While many women underestimate the threat of cardiovascular disease, it is the leading cause of death for women in the United States. Approximately 600,000 women die every year from heart disease. This is due to a combination of factors. Despite these numbers, why is there less awareness of the latest treatments for cardiovascular disease among women? One reason is that women tend to ignore the symptoms.

- Women suffer heart disease less frequently than men’s symptoms, and they tend to ignore the symptoms.
- Women's symptoms can mimic the "classic" diagnosis of menopause; instead, they may have a feeling of pressure, tightness, or squeezing in the chest. Other symptoms may include unusual fatigue or shortness of breath; a fast or fluttering heartbeat; or a feeling of pressure, tightness, or squeezing in the chest. Knowing the risk factors for heart disease in the best way women can protect themselves.

Include:

- Family history of premature heart disease
- Diabetes
- High blood pressure
- High cholesterol, with high levels of "good" cholesterol
- Lack of exercise, obesity
- Cigarette smoking, which increases health risks in women by 50%

Ways to minimize your risk:

- Don't smoke, or take advantage of new smoking cessation drugs, classes, and support groups.
- Address any obesity. If you are overweight coming on 10% of your body weight can lower your risk. Change the rate of the leeds you eat, not high-calorie foods and trans fats. Use more fruits, vegetables, fruits and legumes.
- Know your blood pressure. If it is or as 135/85, 120/80 for diabetics.
- Know your cholesterol. It should be or as 150, 200, 200 for diabetics.
- Follow your doctor's advice and correctly treat one medication prescribed for high blood pressure, diabetes or cholesterol.
- Take in exercise. Women who have been shown that brisk walking for 30 to 45 minutes three times a week can cut your heart attack risk in half.

Drinking to your health—with water

As the summer heats up, it's time to think about an age-old prescription for good health: Drink plenty of water. Staying hydrated is important for overall health, but it can also help prevent health problems down the road.

- Dehydration can cause headaches, fatigue, and dizziness.
- It can also lead to constipation, which is common in women.
- Dehydration can also increase the risk of kidney stones.
- It's important to drink plenty of water, especially if you're exercising or staying outside in the heat.

Average adult men need to drink 3.7 liters of water per day, while women need 2.7 liters. But many people don't get enough water.

- Women often don't drink enough water to stay hydrated.
- Men are more likely to drink water than women.
- Dehydration can lead to a variety of health problems, including:
- Headaches
- Fatigue
- Dizziness
- Constipation
- Kidney stones
- Irregular heart rate

Health tips for travel season

By Anthony Carrico, MD

When you're planning summer vacation, don't forget your family's health. Of course you should take prescription medications—but what else do you need on the road?

Bring your insurance cards. As obvious as this sounds, many vacationers come to the Emergency Departments without their insurance information, which causes them unnecessary worry if they're traveling outside the country. Find out from your insurance company if you can carry a copy of your insurance card, or bring a list of your physicians and their phone numbers, as well as the contact information for your pharmacy.

Know how to get help before you need it. When traveling, be aware of local emergency numbers. Because some areas do not have 911 service, if you need an ambulance, emergency care or hospital care when you are an out-of-country tourist, you can ask the local police. Better yet, do some Web research on health resources for your destination and add those numbers to your travel itinerary.

Bring a first aid kit. For summer travel and camping trips, a basic first aid kit with bandages, poultices, antiseptic and an antihistamine is fine. Watermelon cures are the way to go for sunburns, as well as the only traditional natural remedy for rain can be found at the store or in your pharmacy. You should discuss your specific health needs with your doctor or pharmacist. Be sure to keep your medication on hand, but don't carry it with you. It's important to follow your doctor's or pharmacist's advice about how to store your medications. Always have a list of medications, including any OTC medications, on hand. This will help ensure that you don't accidentally run out of a medication while on vacation.

Sample your "health portfolio." If you enjoy having health information, you can expand your portfolio of websites by adding the following:

- Health.gov: the official website of the U.S. Department of Health and Human Services, which offers health resources for specific needs and topics.
- The National Institutes of Health: the federal government's leading source of biomedical and health information.
- The American Heart Association: a great resource for information on heart disease and stroke.