



Heart Health
Digital technology
enhances
cardiology
services



**Careers in
health care:**
Thompson's
Volunteers
program

ALSO:

- Healing Garden renamed
- New option for vision enhancement

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Fall 2007

IN HEALTH AND WELLNESS

Provided by Thompson Health, Canandaigua, NY.

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Sands Cancer Center 'targeted therapy' offers help, hope to patients

New drugs fight disease, with fewer side effects

The emergence of targeted cancer drugs opens the way to a new generation of cancer treatment for the 21st century. Our ability to change a critical disease to a chronic one that can be managed is closer than ever.



Jonathan Rubins, MD
Oncologist,
Sands Cancer Center

Treatment for cancer involves surgery, radiation therapy and chemotherapy, depending on the type and stage (extent) of the disease. Like chemotherapy, targeted therapy treats the whole body, but attacks the cancer cell selectively, sparing the rest of the body

Breast cancer

Anti-estrogen drugs such as Tamoxifen were probably the first targeted cancer treatment,

since they block the estrogen receptor protein located on many breast cancer cells, thereby stopping or slowing the growth of such "estrogen dependent" tumors. Newer drugs called aromatase inhibitors (Arimidex, Femara and Aromasin) are even more effective with fewer serious side effects.

Herceptin (trastuzumab) is an intravenous monoclonal antibody targeting the Her 2 protein present in about 20% of breast cancers. The addition of this drug to chemotherapy after surgery reduces the risk of cancer recurrence by almost 50%.

Avastin (bevacizumab) is another monoclonal antibody that targets VEGF, a protein in blood vessel cells, thereby stopping new blood vessel formation and starving the tumor of its blood supply. When added to Taxol chemotherapy, control of advanced (metastatic) breast cancer is improved.

Colon cancer

Avastin – The combination of Avastin with modern chemotherapy has helped extend the average survival of patients with liver metastases from less than a year to more than two years, with some patients living five years or more.

CONTINUED ON PAGE 2

How to talk to your doctor

Time is short for everyone these days – including doctors and their patients. Physicians must be efficient because they have many patients to see each day, but we want to be sure each patient's needs are met before the visit ends. Here are some ways patients can help:

Tell us what you need when you call.

The severity and complexity of your symptoms guides the amount of time set aside for your appointment, so tell the office everything you're experiencing when you call.

Come prepared.

The more information your physician has about your overall health, the easier it will be to diagnose your problem and treat it. Bring a list of your current medications and the dosages you take, changes to your medical condition, and any new specialists you have seen since your last appointment.

Write down your questions.

You may have issues you want to raise with your physician, but in the midst of an office visit it's easy to forget – especially if you are not feeling well. I recommend writing down your concerns and questions beforehand. When you're with your doctor, make sure everything on the list is discussed. Keep in mind that some issues may require a follow-up appointment.

Make sure you understand the diagnosis and any medication you're prescribed.

Your doctor should explain what is happening to your body and the recommended treatment for your problem, including any medications you will be taking for it. In addition, you should get an explanation of the medication's possible side effects, when you can expect to feel better, and what you should do if the treatment plan doesn't seem to be working or new symptoms arise.

Don't be afraid to speak up.

Sometimes patients are reluctant to ask questions because they're worried about symptoms they're experiencing or they're embarrassed. If something is worrying you, put that first on the list of items to discuss with your doctor. One thing you should never worry about: embarrassment. There are no "unique" illnesses in the world; no matter what you are experiencing, your doctor has no doubt seen it and treated it before.

Office visits may seem brief, but there should always be enough time for the physician and patient to communicate what's important. After all, you both want the same thing: to take the best possible care of your health. ★



Susan Landgraf, MD
Thompson Shortsville
Family Practice

Thompson's Sleep Center expands

Only accredited facility in the Finger Lakes responds to patient need



Joe Modrak, MD, views data gathered from a patient's sleep study; an infrared camera films patients' movements during sleep.

Are you looking for a good night's sleep, but can't find one anywhere? You're not alone. More and more people are losing zzz's – and tucking in for the night at a sleep clinic to find out why.

The growing awareness of sleep problems and patients' willingness to seek treatment are good news. Sleep disorders have a significant impact not

only on a patient's comfort, but also on their overall health and safety. But the rapidly rising demand for sleep studies means that many patients are on waiting lists.

In response to the need, Thompson Health's Sleep Disorders Center of the Finger Lakes has doubled the number of its sleep-study suites and expanded its hours of operation. Patients who come to the center may be surprised to find a suite that has all the amenities of a nice hotel: a comfortable bed, tasteful furnishings and attentive customer care – right down to the mint on the pillow when the bed is turned down. When a patient is ready to turn in, the center's specialized care really begins. Technicians attach monitors to the patient to record brain waves, breathing, leg movements and other factors to help diagnose the problem.

Thompson has the only accredited sleep center in the Finger Lakes and is one of only six in the United States with new Compumetics Profusion 3 software, which provides the most accurate sleep study results available. Joe Modrak, MD is Medical

CONTINUED ON PAGE 2

Thompson becomes a smoke-free campus in November



Linda Janczak,
Thompson Health
President/CEO

Effective November 15, Thompson Health will become a smoke-free health system. This means that smoking will not be permitted in any Thompson facility or on its surrounding campus.

With this initiative, Thompson joins the many

healthcare facilities in Rochester and across the nation that are making this transition. Thompson has chosen November 15 as the launch date to coincide with the American Cancer Society's 31st Annual Great American Smokeout, which encourages smokers to smoke less or quit to improve their health.

We recognize the impact this change will have for patients, visitors and Thompson Associates who smoke. To help with the transition, Thompson is offering services to its Associates who

may be interested in quitting smoking, as well as smoking cessation classes and support groups that are free and open to the public. Visitors who are smoking on Thompson's campus will be asked to extinguish their smoking materials. For patients' and visitors' comfort, we will offer a nicotine lozenge to anyone 18 years of age and older who requests it.

Thompson Health is committed to the health and healing of our community. ✨

CONTINUED FROM FRONT COVER

Thompson's Sleep Center expands

Signs of a possible sleep disorder

- Irritability or sleepiness during the day
- Difficulty staying awake when sitting still, such as when watching television or reading
- Falling asleep while driving
- Difficulty paying attention or concentrating at work, school or home
- Performing below your ability at work, school or sports
- Often told by others that you look tired
- Memory problems, slow reaction time or emotional outbursts

Director for the center and board certified to treat sleep disorders. The center's technicians are specially trained to analyze the complex and voluminous data collected during a nightlong sleep study.

"There are a lot of people with sleep disorders, and fortunately we can help the majority of them," Dr. Modrak says. He estimates that 85 percent of those with sleep disorders have apnea, a condition that interrupts breathing and can cause a sleeper to wake hundreds of times during the night.



Technicians prepare a patient for her night in the sleep study by explaining the devices that help monitor a patient's heart rate, brain waves, leg movements and breathing. Patient education is an important part of the care provided by the center's technicians and physicians.

A sleep disorder can contribute to high blood pressure and increase the risk for heart attack, heart failure and stroke. "Studies suggest that sleep apnea does contribute to many health problems; it can even make diabetes worse," Dr. Modrak notes. Patients with this condition respond well to treatment once it is diagnosed.

If you are having difficulty sleeping, speak with your doctor. Many problems can be corrected through lifestyle changes; others require a consultation with a sleep specialist and perhaps a sleep study. To see how a sleep study works, go to ThompsonHealth.com. ✨

Healthy recipe

Rosemary Turkey with Mushrooms

1 pound turkey breast tenderloin slices, all visible fat removed

1/2 cup low-sodium chicken broth

1 tablespoon cornstarch

1/8 teaspoon salt

1/8 teaspoon black pepper

Vegetable oil spray

2 tablespoons balsamic vinegar

1 teaspoon snipped fresh rosemary or

1/4 teaspoon dried rosemary, crushed

8 ounces chanterelle or button mushrooms, cleaned, trimmed and sliced

1/4 cup chopped shallots or onion

Fresh rosemary (optional)

Rinse turkey and pat dry. Set aside.

In a small bowl, stir together broth, cornstarch, salt and pepper. Set aside.

Spray a large skillet with vegetable oil. Place over medium-high heat.

Add half the turkey to hot skillet. Cook about 2 minutes on each side, or until turkey is tender and no longer pink. Repeat with remaining turkey.

Remove skillet from heat; remove turkey from skillet and keep warm.

Add vinegar and rosemary to skillet, stirring to scrape up brown bits from bottom of pan. Return skillet to heat and add mushrooms and shallots or onion.

Over medium heat, cook and stir until mushrooms are tender, about 5 minutes. Stir broth mixture and add to skillet. Cook and stir until thickened and bubbly, about 3 minutes. Cook 2 minutes more, stirring constantly. Serve sauce with turkey. Serve on a bed of rosemary if desired.

Serves 4; 1/4 pound turkey and 2 tablespoons sauce

Calories: 169 kcal
Protein: 28 g
Carbohydrates: 5 g
Total Fat: 4 g
Saturated Fat: 1 g
Polyunsaturated Fat: 1 g
Monounsaturated Fat: 1 g
Cholesterol: 67 mg
Sodium: 137 mg



Tami Best, MS, RD,
CDN, CDE
Diabetes Education
Director,
Thompson Health

Tami recommends this heart-healthy holiday recipe from the American Heart Association. More healthy recipes can be found at their Web site, DeliciousDecisions.org, and in the Health Information Library at ThompsonHealth.com. Look for Tami's nutrition advice in her monthly column in the *Rochester Democrat and Chronicle*.

CONTINUED FROM FRONT COVER

'Targeted therapy'

Lung cancer

Avastin – when added to chemotherapy improves its effectiveness in advanced cases of non-small cell lung cancer.

Tarceva (erlotinib) – This oral drug targets the EGFR protein inside the cell to slow cancer growth. It is most effective in non-smoking women with adenocarcinoma, a type of non-small cell lung cancer.

Kidney cancer

Until recently, even the best treatment produced tumor shrinkage in only 10-15% of patients with advanced (metastatic) disease. Two new oral agents, Sutent and Sorafenib, have benefited approximately 50% of patients with usually mild side effects and the convenience of oral dosing.

Risks and side effects

Although generally well tolerated, these new targeted treatments do have some side effects in most patients. These are usually mild, such as fatigue, rash or diarrhea, which can be controlled with dose reduction or medication. Avastin can delay wound healing and in rare occasions lead to bleeding or blood clots. Only an experienced and knowledgeable medical oncologist can help a patient select the most appropriate treatment. ✨

Digital technology enhances cardiology services

EKG, ECHO tests are faster, results more accessible



Digital technology enhances the image quality of an echocardiogram test, which uses sound waves to create a moving picture of the heart.

F.F. Thompson Hospital's Cardiology Department has enhanced its service to doctors and their patients by acquiring state-of-the-art digital equipment to perform electrocardiograms and echocardiograms. Digital technology provides the most accurate imaging possible, cuts turnaround time for tests and produces results that are easily shared among consulting physicians.

An electrocardiogram, also known as an EKG or ECG, is a test that measures the electrical activity of the heartbeat. An echocardiogram uses sound waves to create a moving picture of the heart. Both tests are valuable in detecting and diagnosing heart disease. Traditional analog technology had some disadvantages, such as paper output for EKG tests. It was difficult to store and, if faxed to another doctor, could be difficult to read. Echocardiograms were recorded on videotapes, which degrade in quality over time.

Thompson's new digital equipment produces test results in a digital format, so they can be stored electronically, retrieved quickly and shared with a patient's other physicians easily. Test results

can even be recorded on a Magneto Optical Disk (MOD) so patients can carry their heart test results with them when they are traveling. This is potentially life-saving for patients; having a baseline test available aids a physician in making a diagnosis and recommending appropriate treatment.

Even better, digital technology provides a sharper image for echocardiograms; physicians viewing a moving picture can freeze the image, change grayscale values, smooth tough-to-read sections of the picture and zoom in on areas of interest. Test results are available more quickly and because images are sharper, there is less need for repeat tests or supplementary procedures due to inconclusive results.

One of Thompson's echocardiogram devices is fully portable, so technicians can take it to the Emergency Department, patient rooms and Continuing Care Center residences – anywhere a patient needs an exam. This offers patients the convenience of being tested where they are, without the need to be transferred to the Cardiology Department. ✨

Healing Garden makes rehab fun



Occupational Therapist Jill Case helps a rehab patient rediscover his love of golf at the Phyllis Ehmann Healing Garden.

The Healing Garden at the M.M. Ewing Continuing Care Center was renamed the Phyllis Ehmann Healing Garden on August 8 to honor the former Thompson Guild president and Foundation Board member, who was an early and devoted supporter of the project.

Guild donations helped finance construction of the garden, which opened in 2003. Thanks to another generous gift from the Guild, the garden has two new features: a wheelchair-accessible vegetable garden and a putting green. CCC residents and patients will benefit from the new features, notes Occupational Therapist Jill Case and Physical Therapist Assistant Cindy Hemingway. Garden and golf activities help people physically by improving balance, muscle strength and coordination. "It's nice that, with this putting green, a person in a wheelchair can still go out and enjoy golf," Jill notes. These activities provide an emotional boost, Jill adds: "It helps holistically; it makes people feel good." Helping people participate in hobbies they've enjoyed all their lives is good for the body as well as the spirit, Cindy says: "It gives them back a feeling of independence, a feeling of well-being."

Careers in health care

Thompson Volunteers program a great career start

If you're a teen interested in a health care career – or if you just want something impressive to

put on your first resume – consider Thompson Health's Volunteers program. For more than a decade, high school and college-age students have started their careers by working with the professionals at F.F. Thompson Hospital and the M.M. Ewing Continuing Care Center.

Volunteers spend a few hours a week at Thompson during their summer vacation; some find the experience so rewarding, they volunteer throughout the school

year. The benefits of the experience are many; teens acquire new job skills, learn from medical professionals and enjoy the rewards of helping patients and residents.



Kaylan Porter

Students new to the program help by providing clerical support or transporting patients within the hospital and Continuing Care Center. More experienced, college-age volunteers who have some medical training hone their skills in specialty areas, such as Cardiology, Diagnostic Imaging and the Emergency Department.

"Thompson is a good place to start learning about medicine," says

Jim Pelton, Director of Volunteer Service and Visitor Service. "We are a community hospital and the close contact between patients, caregivers and volunteers is an advantage."

Students who aren't leaning toward a medical career also find the program helpful. The Volunteers program enables students to fulfill the community service hours that many schools and colleges require. Students also gain a sense of responsibility and confidence, Pelton says.

Volunteer Alex Spillane of Bloomfield, 16, works in the Continuing Care Center. Alex wants



Alex Spillane

to be a math teacher, and says volunteering has given him people skills that will be useful in his professional life. Another plus? "I didn't realize old people were that cool – I look at them and think, 'That's gonna be me someday.' I'd recommend this (Volunteers) for anyone who likes getting to know people."

Kaylan Porter, 14, of Bloomfield, wants to be a surgeon and says being in a medical environment has taught her a great deal and will be a plus on her resume. To fellow teens who might want to try volunteering, she has this advice: "Go for it! It's so much fun. It's really great."

If you are interested in volunteering at Thompson, apply online at ThompsonHealth.com.

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Thompson Health, Canandaigua, NY

www.thompsonhealth.com

INSIDE THIS ISSUE

Cancer breakthroughs: An oncologist explains how “targeted therapy” is helping some cancer patients battle the disease more effectively, and with fewer side effects.



Sleep and your health: Don't settle for feeling tired all the time. Chronic drowsiness can be a sign of a sleep disorder. Learn the signs of a sleep disorder, and find out how Thompson's Sleep Disorders Center of the Finger Lakes uses the latest technology to diagnose this potentially serious health problem.

Golf as therapy: The M.M. Ewing Continuing Care Center's Healing Garden has a new name and some new approaches to physical therapy – including a putting green for residents and rehab patients.

COMING UP AT THOMPSON

Don't miss two of our most popular holiday events: the **Thompson Guild Holiday Bazaar** on Nov. 29 features hand-crafted items, jewelry and foods. The annual **Tree of Lights** ceremony is Dec. 3. Check our Wellness Calendar at ThompsonHealth.com for details.



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New option for vision enhancement

Implantable lenses can improve vision at all distances

Adults in their 40s and beyond might miss a few things about their youth – including the ability to see things at a distance, up close and in between, all without eyeglasses. Who wouldn't like to have their “20-year-old eyes” back? A new lens that's implanted into the eye is making this option possible for many people.

Up to now, adults who wanted to improve their vision without the use of glasses or contact lenses were often directed towards LASIK surgery, which uses a laser to reshape the cornea. LASIK does a great job of addressing nearsightedness, farsightedness and astigmatism, but does not address presbyopia (the inability to focus from distance to near).

Another treatment option has recently been introduced – the premium Intraocular Lens (IOL), which provides adults with an option that addresses presbyopia.

The most common type of IOL is the monofocal, or fixed-focus lens, which is designed to give



Sungjun J. Hwang, MD

clear vision at one distance. To see at other distances, glasses or contact lenses are needed. Premium IOLs allow the eye to adjust to different distances, reducing or eliminating the need for glasses or contacts. A **multifocal IOL** has several rings of different powers built into the lens; the eye gets accustomed to looking through the different parts of the lens depending on the distance of vision desired. An

accommodative IOL is hinged to work in coordination with eye muscles. This design allows the lens to move forward as the eye focuses on objects up close, and to move backward as it focuses on objects far away.

Premium IOLs are an option for the patient who has little tolerance for eyeglasses or contact lenses; is undergoing cataract surgery and wants to correct vision at the same time; and/or is not a good candidate for LASIK surgery.

The IOL is implanted in an outpatient surgical procedure that takes approximately 15 to 20 minutes. Several facilities in the greater Rochester area perform the IOL procedure; The

Eye Care Center is the only provider in Ontario County to offer the service. Sungjun J. Hwang, M.D., the first surgeon in the Finger Lakes area to perform LASIK laser vision correction, performs the procedure at Thompson Hospital's Surgical Care Center. To find out if IOLs are right for you, contact your eye care provider for more information. ✨



Tired of wearing contact lenses and reading glasses? New implantable lenses can give patients sharp vision at all distances.

Flu season's here – How to protect yourself, your family

It's October, and if you haven't gotten your flu shot yet, don't put it off. Getting a vaccination against the flu is one of the most effective ways to protect yourself from very uncomfortable, and potentially very serious, flu symptoms.

All adults should get the flu shot, except those allergic to eggs and those who have had an allergic reaction to the vaccine before. A flu shot can't protect you from every one of thousands of flu strains that are out there, but it will shield you from the ones that public health officials believe are the most common and most dangerous. Older adults also should get a pneumococcal vaccine to help protect themselves against pneumonia.

Prepare for pandemic, other emergencies

Health experts continue to warn the public about the possibility of a flu pandemic – a widespread outbreak that would have significant impact not only on public health, but also socially and economically. A pandemic could result in large numbers of people being absent from work or school, and requiring hospitalization. There's no way to

tell if or when a pandemic would strike, so preparing for such an emergency is essential.

“There is a lot of planning for pandemic at the national, state and local level,” says Dianne Moroz, Director of Infection Control and Disaster Preparedness for Thompson Health. Locally, Thompson Health partners with city, county and state agencies to prepare for natural disasters and health emergencies such as a possible pandemic.

While all levels of government prepare for widescale emergencies, Moroz notes the importance of personal preparedness. “In a real natural disaster such as a snowstorm or ice storm, or a pandemic, people may be forced to remain in their homes for days to weeks. There are things families can do to keep themselves healthy in such an emergency” – such as stockpiling adequate supplies of food, water and medicine. Thompson Health has a brochure about personal preparedness; download it from our Web site at ThompsonHealth.com.



What you can do

- **Get a flu shot** to protect yourself against the most prevalent strains of flu.
- **Shield coughs and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze, and dispose of tissues in the wastebasket. If you are without a tissue, cough or sneeze into your upper sleeve, not into your hands, where germs can lurk and be spread to others.
- **Wash your hands** or use a hand sanitizer after coughing or sneezing, using the bathroom, caring for someone who is sick, or handling garbage or animal waste.
- **Keep your living and work areas clean;** sanitize surfaces of common areas to cut the spread of germs.
- **Help prevent exposure** during outbreaks by avoiding crowds and travel, and working at home if possible.