



health focus

Quality Care. Right Here at Home.

Expanded Services and a New Name

There's a new name on the outside of Hardin County Nursing Home, located at Hardin Medical Center. The new name, **HMC Health & Rehabilitation Center**, highlights the nursing facility's location at the hospital and the expanded services available there.

"We want our community to know about all the services we offer, more than you expect when you think of a traditional nursing home," stated Charlotte Burns, facility administrator and CEO of Hardin Medical Center. "Trends are changing, with an emphasis on health and rehabilitation so that individuals can return to their homes and regular activities when possible. We can help them do that, right here at home."

"Our nursing home has a great reputation for providing quality care. We are now dually certified to provide skilled nursing care to qualifying patients. These services can help patients regain health, strength, and skills, so that they may return to their normal activities following a stroke, surgery, or serious illness," stated Burns. Services may include specialized wound care, IV therapy, and rehabilitation therapies, such as physical therapy, occupational therapy, and speech therapy.

Access to services provided on the same site by Hardin Medical Center is another plus. Having emergency services, pharmacy, radiology, and lab just down the hall minimizes inconvenience and worry for patients, residents, and their families.

HMC Health & Rehabilitation Center's services reach beyond physical care by offering group and individual activities each day that provide community and social interaction. "It's so important for residents to keep active and engaged," said Marvalene Qualls, activities director. "Activities are designed to enhance our residents' quality of life. Residents able to participate are now enjoying daytrips outside the facility in our new van, seeing familiar places and just doing something special."

Providing real choices in care is also a goal of HMC Health & Rehabilitation Center. "For older individuals and people with disabilities, we now provide Home and Community-Based

Services to help individuals who currently live at home and don't need or don't want 24-hour residential care," stated Burns. "Just a few of the new offerings are adult day care, home delivered meals,



HMC Health and Rehabilitation Center's staff assist a resident into its new van for an excursion in the community.

in-home and inpatient respite care, personal care assistance, and home-maker services."

With an aging population and healthcare trends seeking to reduce hospital stays and afford alternatives to traditional nursing home care, staying at the forefront of such change is essential for HMC Health & Rehabilitation Center. "We are committed to our residents, patients and their families," stated Burns. "HMC Health & Rehabilitation Center is a natural part of the continuum of care provided by Hardin Medical Center."

For additional information about HMC Health & Rehabilitation Center, call social worker Misty Lay at 926-8134.

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Take Advantage of Us—We Want You To

Each August Hardin Medical Center and the Hardin County Community and Healthcare Foundation, Inc. are proud to invite the community to our **End of Summer ‘Back to Health’ Fair**. This year’s event will be held on Saturday, August 22, from 8:00 a.m. until noon. As in years past a variety of valuable tests and health screenings will be offered absolutely free of charge. All you need to do is show up.

Hardin Medical Center and the Foundation share a common mission of improving the delivery of healthcare and promoting healthy lifestyles in our community. The annual health fair helps achieve this mission through education

and health screenings. Last year we provided screenings for well over 200 friends and neighbors. We invite you to take advantage of this opportunity to save money and check up on your health.

The fair is designed for adults and has something to offer everyone. You can have your blood pressure and blood oxygen level checked. Laboratory staff will be drawing blood to check cholesterol and blood sugar levels. Results of these tests are more accurate if you refrain from eating after midnight before the fair, so check with your doctor if you have a health condition that might keep you from fasting.

Our Radiology department is offering

aortic aneurysm screenings which identify weakening or “ballooning” of the wall of the aorta, the largest blood vessel in the human body. ECGs will also be provided free of charge by our Respiratory Therapy department. HMC’s registered dietitian will conduct body fat analyses and offer nutritional counseling.

Worried about your hearing or eyesight? Screenings for both will be available, conducted by hearing aid providers and a local vision center.

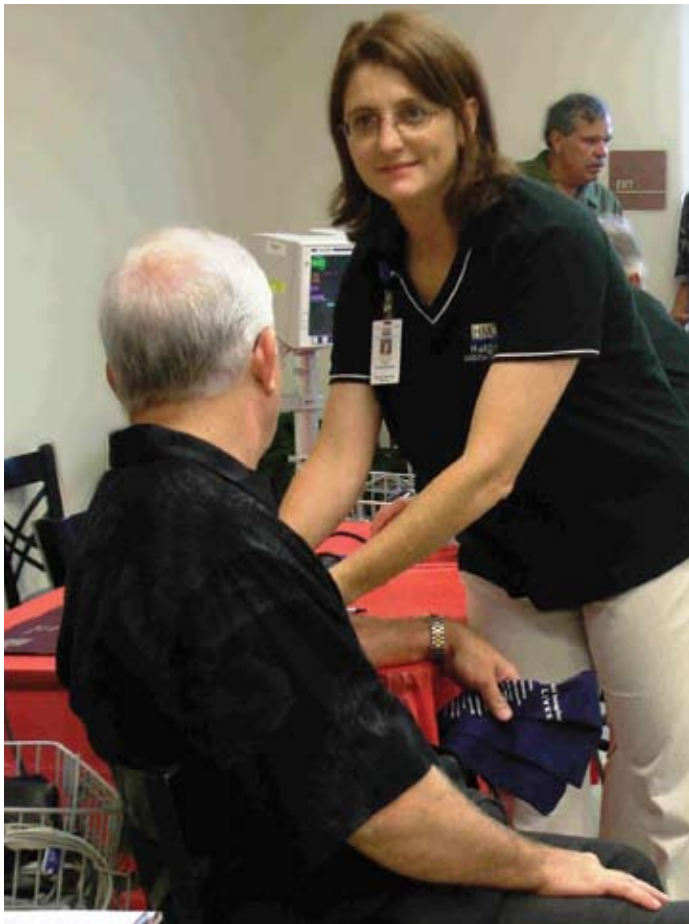
Most test results will be available

immediately; however, results for blood tests will be sent to you by mail. It is important for you to discuss all test results with your physician, as they provide individualized data needed to manage your healthcare.

You will also have an opportunity at the fair to meet and talk to local physicians and pharmacists. You might even get to see an AirEvac Lifeteam helicopter up close and personal. And as always, there will be free refreshments, prize drawings, and promotional items for everyone. The popular bake sale, sponsored by the Foundation, will again be part of the day.

No insurance? No problem, as all tests are free of charge. This is a great opportunity to spare your wallet while getting valuable services. We’re looking forward to seeing you at our End of Summer ‘Back to Health’ Fair.

So take advantage of us! Let us save you some money and maybe even do a little more than that! See you at the fair!



Blood pressure checks are one of the many screenings Hardin Medical Center offers free of charge at its health fair.

Make your plans
now to be at
Hardin Medical Center
on Saturday, August 22,
from 8 a.m. until noon!



*It will be a morning
filled with healthcare
education and doing
something positive
for your health.*

HMC Offers Choices in Colon Cancer Screenings

Most people don't delay scheduling health checks for breast cancer, cervical cancer, or other diseases. But when it comes to screening for cancer of the colon and rectum, a lot of us procrastinate.

The fact is most screenings aren't as bad as you might expect. They're not painful, and they're quick. A colonoscopy, for example, can be performed in as little as 15 to 20 minutes. That's time well spent, because screenings can often detect cancer in its early stages.

How effective are screenings? Doctors say three out of five deaths, or 60 percent of deaths, from colorectal cancer could be prevented with regular screenings. Tests help find growths before they get too large or before cancer spreads to other areas of the body. Colonoscopies

can locate polyps that have the potential to develop into cancer. This allows removal of the growths before they pose a threat.

If you're age 50 or older, the Centers for Disease Control and Prevention recommends regular checks for colorectal cancer. However, you may need to be screened at an earlier age or more frequently depending on your health history, particularly if you have a previous or family history of polyps or colorectal cancer or inflammatory bowel disease. Discuss this with your primary care physician, who can determine when and how often you should have a screening.

Your doctor can also recommend the specific test or tests that will be most effective for you based on your history,

the risk and benefits, and your personal preference. Hardin Medical Center provides two primary screenings for colorectal cancer:

- Barium enema, or lower gastrointestinal series, which is an X-ray of the lower digestive tract
- Colonoscopy, which checks the entire colon and rectum with a camera

For the latest information on colorectal cancer screening, including personal screening stories, visit: www.cdc.gov/cancer/colorectal.

Hardin Medical Center offers other potentially life-saving screenings, including:

- Mammograms, MRIs, and other diagnostic imaging
- Blood tests and cancer screenings, including CA125, PSA, and CEA
- Sleep studies for an accurate diagnosis of sleep disorders, such as snoring, sleep apnea, insomnia, or even sleepwalking, some of which are life threatening
- Coronary Calcium Scoring, utilizing the 64-slice CT scanner, to detect the location and extent of calcified plaque in the coronary arteries to predict your risk for coronary artery disease

Ask to have your screenings performed at Hardin Medical Center. We are proud of our extremely low infection rates, great customer satisfaction, and the quality care you'll find, right here at home.

The sooner the screening, the sooner you can help manage your health.



Preventing disease and maintaining wellness can be easier with health screenings conducted by HMC physicians and staff.



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A Word from the Administrator

You've heard the doctor say, "Tell me where it hurts." As healthcare providers, we often concentrate on fixing the problem after it has become a problem. Just as important is preventing a potential healthcare issue from becoming serious in the first place. That's why we offer a wide array of services to identify potential health issues. This newsletter has focused on several of these diagnostic services and on our upcoming annual End of Summer 'Back to Health' Fair. I hope you will take time to come to the health fair and take advantage of the many free tests and information available. At HMC, we offer you quality healthcare when you're ill. And when you're well, we want to help keep you that way!

—Charlotte Burns, CEO