

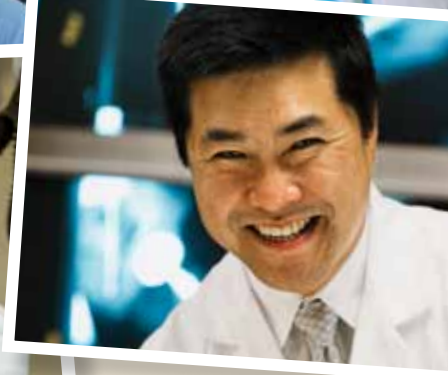
BEEBE MEDICAL CENTER

BEACON

JANUARY 2011



**EXCELLENT
PEOPLE.
EXCELLENT
HOSPITAL.**
BEEBE TEAM MEMBERS TELL
THEIR STORIES . . .



BEEBE MEDICAL CENTER—RECIPIENT OF THE
**2011 DISTINGUISHED HOSPITAL
AWARD, CLINICAL EXCELLENCE™**



Beebe Medical Center
LEWES, DELAWARE



TWO YEARS IN A ROW!



EXCELLENT PEOPLE. EXCELLENT HOSPITAL.

BEEBE MEDICAL CENTER
RECEIVES THE
**2011 HEALTHGRADES®
DISTINGUISHED
HOSPITAL AWARD**
FOR CLINICAL EXCELLENCE™

Beebe Medical Center with great pride announces that it has received the 2011 HealthGrades® Distinguished Hospital Award for Clinical Excellence™.

The award means that Beebe Medical Center is among the top five percent of all hospitals in the nation for overall quality. The award was designed to identify hospitals with the lowest mortality and complications rate across a range of procedures and diagnoses. This reflects Beebe Medical Center's measurable record of successfully treating its patients and sending them home with fewer complications than 95 percent of all the hospitals in the nation. This is the second year in a row that Beebe Medical Center has received the Distinguished Hospital Award for Clinical Excellence™, reflecting our commitment to quality patient care.

HealthGrades, the nation's leading healthcare rating organization, also has given Beebe Medical Center 5-Star ratings, the highest attainable, for Treatment of Heart Attack, Treatment of Heart Failure, Treatment of Coronary Interventional Procedures, Treatment of Pneumonia and Chronic Obstructive Pulmonary Disease, Treatment of Stroke, and Treatment of Sepsis, a life-threatening blood infection.

These ratings, announced in January 2011, are in addition to the HealthGrades rankings announced in October 2010 that named Beebe Medical Center No. 1 in Delaware for Overall Orthopaedics, Best on the Delmarva Peninsula for Overall Orthopaedics, and No. 1 in Delaware for Coronary Interventional Procedures.



TWO YEARS IN A ROW!

In December 2010, The Joint Commission certified Beebe Medical Center as an Advanced Primary Stroke Center. It also certified the hip and knee joint replacement programs. These certifications mean that Beebe provides a standard of care according to nationally accepted standards and recommendations, and reflect Beebe's commitment to excellence in providing disease-specific services in a comprehensive manner.

We at Beebe Medical Center know that it is the team members, working together with the Medical Staff, who have created Beebe's atmosphere of quality, reliability, professionalism, and commitment to the safety and wellness of each patient that has led to this accomplishment. We also know that our Rapid Response Team initiative, which means that skilled medical professionals are on hand immediately anywhere in the hospital whenever a patient, a visitor, or even an employee needs emergency care, has contributed to our quality outcomes.

We'd like to introduce you to some of those on our team who would like to share their thoughts with you.

IT TAKES A TEAM

Brenda Bosché, RRT, registered respiratory therapist, helps patients breathe, manages those on ventilators, and is a member of the Rapid Response Team. "Everyone has the right mindset here—care of the patient. Everyone comes together, each bringing their expertise. The small size of the hospital means that we get to know our patients and can offer one-on-one care." Brenda lives in Berlin, Maryland.

Kim Gallagher, MD, is a family practitioner in Millville. "Beebe's outpatient facilities in Millville and Millsboro provide much-needed services for my patients and are a tremendous asset to our community."

Milton resident Shirley Cooper Williamson, RNFA, a first assistant in the operating room, is a front line nurse to all surgeons. "Beebe is big on education. We have mandatory inservices that keep us up to date on the latest procedures and products to keep our patients safe. We all strive for excellence."

Lewes cardiologist Georges Dahr, MD, says, "We see

"Beebe's outpatient facilities in Millville and Millsboro are a tremendous asset to our community."

—Kim Gallagher, MD



"This group commitment leads to success and good outcomes"

—Georges Dahr, MD

"We all strive for excellence."

—Shirley Cooper Williamson, RNFA



"Everyone has the right mindset here—care of the patient."

—Brenda Bosché, RRT

dedication in the cardiologists, administration, and staff to attain high standards of excellence. This group commitment leads to success and good outcomes. And I can't stress enough the importance of local care—in cardiac emergencies a quick and local access to care means life and better outcomes. Local also means we all are part of the same community and know each other's families."

Nouman Asif, MD, a medical oncologist/hematologist of Lewes, adds, "I cannot say enough about the excellent support that the Tunnell Cancer Center staff provides. They make sure the patients get whatever they need: 24/7 accessibility; lab works, biopsies, and images are handled quickly and efficiently; quality guidelines are adhered to. Physicians can focus on the patient. Plus, the collaboration and communication between physicians and other institutions mean we deliver the best care . . . and the volunteers are so wonderful. I've never seen anything like it."

Lynn Toth, RN, MSN, NP, a Milton resident, cardiovascular medical specialist, and is a member of the the stroke and heart

failure teams. "Advancement of cardiovascular and neurovascular care begins at the bedside. It is optimized at Beebe by a team dedicated not only to the national standards of care, but to our individual patients and their risk factors, family issues, and the challenges that they face. Beebe also extends its efforts into the community through education and home care to reduce disease recurrence and decrease hospital readmission."

Georgetown resident Dave Brant, RN, BSN, Clinical III, member of the Clinical Practice Committee, is a patient educator who has worked at Beebe Medical Center for 10 years. "There is a true team effort at Beebe. We set our best practice goals focusing on the core measures, and we work together to implement them. We have exceptional communication between the disciplines."

Jeannette Hall of Millsboro is a housekeeper whose primary role is keeping the ICU and the Emergency Department clean, although she works on all floors. "Cleanliness is critical to patient safety. I sterilize everything—all equipment, chairs,

"I cannot say enough about the excellent support that the Tunnell Cancer Center staff provides."

—Nouman Asif, MD



"There is a true team effort at Beebe."

—Dave Brant, RN, BSN



"Advancement of cardiovascular and neurovascular care begins at the bedside."

—Lynn Toth, RN, MSN, NP



"Cleanliness is critical to patient safety."

—Jeannette Hall, housekeeper



and beds. We have to make sure that we don't allow germs to spread. I have all the supplies I need on my cart to get my job done."

Dawn Roach, RN, a Georgetown resident, is the charge nurse in the Operating Room Department. Dawn keeps the eight operating rooms running smoothly—scheduling rooms and cases, and making sure equipment and resources are ready and available. "Quality means providing the best patient care possible, always keeping in mind patient safety. What allows Beebe to attain the high quality standard is our focus on teamwork and process improvement."

Milford resident Kathy Hundley, RN, works in the Open-heart Unit on the 2nd floor, where patients go to recuperate after heart surgery. "It is very rewarding working in the unit. As a nurse caring for the patient, we are the eyes and ears for all of the disciplines. We are the glue and are able to know right away what the patient needs. We feel complete when we see the patient improving."

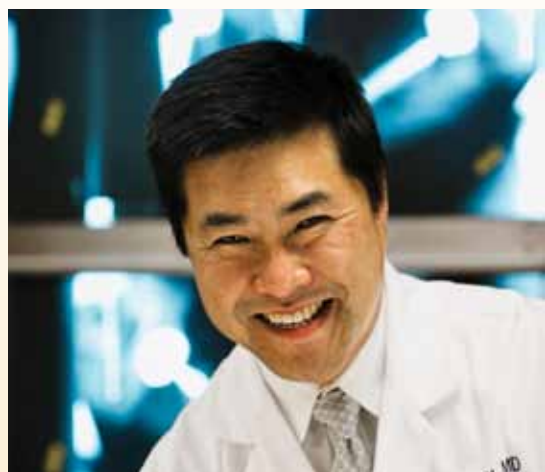
Mary Couette, the Tunnell Cancer Center receptionist, and Georgetown resident, is usually the first person that patients meet when they arrive. She sets the tone and supports the Center's sense of team. "I try to make people feel comfortable and at ease. I watch to see if the patients need something and I make sure they don't have to sit too long. I like to use humor to make people more comfortable if the situation allows."

Wilson C. Choy, MD, an orthopaedic surgeon who lives in Rehoboth Beach, says, "We have established a strong team approach and a meticulously orchestrated program. In 2010, we performed more than 800 primary joint replacements. This can only have been accomplished if all team members do their jobs, from patient education in the beginning to care on the floors and follow-up once the patients are home." ■

BEEBE MEDICAL CENTER HAS ACHIEVED SEVERAL AWARDS FOR EXCELLENCE IN HEALTHCARE. FOR A LIST OF OUR ACHIEVEMENTS VISIT OUR WEBSITE, WWW.BEEBEMED.ORG.

"We have established a strong team approach and a meticulously orchestrated program."

—Wilson C. Choy, MD



"What allows Beebe to attain the high quality standard is our focus on teamwork and process improvement."

—Dawn Roach, RN



"We feel complete when we see the patient improving."

—Kathy Hundley, RN



"I try to make people feel comfortable and at ease."

—Mary Couette,
receptionist



“I’m a lucky person.”

— Virginia Brittingham

Heart Failure

MEDICAL TREATMENT AND LIFESTYLE CHANGES OFFER HOPE

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BEEBE RECEIVES A 5-STAR RATING FOR TREATMENT OF HEART FAILURE FROM HEALTHGRADES® IN 2011



HEALTHGRADES®

At 91 years of age, Lewes native Virginia Brittingham suffers from heart failure, a chronic condition in which the heart is not strong enough to meet the needs of the body. She is not alone. More than 5 million Americans live with heart failure, and 550,000 Americans will be diagnosed over the next year.

Mrs. Brittingham, with the support of Beebe Medical Center and Beebe Home Health, is focused on keeping her condition in control so that she can continue to enjoy her life and her family.

“I send my health stats over the telephone to Beebe Home Health every morning with the help of a monitor they gave me,” she says. “And Cindy and Gail come and see me regularly. I am so pleased that they are watching me, and so is my family.”

Mrs. Brittingham, who has lived in the same family home for 50 years, is a patient of Beebe Home Health, which offers a specialized and computerized heart failure monitoring program that helps patients control the symptoms of heart failure. In turn, this keeps them from returning to the hospital. This program is offered regardless of ability to pay.

The Home Health nurse, using a computer, monitors the patient’s weight, blood pressure, pulse rate, and the amount of oxygen in his or her blood, explains Cindy Popovich, RN, Chronic Disease Case Manager. The computer alerts the nurse if any one of the vital signs is entering a danger zone. This allows the nurse to intervene and, when necessary, to contact the patient’s cardiologist.

Lewes cardiologist Kenneth Sunnergren, MD,

Above: Registered nurse Cindy Popovich, RN, Chronic Disease Case Manager, teaches Lewes resident Virginia Brittingham to take her own blood pressure. The reading is transmitted to Beebe Home Health.

Right: Mrs. Brittingham steps onto the scale, which transmits her weight to Beebe Home Health. She is accompanied by Beebe Home Health nurse Cindy Popovich, RN.



says several of the cardiologists refer patients to Beebe Home Health because of this monitoring program.

It offers tremendous advantages, he says. “It keeps the patients alerted to what is going on. It heightens their awareness and drives home the message that we as physicians want them to monitor their body weight and watch for symptoms of heart failure.”

This program also is part of a larger heart failure treatment-and-education program at Beebe Medical Center that starts in the hospital when a patient is diagnosed and treated and then extends into the patient’s home. The program is so successful at keeping patients out of the hospital—that is, lowering the readmission rate of patients with heart failure—that HealthGrades® gave Beebe Medical Center a 5-Star rating for Treatment of Heart Failure in 2011.

“Early intervention is the key,” says Janet Davis, RN, Nurse Manager with Beebe Home Health. “The focus is on patient education, monitoring and reporting of symptoms, managing medications, and ensuring follow-up with the physician.”

For Mrs. Brittingham, as with many patients, the story started when she went to her physician because she was feeling unwell. He realized immediately that she was suffering from dehydration and heart failure and had her admitted into Beebe Medical Center. From there the heart failure multidisciplinary team, with its high-quality treatment-and-education program, took over.

“Our goal is to get their condition under control and to teach them how to take care of themselves so that they can have a better quality of life and so that they don’t have to return to the hospital,” says Lynn Toth, RN, MSN, NP, cardiovascular medical specialist and member of the heart failure team.

A patient with heart failure probably has an enlarged heart and congested blood vessels. He or she may be retaining so much fluid that the extremities are swollen and the lungs have filled with fluid so that breathing is difficult. A patient can be in

kidney failure. Sometimes pneumonia is developing.

As the nurses, physicians, and others are working to treat and improve the patient’s condition, they also facilitate an education program to teach the patient what is happening to the body and how the patient can play a part in controlling the disease.

“We want to make sure that they understand their illness and what they need to do,” says Dave Brant, RN, BSN, a member of Beebe’s Clinical Practice Committee and a patient educator.

Patients are given an information packet about the medications that may be prescribed, an overview about heart failure, nutritional information so they can change their eating habits, and even a daily weight calendar so they can monitor their weight, which reflects whether or not there is a dangerous increase in the retention of fluid in the body. Nurses talk to them to make sure that they understand the information.

The Beebe Medical Center team of nurses and case managers makes sure that the patients are referred for ongoing monitoring and support once discharged, whether they use Beebe Home Health, another home health agency, or a residential facility.

Janet Davis says that Beebe Home Health makes sure the patient’s medications are in order, schedules appointments and any necessary transportation, and continues to monitor the patient.

“It’s a fantastic program,” Mrs. Brittingham says. “I’m a lucky person.”

Please call 302-854-5210 for more information. ■



In the Beebe Home Health office, Janet Davis, RN, Nurse Manager, reviews in real time patient clinical information that is transmitted through a patient’s telemonitoring setup. She is able to review Virginia Brittingham’s weight, blood pressure, oxygen levels, and heart rate. Ms. Davis or another Beebe Home Health nurse will follow up with a phone call or a visit to the patient at home if a patient needs help.

Heart Failure Symptoms and Treatment

Heart failure is a condition in which the heart does not pump enough blood to meet the needs of the body. It is chronic with no cure. However, with the right medical treatment and active attention to lifestyle, a patient can still live a full and enjoyable life.

SYMPTOMS

Shortness of breath • Fatigue • Swelling of extremities • A sudden weight gain

TREATMENT

Consult with your personal physician and a cardiologist. Treatment includes several medications, daily monitoring of symptoms, and adherence to prescribed diet and exercise.

The Hand

A TREATMENT OPTION FOR DUPUYTREN'S CONTRACTURE



Janice Shaeffer's grandchildren squealed with laughter when she pushed on the gnarled knuckle of her right pinkie, which normally curled toward her palm. "The finger would flip up," says the Bethany Beach resident. "They thought it was the funniest thing." When Mrs. Shaeffer released the pressure, the finger shot downward, as though pulled by a rubber band.

Mrs. Shaeffer suffers from Dupuytren's contracture, a disease that causes an abnormal thickening of the palm's tissue, which can create cords that pull one or more fingers toward the palm. The little and ring fingers are most commonly affected, but the condition can involve any finger. Daily tasks such as opening a jar or even putting one's hand in his or her pocket can become a challenge since the disease affects mobility of the hand. Though its cause is unknown, it is believed to be genetic and has been associated with diabetes, says David Sopa, DO, a Board Certified orthopaedic surgeon and Chief of Orthopaedic Surgery at Beebe Medical Center. He says it is most common in men over the age of 40 of northern European descent. Only about 20 percent of the cases are women.

"It started to affect my wrist," Mrs. Shaeffer recalls. "And then my wrist started getting weak."

The traditional treatment option for this disease has been surgery to remove the affected tissues.

"I've seen good results from surgery for most of my patients with this condition," says Thomas A. Otter, MD, a Lewes hand specialist and Board Certified orthopaedic surgeon. Graham Robbins, PT, Director of Rehab Services at Beebe Medical Center, says occupational therapy usually follows.

"Occupational therapy is recommended after most hand surgeries to help with healing, range of movement, strength, and, most importantly, function," he explains.

In February 2010, the U.S. Food and Drug Administration approved the first non-surgical treatment option for Dupuytren's contracture. It is Xiaflex, an enzyme, collagenase clostridium histolyticum, manufactured by Auxilium

Beebe Medical Center Hand Surgeons



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◀ Hand surgeon Scott Schulze, MD, examines Janice Shaeffer, who suffers from Dupuytren's contracture.

Pharmaceuticals Inc., a specialty biopharmaceutical company in Malvern, Pennsylvania. Xiaflex is injected into the hand by a trained physician to weaken the cord, which the physician can then manipulate. Xiaflex showed positive results in clinical trials, though there were some side effects, and long-term recurrence rates continue to be monitored. With either surgery or Xiaflex, Dupuytren's contracture can recur.

“Though not a cure, Xiaflex offers us another option in addition to surgery to treat Dupuytren's disease,” says Scott M. Schulze, MD, a fellowship-trained hand surgeon, who has undergone training to perform this new treatment option. So far, he and his patients are seeing positive results, including the vast improvement that has occurred in Mrs. Shaeffer's case.

“It was like a 24-hour turnaround,” Mrs. Shaeffer says after having two injections. “I can't tell you how impressed I am. It feels completely natural.”

Dr. Schulze, who is based in Lewes, diagnosed Mrs. Shaeffer with 35-degree and 40-degree contractures at the metacarpophalangeal (large) joints of her little and ring fingers. He discussed the pros and cons of the treatment options, and both he and Mrs. Shaeffer decided Xiaflex was the best option for her.

No anesthesia is required for the in-office injections. Dr. Schulze wants patients to report any electric-like sensation they may experience during the procedure. Ideally, Xiaflex immediately begins to break down the cord. However, more than one treatment can be required, as was the case for Mrs. Shaeffer. She felt no pain during or after the first injection. After waiting 30 days, Dr. Schulze gave her another treatment, targeting a different site. Mrs. Shaeffer said she felt a slight burning sensation as the drug entered her hand. Dr. Schulze was able to straighten both her fingers the next day.

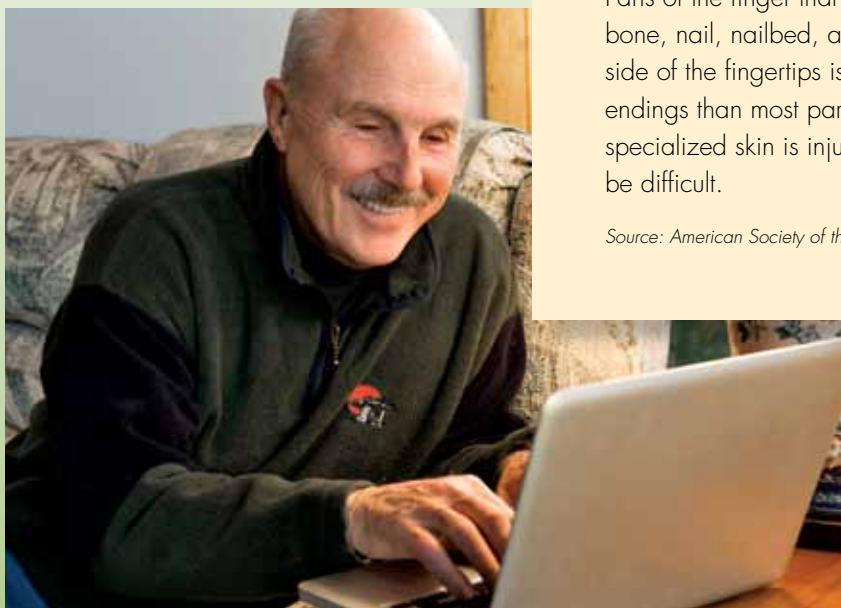
“We got two for one,” she says.

John “Jack” Walsh, of Bethany Beach, had noticed a problem with his hand in the early 1990s after taking down a fence. “I thought I had injured my hand,” he says. “The small finger was distorted.” His finger gradually bent 90 degrees, and he could only use nine fingers to type.

He read about Xiaflex and learned that Dr. Schulze offered the procedure. They discussed treatment options, and Mr. Walsh agreed to have the Xiaflex. Mr. Walsh recalls that after he had the injection, he returned to see Dr. Schulze the next day and heard a “pop” as the cord in his hand released when Dr. Schulze manipulated the finger and straightened it.

“I couldn't put on a pair of gloves and was doomed to mittens when skiing,” Mr. Walsh says. “I couldn't believe that something could so quickly straighten it.” ■

John Walsh, of Bethany Beach, demonstrates his restored hand movement. “Now I can use 10 fingers to type instead of nine,” he says.



Common diseases and injuries of the hand that can be surgically treated at Beebe Medical Center

CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome (CTS) is a condition caused by increased pressure on the median nerve at the wrist. Symptoms may include numbness, tingling, and pain in the arm, hand, and fingers.

OSTEOARTHRITIS

In osteoarthritis, often known as degenerative arthritis, the cartilage layer wears out, resulting in direct contact between the bones.

RHEUMATOID ARTHRITIS OF THE HAND

Rheumatoid arthritis affects the cells that line and normally lubricate the joints (synovial tissue). This can affect the whole body. The joint lining (synovium) becomes inflamed and swollen and erodes the cartilage and bone. The inflammation can spread to the tendons and cause them to stretch or rupture.

TRIGGER FINGER

Stenosing tenosynovitis, commonly known as “trigger finger,” involves the tendons that bend the fingers. Trigger finger occurs when the tendons are constricted. Symptoms include pain, popping, or a catching feeling in the finger or thumb.

Injuries

FLEXOR TENDON INJURIES

The muscles that bend the fingers are called flexor muscles. Deep cuts on the palm side of the wrist, hand, or fingers can injure the flexor tendons and nearby nerves and blood vessels. The injury may appear simple, but it is actually more complex inside the hand.

FINGER INJURIES

Parts of the finger that can be injured include skin, bone, nail, nailbed, and tendons. The skin on the palm side of the fingertips is specialized with more nerve endings than most parts of the body. When this specialized skin is injured, exact replacement may be difficult.

Source: American Society of the Surgery of the Hand

BEEBE MEDICAL CENTER DESIGNATED

BARIATRIC SURGERY CENTER OF EXCELLENCE



The American Society of Metabolic and Bariatric Surgery and the Surgical Review Corporation in November 2010 designated Beebe Medical Center as a Bariatric Surgery Center of Excellence.

This designation means that Beebe Medical Center offers a sophisticated weight-loss program that includes surgical options and meets the highest standards of quality and safety as set down by the American Society of Metabolic and Bariatric Surgery. It represents Beebe Medical Center's commitment to battling obesity and associated diseases, including heart disease, diabetes, high blood pressure, high cholesterol, osteoarthritis, and sleep apnea.

"We are proud of this designation," says Jeffrey M. Fried, President and CEO of Beebe Medical Center. "Obesity has become a serious health risk in our nation today and one that leads to numerous chronic diseases. We at Beebe Medical Center are committed to improving the community's health and preventing disease, and we believe that this program offers us one more opportunity to accomplish that goal."

Michael Sofronski, MD, FACS, heads up the program as Medical Director. He and Board Certified surgeon Daniel McCullough, MD, FACS—both with extensive experience in bariatric surgical procedures—joined forces with Beebe Medical Center to create a multidisciplinary team of physicians and clinical staff to develop the program. Combined, the two surgeons have performed more than 1,700 bariatric procedures

"We wanted to bring a quality program to Beebe," Dr. Sofronski says. "There's a lot to be said for the team approach, and there is an esprit de corps at Beebe that complements what Dr. McCullough and I do."

Drs. Sofronski and McCullough are both members of the American Society for Metabolic and Bariatric Surgery, and Diplomats of the American Board of Surgery. Dr. McCullough completed a bariatric fellowship at the University of Virginia.

Registered nurse Patricia Houston, RN, MPH, MEd, is the Bariatric Program Coordinator. The program is supported by clinical specialists and patient care professionals throughout the hospital.

Michael Sofronski, MD, bariatric surgeon, in the fitness center within his office at the Beebe Health Campus, encourages exercise as part of a weight-loss program. Patients Kenneth and Pam Stenger, of Millsboro, exercise on treadmills in the background.

Patricia Houston, RN, is Beebe Medical Center's Bariatric Program Coordinator.



The goal is to help people lose weight, maintain their weight loss, and improve their health. The two surgical procedures offered are adjustable gastric banding and gastric bypass. Both procedures are done laparoscopically. Gastric banding patients go home the same day of surgery. Gastric bypass patients require a brief hospital stay.

"These surgical procedures assist the patient in losing weight," Dr. Sofronski explains. "The patient must cultivate a new and healthier lifestyle."

Dr. McCullough agrees, pointing out that patients have to make a commitment to change and that they cannot look at either procedure as a quick fix. Patients also should consider both the risks and the benefits of these or any other surgical procedures and discuss them with the surgeon.

The program requires patients to participate in a nutrition education program and work with a personal trainer at the gym to help them individualize their exercise goals. Support groups are offered twice a month at the Beebe Health Campus. Long-term follow-up with the surgeon and supportive staff members is designed to help patients maintain their weight loss throughout their lifetime.

"This is a wonderful program for patients to assist with weight-loss efforts when traditional diet and exercise programs alone have been unsuccessful," says Patricia Houston, who is not only the program coordinator but also a gastric band patient.

For Dr. Sofronski, it is the realization of a goal that emerged when he and his wife Emily Sofronski had their daughter Camryn. As Mrs. Sofronski was working hard to get back into shape after her pregnancy, they both decided that not only would they focus on their own healthy lifestyle but would like to help others as well.

"It was an empowering experience for both of us," he says. "We felt better and we had increased energy levels. It was the genesis of starting a bariatric practice that had a lifestyle component."

For more information on the Beebe Medical Center Bariatric Surgical program, please call Patricia Houston at 302-645-3100 x5410. ■



Daniel McCullough, MD, holds the adjustable gastric band that he places around the stomach, molding it to a reduced size.

GASTRIC BANDING

A laparoscopic surgical procedure where the surgeon fastens a band around the upper stomach to create a pouch. Patients feel full after eating a lesser amount of food than in the past. Generally, the patient goes home the same day.

Benefit

Weight loss, which has been proven to improve many medical conditions

Risks include

- Injury to stomach, intestines, or other organs during surgery
- Slippage of the band
- Scarring and eventual bowel obstruction
- Gastritis, heartburn, or stomach ulcers; gallstones
- Poor nutrition
- Vomiting from eating more than your stomach pouch can hold

GASTRIC BYPASS SURGERY

A surgical procedure that makes the stomach smaller, causing the body to absorb less food. The surgeon staples the stomach in two. A part of the small intestine called the "jejunum" will be connected to the top part of the stomach (the pouch), thus "bypassing" the lower part of the stomach and the first part of the intestine. The patient has a brief hospital stay.

Benefit

Losing weight has been proven to improve many medical conditions. This surgery is considered an option when other efforts have failed and the medical need for weight loss is great.

Risks include

- Breakdown of the pouch, which would require another surgery
- Anemia from low iron or vitamin B12 levels
- Low calcium levels
- Gallstones
- Gastritis, heartburn, or stomach ulcers
- Poor nutrition

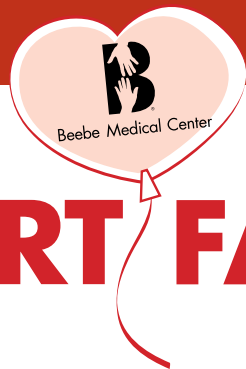
Source: U.S. National Institutes of Health

For Our Community

WE'RE LOOKING OUT FOR YOUR
Heart Health



JOIN BEEBE MEDICAL CENTER FOR ITS
7TH ANNUAL



COMMUNITY
HEART FAIR

Thursday, February 17, 2011

10 A.M. – 2 P.M.

REHOBOTH BEACH CONVENTION CENTER

REGISTRATION IS NOT REQUIRED FOR THIS FREE EVENT.

IF YOU HAVE QUESTIONS, PLEASE CALL **645-3468**.

FREE ACTIVITIES, FOOD, AND SCREENINGS

- ♥ Blood pressure checks ♥ Glucose screenings
- ♥ Cholesterol screenings at multiple stations
- ♥ Giveaways ♥ Health displays

Our Mission

Beebe Medical Center's charitable mission is to encourage healthy living, prevent illness, and restore optimal health with the people residing, working, or visiting the communities we serve.

Our Vision

Beebe Medical Center will be a community-based healthcare system committed to providing high-quality, cost-effective healthcare in fulfillment of our charitable mission.

A STROKE IS A MEDICAL EMERGENCY.
KNOW THE SIGNS . . .

Do not ignore the warning signs.
They appear suddenly.

- Feeling numb or weak on one side of the body or the face
- Unclear speech; having trouble repeating a simple sentence
- Difficulty walking; feeling dizzy or falling
- Losing sight in one or both eyes
- Bad headache

Act quickly and call 911. Every second counts!

**THE JOINT COMMISSION HAS CERTIFIED
BEEBE MEDICAL CENTER AS AN
ADVANCED PRIMARY STROKE CENTER.**

STROKE SUPPORT GROUP

Fourth Thursday of Each Month at 5 p.m.

A stroke support group meets at Tunnell Cancer Center, 18947 John J. Williams Highway in Rehoboth Beach. The group provides support to stroke survivors, care partners, spouses, and friends. It provides education and resources to maximize participation in home and community. The instructor is Holly Sullivan, Speech/Language Pathologist at Beebe Medical Center. For additional information, call 302-645-3100 ext. 2436.

MENDED HEARTS SUPPORT GROUP

Third Tuesday of Each Month at 2 p.m.

A support group for those who have had open-heart surgery meets at the McCurry Conference Center in the Medical Arts Building, next to the Tunnell Cancer Center on Route 24. Call 302-645-3514 for details.



Find us on:
facebook®

FIND THE LINK
ON OUR WEBSITE,
WWW.BEEBEMED.ORG.

The *Beacon* is published by Beebe Medical Center to present health information to the people of Sussex County. Health information provided in the *Beacon* should not be substituted for medical advice offered by a physician. Please consult your physician on medical concerns and questions.

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With photography by **Kevin Fleming**



Beebe Medical Center

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