



HEALTHY TIMES



Migraine or Stroke?

S Stroke is a silent killer that can occur in all ages, in both sexes, and in all races in every country around the world. In fact, strokes kill about 157,000 Americans a year. Though many people are aware of the dangers of high blood pressure and smoking or may be able to recognize the signs of a heart attack, most people think a stroke can't or won't happen to them.

A stroke occurs when blood circulation to the brain fails, due to either blockage of a blood vessel or bleeding into the brain. Blockage of a blood vessel in the brain or neck is an ischemic stroke, which is the most common type of stroke. If there is bleeding into the brain or the spaces surrounding the brain, then it is a hemorrhagic stroke. Recognizing the signs of a stroke can help you or others know if immediate medical attention is needed.

If any of the following symptoms are experienced, call 911 and/or get that person to the Emergency Department at Daviess Community Hospital immediately:

- sudden numbness or weakness, especially on one side of the body;
- confusion or trouble speaking or understanding speech;

- sudden trouble seeing in one or both eyes;
- difficulty with walking, dizziness or loss of balance or coordination; or
- a sudden, severe headache with no known cause.

Some signs of a stroke could be confused with symptoms of a migraine, such as blurred vision, dizziness or a severe headache, so if there is any uncertainty, see our medical professionals in the Emergency Services Department – we know what to do.

ACT FAST

If you suspect that someone is having a stroke, act F.A.S.T., and do this simple test:

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift down?

Speech: Ask the person to repeat a simple question. Are the words slurred? Can he/she repeat the sentence correctly?

Time: If a person shows any of these symptoms, time is of the essence. Call 911 or get to the hospital immediately.

Physician Faces in the ER



TIMOTHY R. CULLEN, DO
Hometown: Evansville, Indiana
Current Residence: Washington, Indiana
DO School and Location: University of Health Sciences, Kansas City, MO
Board Certifications: Family Practice Certified
Family Details, Interests and/or Hobbies: Dr. Cullen has been married to his wife, Julie, for 19 years. They are adamant animal enthusiasts, sharing their household with their 2-year-old Siberian husky, Nikolai, and his three feline siblings, Halcion, Sebastian and Calvin. He enjoys travelling, camping, and spending time with his family. His favorite channel is the History Channel.



JAMES H. GRUBER, MD
Hometown: St. Meinrad, Indiana
Current Residence: St. Meinrad, Indiana
MD School and Location: Indiana University School of Medicine, Indianapolis, Indiana
Board Certifications: American Board of Family Practice, licensed in Indiana
Family Details, Interests and/or Hobbies: Dr. Gruber enjoys running, biking and farming. He is also a 2/238 Aviation, Battalion Flight Surgeon with the Army National Guard.



MUNDO ROSALES, MD
Hometown: Tempe, Arizona
Current Residence: Bedford, Indiana
MD School and Location: University of Arizona, College of Medicine, Tucson, Arizona
Board Certifications: Board Certified General Surgeon
Family Details, Interests and/or Hobbies: Dr. Rosales is married to Kelly, and they have four children: Brianna, Bailey, Brady and Bella. He enjoys reading, travelling and a variety of sports, "but as any Hoosier knows, basketball is king."



REX STROUD, MD
Hometown: Monroe City, Indiana
Current Residence: Monroe City, Indiana
MD School and Location: Indiana University School of Medicine, Indianapolis, Indiana
Board Certifications: Board Certified in Family Practice
Family Details, Interests and/or Hobbies: Deployed to combat operations in Operation Iraqi Freedom.



Bad Cough or Pneumonia?

Pneumonia is a general term that refers to an infection of the lungs caused by viruses, bacteria, fungi or parasites. It typically begins several days after an infection of the nose and throat sets in.

The cause of the pneumonia will affect the specific symptoms experienced, but common symptoms include the following: fever, chills, cough, unusually rapid breathing, breathing with grunting or wheezing sounds, labored breathing that makes a child's rib muscles retract, vomiting and abdominal pain (this is experienced when the pneumonia is in the lower part of the lungs, near the abdomen), chest pain, loss of appetite, or bluish/gray color of the lips and fingernails.

Because these symptoms can also be caused by other illnesses or conditions, like a common cold or allergies, it can be difficult to determine when your child is suffering from pneumonia. If your child experiences any of these signs or symptoms, especially irregular breathing, bluish or gray color of the lips and fingernails, or a fever, visit the Emergency Services Department at Daviess Community Hospital – we know what to do.

It can be difficult to determine when your child is suffering from pneumonia. At Daviess Community Hospital, we can help.



Indigestion or a Heart Attack?

Have you ever experienced chest pain and nausea and wondered if you should simply take some antacids or if you should head to the ER? Indigestion and heart attacks can have similar symptoms, which can leave you with uncertainty, so it is important to listen to your body and know when to seek medical attention. It is also equally important to help ER doctors diagnose your condition by being open, honest and upfront about your health history and your current condition.

Heart attack symptoms are different for everyone, and even those who have had a heart attack before may experience a new set of symptoms with a later heart attack. Also, you may have a set of symptoms that does not include the crushing chest pain that is typically associated with heart attacks. Instead, you may have pain that radiates down your arms or migrates to your neck and shoulders. You may feel nauseated or break out in a cold sweat. Remember, men and women often experience heart attacks differently, so judge the symptoms you have for yourself.

Indigestion symptoms vary from person to person, so knowing your body and how it typically reacts to indigestion is an important step in sorting out your symptoms. Pain that is uncharacteristic may be a clue that something more serious is happening. When in doubt, get help. Our medical professionals at Daviess Community Hospital will be close by to provide treatment that could save your life.

SHARING IMPORTANT INFORMATION

If you decide that you require emergency assistance, being able to give the health-

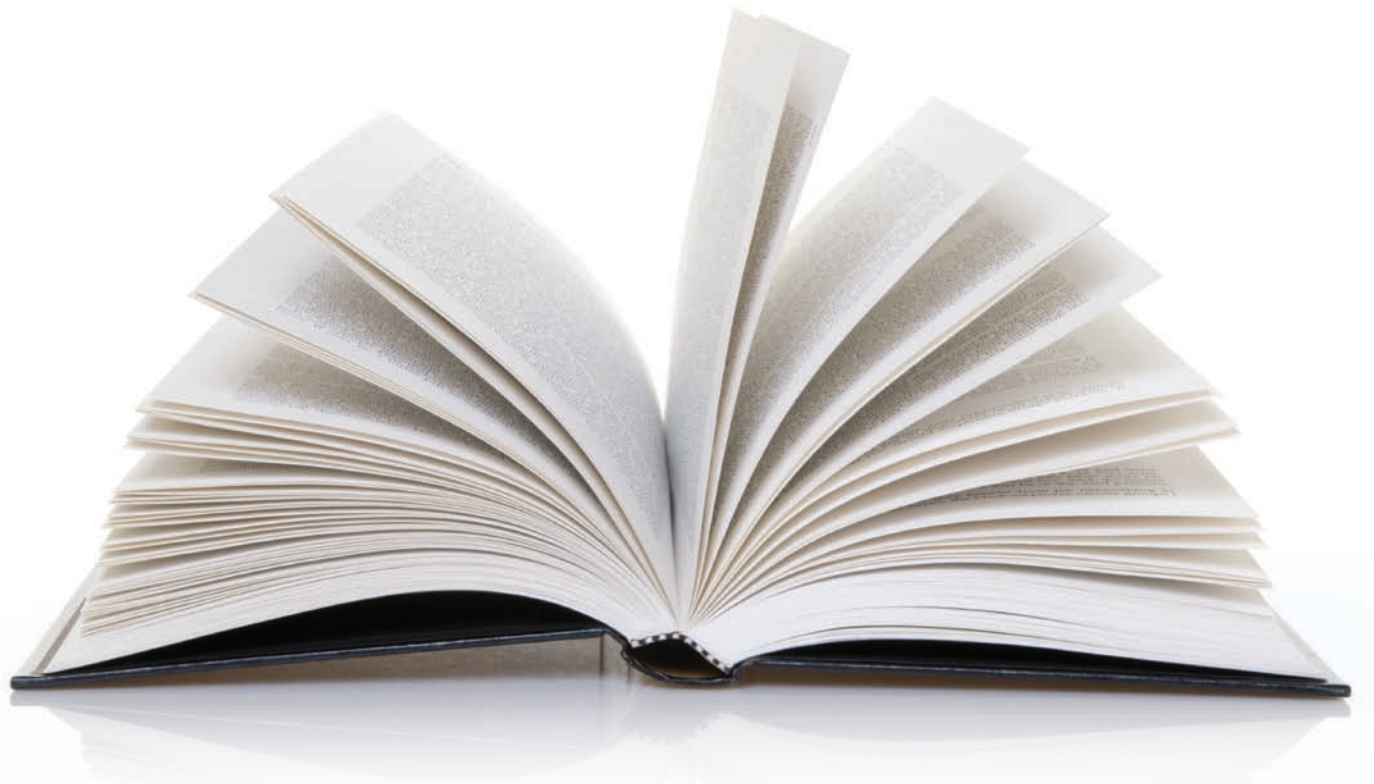
care professionals accurate information can help them diagnose your condition sooner. First of all, don't underestimate your pain or symptoms. No one wants to believe they are having a heart attack, but telling others you are fine when you are not will only make it harder to correctly diagnose your condition. Secondly, be upfront about your health history. You may not think to quickly volunteer information about your risk factors – smoking, high cholesterol, high blood pressure or a family history of heart disease – because of fear or guilt about poor health habits. However, this information is essential to your diagnosis because doctors need to know the “big picture” of your health.

COMMON HEART ATTACK SYMPTOMS

If you or someone near you experiences any of these symptoms, call 911 and/or get to the Daviess Community Hospital Emergency Services Department immediately:

- uncomfortable pressure, fullness or squeezing pain in the center of the chest lasting more than a few minutes;
- pain spreading to the shoulders, neck or arms;
- lightheadedness;
- fainting;
- sweating;
- shortness of breath;
- stomach or abdominal pain;
- nausea or dizziness;
- unexplained anxiety, weakness or fatigue; or
- palpitations, cold sweats or paleness.

Remember, whether it's indigestion or a heart attack, at Daviess Community Hospital Emergency Services – we know what to do.



Hospital Foundation Announces Scholarship Awards

t The Daviess Community Hospital Foundation has announced that 11 area students are being awarded \$16,500 in Health Careers Scholarships. A total of 12 scholarships are being made to students from Daviess, Martin and Pike Counties who are attending an accredited educational institution in pursuit of a career in the field of healthcare, with a potential for pursuing a career that fulfills a local community need. In addition to 10 \$1,500 Foundation Health Careers Scholarships, the Helen Arthur Memorial Nursing Scholarship and the new Daviess Community Hospital Auxiliary Scholarship are also being awarded.

Recipients of the 2010 Foundation Health Careers Scholarships:

Elizabeth Baugh is the daughter of Edward and Margaret Baugh of Elnora. She is a 2010 graduate of North Daviess High School. She will be attending Purdue University this fall and majoring in chemistry and biology. Her career goal is to become a genetic counselor.

Chelsea Clifton, daughter of David and Tisheena Clifton of Lynnville, is a 2010 graduate of Pike Central High School. After graduation, Chelsea plans to attend Indiana University and study pre-medicine/nursing. Her career goal is to be a doctor, specializing in obstetrics and gynecology.

Christian Duncheon is the son of Tony and Lisa Duncheon of Montgomery. A 2010 graduate of Barr-Reeve High School, Christian will be attending the University of Southern Indiana where he will major in pre-medical studies. His career goal is to become a physician.

Caitlin McCain is the daughter of Michael and Melissa McCain of Washington and a 2010 graduate of Washington Catholic. She will attend Purdue University, studying biology and preparing for medical school.

Whitney McGillem is the daughter of Joe and Debra McGillem of Washington. She is a 2010 graduate of Washington High School. She will attend Butler University and pursue a career as a pharmacist.

Claudia Padgett is the daughter of Roger and Mary Padgett of Washington. She is a 2010 graduate of Washington High School and will attend Butler University this fall. Her career goal is to become a pharmacist.

Abby Pielemeier is the daughter of Robert and Brenda Pielemeier from Washington. She is a 2010 graduate of Barr-Reeve and will attend the University of Evansville, majoring in biology. Her career goal is to become an orthodontist.

Wes Porter is the son of Dr. Bryan and Ginger Porter of Odon. He attends Franklin College where he is majoring in biology and chemistry. His goal is to attend medical school and become a physician.



The Daviess Community Hospital Foundation's Scholarship award recipients and their families were the guests of honor at a reception at the hospital on May 12. This year's scholarship recipients are (left to right) Elizabeth Baugh, Erin Wilson, Abby Pielemeier, Mallory Wagler, Claudia Padgett, Caitlin McCain, Christian Duncheon, Whitney McGillem, Hillary Holland and Chelsea Clifton. Not pictured is Wesley Porter.

Mallory Wagler is the daughter of Ezra and Lois Wagler of Montgomery. She is attending the University of Southern Indiana and pursuing a degree in nursing.

Erin Wilson is the daughter of John and Kathy Wilson of Odon. She is attending Purdue University and majoring in pharmaceutical sciences. Her career goal is to continue her education in medical school after earning her undergraduate degree.

Hillary Holland, the daughter of Ken and Peggy Holland of Washington, was awarded the Helen Arthur Memorial Scholarship Award for nursing and the Daviess Community Hospital Auxiliary Scholarship – together totaling \$1,500. A 2010 graduate of Washington Catholic High School, Hillary plans to attend Purdue University where she will pursue a nursing degree.

OUR MISSION

The Daviess Community Hospital Foundation is a nonprofit organization that exists to enhance and complement the mission of Daviess Community Hospital by providing a means for philanthropic support of the hospital and by strengthening relationships between the hospital and the people who live in our communities.

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DCH Community Events and Opportunities

DCH SPEAKERS BUREAU

Need a speaker for your nonprofit group? We welcome the opportunity to share our knowledge, expertise and caring with your group. Call **812-254-8620, ext. 1141**.

HEALTHY EATING

Medical Nutritional Therapy

Assessment of your eating habits, diet planning and nutrition education with our Registered Dietitian according to your physician's orders. Call **812-257-7559**.

FOR MOMS AND MOMS-TO-BE

Childbirth Class

A series of prepared childbirth classes includes relaxation and breathing techniques, as well as details about all phases of labor and birth, medical intervention, a tour of our OB department and more. Call **812-254-8869**.

FIRST AID, CPR AND LIFE SUPPORT

Save a Life!

First aid, CPR and Advanced Life Support classes offer skills training to respond appropriately to medical emergencies. All classes meet current American Heart Association guidelines. Call **812-254-8620, ext. 1141**.

MANAGING DIABETES WELL

Pre-Diabetes Course

A program to help you prevent the development of diabetes, including information about diet, exercise, monitoring and medications. Call **812-254-8866**.

Diabetes Education Course

A series of programs covering basic diabetes management, diet, monitoring, exercise and medications. Call **812-254-8866**.

Medical Nutrition Therapy

A Registered Dietitian will assess your needs, design a plan and instruct you on how to successfully implement a plan. Call **812-254-8866**.

SUPPORT GROUPS

Alzheimer's Support Group

Free support, education and networking for those with Alzheimer's and family and friends of those with the disease. Call **812-254-8620, ext. 1622**.

Breast Cancer Sharing and Surviving Group

Support, education and networking for those experiencing breast cancer and their families and friends. Call **812-254-8892**.

Diabetes Support Group

Free support, education and networking for those with diabetes and their families and friends. Call **812-254-8866**.

Families Facing Cancer Support Group

Support, education and networking for those with cancer and their families and friends. Call **812-254-8892**.

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1314 East Walnut St., Washington, IN
812-254-2760 • 1-800-356-2077



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