



HEALTHY TIMES



Physical Therapist Chose DCH When She Needed Therapy Herself

a August 30, 2009, started out as an exciting day for Amy Mischler. It was also the day that changed her life forever.

The air was crisp and the sun was shining as Amy got ready to compete in a downtown Chicago triathlon that day. She and some friends got up at 3:30 a.m. to prepare their bikes and gear for the event, which included a one-mile swim, a 25-mile bike ride, and a six-mile run.

The events went well for Amy. "The race felt great ... It was really perfect," she says.

Amy has been an athlete since her high school years at Washington Catholic. She graduated from USI with a degree in biology and from Slippery Rock University with a doctoral degree in physical therapy. During clinicals in Scottsville, Arizona, she began running because her clinical instructor was a marathon runner.

Amy eventually moved back to southern Indiana and began working as a physical therapist at Daviess Community Hospital, and she continued to run with her friends. She made it her goal to complete a half marathon before she turned 30 – and she more than met her goal. She has participated in six triathlons and 11 half marathons.

So Amy had no reason to suspect anything would go wrong at the 2009 triathlon in Chicago. Toward the last half mile of the run, Amy noticed she started leaning uncontrollably to the left. She had no pain, so she thought it was nothing. While she was waiting for one of her friends to finish, she had a headache, which she attributed to her new sun visor, and when it went away, she didn't think anything of that, either.

After the race, Amy and her friends went to a cookout sponsored by the triathlon, then began walking along Lakeshore Drive to get their bikes, cell phones, and other gear from the transition area. Suddenly, Amy began to feel dizzy and decided she needed to lie down.

"I lay down on the ground and was trying to figure out what machine was making the ringing noise. I had no idea it was coming from my brain," she says.

Amy remained aware of what was going on around her but lost the ability to control her body. Her left arm and leg curled up involuntarily. She began to choke on her own saliva. Being a physical therapist, she knew what was happening – she was having a stroke. She tried to communicate the diagnosis to her friends, who were also physical therapists, but she could not control her movements or speak.

Amy's friends called 911 and the Chicago police gathered in a half circle around her to shield her from the triathlon athletes and general public who were walking through the area. One of those passersby happened to be an emergency room doctor who stopped to help her until an ambulance could arrive. Amy remembers feeling grateful that the doctor was with her, even though he couldn't do anything but turn her head to keep her from choking.



The ambulance transported Amy to Northwestern Medical Center, where CT scans confirmed she'd had a stroke. By this time she could speak with difficulty but still could not control her movements and had lost all feeling in the entire right side of her body. She was given the clot-busting drug tPA, which broke the blood clot in her brain into smaller pieces to help decrease brain damage. For a time, her condition went downhill again, and although she was aware of what was going on around her, she could not respond and had to be put on a ventilator.

Amy was in the hospital for six days after her stroke. Initially, doctors thought she would need inpatient therapy, but she improved enough within the week that she was allowed to complete outpatient therapy.

During her recovery, she lived with her parents for two and a half months while she received physical, occupational, and speech therapy at Daviess Community Hospital. At first, she could not feel anything on her body's right side and could not control the movements of her right arm and leg. She used a cane to walk and had to retrain the right side of her body. After six weeks, she was able to begin driving and returned to work a few hours at a time, gradually working up to full time.

"My coworkers were amazing. They essentially let me work whenever I could at first and covered for me not being there, and also treated me, for which I am very grateful," she says. "I knew I had a lot of work to do (in recovery), but I'm happy it was with my coworkers. I knew I was in good hands coming back here."

Now, Amy has regained nearly full use of her right arm and leg. She still has some loss of feeling in her right hand, which affects her writing and typing and fastening buttons and zippers, but she has been running three days a week. She ran her first post-stroke half marathon in April this year and looks forward to more in the future. She will avoid competitive swimming and biking because the doctors say her head position in these activities might have damaged an artery in her neck and caused the stroke.

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Health Briefs

Act F.A.S.T. to Save a Stroke Victim

One in three Americans can't name a single stroke symptom, according to the National Stroke Association. Yet getting medical help quickly is vital to saving a life and limiting disability. Here's how to act F.A.S.T. to recognize stroke symptoms and take action:

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 downward?

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

Time. If the person shows any of these symptoms, time is critical. Call 911 immediately.

Spotlight on Minimally Invasive Surgery

With potential benefits such as quicker recovery and less pain, minimally invasive surgery has become increasingly popular for a variety of surgical procedures. For some operations, such as gallbladder removal, it is more widely used than conventional open surgery.

Minimally invasive surgery, also called laparoscopic or endoscopic surgery, may require a few incisions of less than a half-inch each, compared with an incision of 5 to 8 inches or longer with open surgery. The surgeon inserts a scope consisting of a tube with a camera and light attached into one of the incisions. Images are sent to a screen, which the surgeon watches while performing the surgery using a tool or tools inserted through one or more of the other incisions.

BENEFITS OF MINIMALLY INVASIVE SURGERY

Not all surgeries can be performed using minimally invasive techniques. Major cancer, heart or other surgeries may require a more open surgical field. In some instances – even if a laparoscopic procedure is performed routinely – a physician may determine that a particular patient is not a good candidate based on his or her overall health or condition.

However, when laparoscopic surgery is determined to be a good option, it may offer the following benefits over open surgery:

- Shorter recovery time. Since small incisions usually heal faster than large ones, some surgeries can be done on an outpatient basis. Surgical patients who are admitted to the hospital may be released sooner and return to their regular activities faster.
- Less pain. Smaller incisions generally mean less post-operative pain.
- Lower risk of infection. Smaller wounds are generally at less risk of infection.
- Less blood loss. The tiny incisions involved in minimally invasive surgery usually result in less blood loss than would be experienced with open surgery.
- Less scarring. This can be a significant consideration for some patients.

CUTTING-EDGE SURGERY WITH LESS CUTTING

Gallbladder removals and appendectomies are among the most commonly performed minimally invasive procedures. Orthopedic, gynecological and urological laparoscopic surgeries are not far behind. Daviess Community Hospital has been in the forefront of offering minimally invasive surgical options in the following specialties:

- Colorectal
- Gastroenterology, including treatment for GERD
- General Surgery
- Gynecology
- Otorhinolaryngology
- Orthopedics
- Urology

If you are anticipating surgery, our surgeons will discuss your options with you and determine whether minimally invasive surgery is appropriate for you. For additional information, contact Daviess Community Hospital Surgical Services at **812-254-8877**.



Paul Anwiler, CRNA, Returns to DCH



Paul Anwiler

d Daviess Community Hospital is pleased to announce that Paul Anwiler, Certified Registered Nurse Anesthetist (CRNA), has returned to practice at Daviess Community Hospital.

Anwiler originally joined the hospital staff in 1998, leaving briefly last year to assume a position in Terre Haute. He began working at the hospital again in October, joining the expert Anesthesia team of Dr. Daniel McCarthy and Dr. Jacqueline Graber.

He completed his training as a nurse anesthetist at Veterans Affairs Medical Center School for Nurse Anesthetists in Albany, New York. He holds a BA in Nursing from the College of St. Scholastica in Duluth, Minnesota. He is certified by the American Association of Nurse Anesthetists.

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Because of her experience, Amy feels she has unique empathy for her patients at Daviess Community Hospital.

“I always told my patients you never know what life will throw at you, but I never knew it would be me,” she says. “I know it’s a life-changing event, and (the therapists at DCH) try to do all that’s possible to help. I don’t tell many patients (about my stroke), but if they’ve had a stroke, I tell them ... I don’t know what your outcome will be, but I know what you’re going through.”



New General Surgeon at DCH



Dr. Albert Tuono

d Daviess Community Hospital is pleased to announce that Albert Tuono, DO, General Surgeon, has joined the hospital’s medical staff. Prior to joining the DCH staff, Dr. Tuono provided surgical care at the hospital when Dr. John Clayton, General Surgeon, was away from the facility. He began a permanent position with DCH on November 1.

Dr. Tuono specializes in general, laparoscopic and laser surgery, as well as wound care. His office is located in the DCH Medical Clinic in Washington and he will provide surgical care at Daviess Community Hospital. His office phone number is **812-254-8856**.

“Dr. Tuono’s arrival, coupled with the continued expert care provided to our patients by Dr. John Clayton, is helping us enhance the surgical services we provide to our community right here at the hospital,” says John Rossfeld, Interim CEO. “We are pleased to announce this development at DCH.”

Dr. Tuono graduated cum laude from Temple University in Philadelphia, earning an undergraduate degree in biology. He then earned his DO from the Philadelphia College of Osteopathic Medicine and completed residency programs in internal medicine and general surgery at Millcreek Community Hospital/Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. He has held several academic appointments, including Clinical Associate Professor of Surgery and preceptor at both West Virginia University in Morgantown, West Virginia, and Saint Francis University in Loretto, Pennsylvania. He is a member of the American College of Osteopathic Surgeons, the American Osteopathic Association, the American Medical Association, and the Society for Hyperbaric Medicine. He is board eligible in his specialty and has begun the examination process for board certification in general surgery.

Prior to his appointment at DCH, Dr. Tuono was Director of Wound Care for the Department of Veterans Affairs in Martinsburg, West Virginia. He also worked with CompHealth Locum Tenens in Salt Lake City.

Dr. Tuono and his wife, Tracy, have two children, Anthony and Taylor. The family resides in Washington.

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**.

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**.

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**.

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 **812-254-8866**.

HEALTHY LIVING

Neat Feet Clinic

A registered nurse trims and files toenails and assesses feet for abnormalities. Second Friday of the month at Senior and Family Services in Washington. Appointment necessary. Call **812-254-8855**.

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**.

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**.

Share Pregnancy and Infant Loss Support Group

The group meets at the hospital monthly to help caregivers and parents who have experienced the devastation of a baby's death due to early pregnancy loss, stillbirth or in the first few months of life. Call **812-254-8880**.

Hospital-owned Medical Practices and Clinics

DAVISS COMMUNITY HOSPITAL ORTHOPEDIC SPECIALISTS

George Morgan, MD
1400 Grand Avenue
Washington, Indiana
812-254-2754

Marcus Thorne, MD
1807 State Road 57 South
Washington, Indiana
812-254-BONE (2663)

DAVISS-MARTIN MEDICAL CLINIC

Highway 50 West
Loogootee, Indiana
812-295-5095

DCH MEDICAL CLINIC

1400 Grand Avenue
Washington, Indiana
812-254-6696

DCH QUICK CARE CLINIC

1805 State Road 57 South
Washington, Indiana
812-254-QUIK (7845)

DCH SPECIALTY AND ONCOLOGY PHYSICIANS CLINIC

Located inside Daviess Community Hospital
Washington, Indiana
812-254-8855

GRAND AVENUE PEDIATRICS

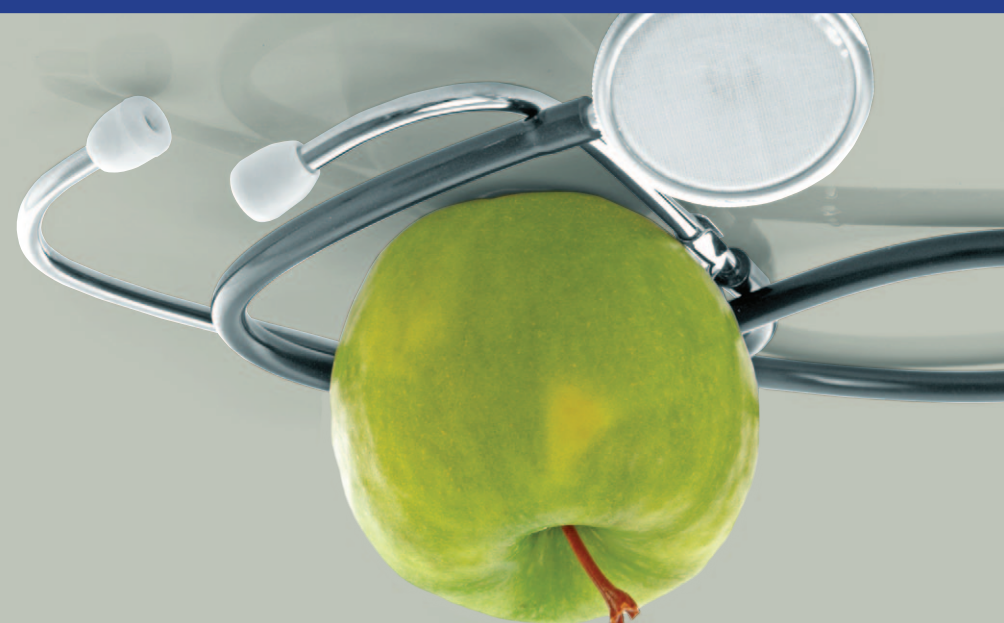
1400 Grand Avenue
Washington, Indiana
812-257-0383

NORTH DAVIESS MEDICAL CLINIC

202 North West Street
Odon, Indiana
812-636-7300



1314 East Walnut St., Washington, IN
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