DCH Radiology Department Saves Judge’s Life

The Radiology Department and imaging services at Daviess Community Hospital may have saved the life of retired Daviess County Judge Robert Arthur.

One Friday in October 2002, Arthur found himself in the Daviess Community Hospital emergency room after having a small stroke. The ER doctor ordered tests and X-rays at the Radiology Department to check his carotid artery and to check for the cause of his stroke.

While examining the images, one technician noted something that didn’t look right in Arthur’s throat that was not related to the stroke. “I was supposed to announce a football game that night, and the technician wouldn’t let me go to the game,” noted Arthur.

Though Arthur was finally released from the hospital that night, the technologist’s note about the odd finding was forwarded to Arthur’s primary physician, Dr. Knopinski, who followed up and diagnosed Arthur with Stage 4 throat cancer.

The diagnosis was a surprise to Arthur because he had no symptoms that might point to cancer, and no one had been looking for signs of cancer to begin with. “If the tech hadn’t been on the ball, and noted it to Dr. Knopinski, I wouldn’t be here today,” he said. “I went in for one thing, and they found another.”

Arthur was admitted to IU Health Cancer Center from December through February, where he received daily radiation and weekly chemotherapy for the cancer. That was 10 years ago, and the cancer has not returned. Arthur continues to announce local high school ballgames, provide radio commentary, and occasionally fill in on the bench at Daviess County court.

“The technologist and technology in the Daviess Community Hospital Radiology Department saved my life, there’s no doubt in my mind about that,” said Arthur.

A Look Inside DCH Diagnostic Imaging

Daviess Community Hospital is proud to offer state-of-the-art diagnostic imaging services. If you provide orders an exam, contact our Radiology department at 812-254-8851 to schedule.

Bone Densitometry — Called dual-energy X-ray absorptiometry (DXA or DEXA), this exam uses X-rays to scan your bones. It measures bone loss and risk for developing osteoporosis (brittle bones).

Computed Tomography (CT) — During a CT scan, you lie on a table inside a donut-shaped machine. An X-ray tube rotates around your body and produces detailed images of your internal organs. CT scans create cross-sectional images like slices. Scans can help detect cancer and heart disease; diagnose muscle and bone disorders; detect internal injuries; and locate tumors, infections, and blood clots.

Magnetic Resonance Imaging (MRI) — MRI uses a magnetic field and radio waves to create cross-sectional images of your head and body. MRI machines are large, cylindrical magnets. A computer processes your body’s responses to the radio waves to generate an image. MRI is very useful in producing high-resolution images of your brain, neck, spinal cord, and soft tissues. The images are often used to diagnose central nervous system disorders, such as multiple sclerosis and brain tumors, and help identify disorders of blood vessels, lungs, liver, pancreas, kidneys, and spleen.

Mammography — A digital low-dose X-ray system is used for breast disease screening and diagnosis of early breast cancer. The images can show changes in a breast before a patient or physician can feel them.

Ultrasound — Although most people associate ultrasound with pregnancy, it can also be used to study the heart, diagnose some forms of infection and cancer, guide biopsies and treatment of tumors, check the thyroid gland, diagnose gallbladder disease, and reveal abnormalities in the scrotum and prostate.

X-ray — One of the oldest types of medical imaging, an X-ray examination uses electromagnetic radiation to create images of your bones, teeth, and internal organs. X-rays are a quick and effective way to assess bone problems, joint infections, lung and heart diseases, abdominal pain, dental conditions, and more.

About Dr. Richard Collins, DCH Radiologist

Dr. Richard Collins provides full-time radiology services at Daviess Community Hospital through our agreement with Summit Radiology Group in Fort Wayne, Indiana.

Dr. Collins earned his DO from Ohio University College of Osteopathic Medicine. He completed a fellowship program in body imaging at Aultman Hospital in Canton, Ohio, and a residency program in radiology at Grandview Hospital in Dayton and Mount Clemens General Hospital in Michigan. He is board certified in radiology with the American Osteopathic Board of Radiology and a member of the American Osteopathic Association, the American Osteopathic College of Radiology, and the American Medical Association.

As Daviess Community Hospital’s Radiologist and through our agreement with Summit Radiology, Dr. Collins has access to radiologists who specialize in the various subspecialty fields. The physicians are all graduates of accredited Radiology Residency Programs, but in addition, most have completed additional Fellowship training in various subspecialty fields such as Interventional Radiology, Body Imaging, Mammography, Neuroradiology, Musculoskeletal and Nuclear Medicine. Physicians who specialize in reading certain diagnostic tests are available, allowing patients to have access to additional expertise without traveling to other hospitals for testing.

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Winter 2013
How Much Exposure Is too Much?

Advances in medical imaging have made CT scans and X-rays a routine part of medical care in the U.S. But concerns about radiation – amplified by the Fukushima nuclear power plant disaster and backlash about airport scanners – can raise questions about the safety of these tests. The fact is that medical imaging uses very small amounts of radiation, and the benefits of the examinations far outweigh the risks. Still, questions remain.

COMMON SOURCES

Earths are exposed to minimal amounts of radiation every day from natural background sources in the atmosphere, such as radon gas found in homes and minerals in the ground. Most Americans also receive some radiation from man-made sources such as medical imaging. In total, the average annual radiation dose per person in the U.S. is 620 millirem, according to the National Council on Radiation Protection and Measurements. Half of that dose comes from natural sources; the other half from medical diagnostics and treatment.

While the average annual radiation dose has only benign health effects, over time, small amounts of radiation can raise the risk of developing cancer and cause genetic mutations. In general, medical imaging does not produce enough radiation to cause harm – the radiation exposure from one chest X-ray equals the amount of radiation received from natural background sources over 10 days.

LIMITING YOUR EXPOSURE

You can help reduce your exposure to radiation from medical imaging by following these suggestions from the Food and Drug Administration:

• Know how an X-ray will help. Ask your health care provider to explain the purpose of the test and whether another, lower-risk procedure would provide similar results.

• Let your doctor guide you. If he or she does not believe an X-ray is medically necessary, don’t insist on one.

• Communicate with the technologist. He or she will want to know if you are pregnant or could be pregnant. Ask whether a lead apron or other shield can be used to protect other areas of your body. Opt for digital imaging rather than film when available.

• Share your X-ray history. Keep track of when an X-ray is taken, what type of exam, the referring physician, and the facility where the records are kept. This can help eliminate duplicating images of the same body part.

To learn more about radiation exposure from medical imaging, talk to your doctor or visit www.radiologyinfo.org.

Radiation

You Can Give in Many Ways to Help the Hospital

A century ago, a group of concerned citizens were working very hard to raise funds for a hospital in Daviess County. Their hard work and gifts came to fruition when the hospital was established as the Daviess County Hospital in Washington, Indiana, in 1913. Gifts given since that time have helped the hospital flourish and grow into what we now know as Daviess Community Hospital.

Today, there are many ways to help ensure the growth of Daviess Community Hospital for the next 100 years. Your gift helps ensure our healthcare legacy for the next century.

Remembrance giving. You can make a gift in memory of deceased loved one or friend. When you do, their name is displayed in the Foundation’s Book of Memory.

Grateful patient giving. Gifts to our grateful patient program are made to recognize the service of a hospital department or nursing unit, or an individual employee, provider, or volunteer.

Annual giving. When you make a gift to the hospital’s annual fund, you are supporting the hospital on an ongoing basis. Gifts can be made at any time during the year and in any amount.

Planned giving. These are gifts that are committed now with the release of funds at your death. The gift allows you to make contributions from capital instead of income and can often provide favorable tax consequences for you.

Endowed giving. You can make a gift to support Daviess Community Hospital by contributing to the Daviess County Community Hospital Foundation endowment fund of the Daviess County Community Foundation. Endowed gifts are permanent and earn annual interest income which is contributed back to the DCH Foundation.

DCH now Offering Low-dose CT Imaging

Daviess Community Hospital now has a new state-of-the-art Siemens Definition AS 20-slice CT scanner. Equipped with low-dose technology, the new CT scanner offers patients improved image quality and less radiation exposure – specifically lowering radiation dose by as much as 60 percent.

Casey Collins, Manager of the hospital’s Radiology Department, said the DCH scanner is the first in the area to feature dose-reduction software, offering DCH patients a unique advantage over other CT imaging locations. “The dose-reduction software reduces the amount of radiation to which our patients are exposed and at the same time, enhances images. Patients who select DCH for CT imaging can feel confident knowing that they not only have the very best imaging but also low radiation imaging that can minimize their radiation risks.”

Dr. Richard Collins, DCH Radiologist, added, “We are very pleased to provide the most advanced high-definition radiation dose-reducing CT scanner available for patients in the area. Patients and their families should be pleased that this high-quality testing with the latest safety features is available, right here, close to home.”
Pelvic Floor Rehabilitation now Available at DCH

A new specialized physical therapy is now available at Daviess Community Hospital that helps women control common personal care issues, including urinary incontinence, urinary urge and frequency, pelvic pain, and prolapse issues.

Provided by DCH therapist Angie Kribs, pelvic floor rehabilitation includes treatment like exercises; ice, ultrasound, biofeedback, and electrical stimulation; soft tissue mobilization; trigger point techniques; skin care education; and bladder training. Treatments are based on a woman’s personal care goals and are designed to fit both individual and functional needs.

Kribs is the only therapist at DCH who is trained to provide this type of therapy. A Washington High School graduate who holds a master’s degree in Physical Therapy from the University of Evansville, she has been with the hospital since 2005. She has always been involved in teaching a portion of Daviess Community Hospital’s childbirth preparation classes so that patients are always been involved in teaching a portion of Daviess Community Hospital’s childbirth preparation classes so that patients are educated on the importance of Kegel exercises, post-partum abdominal exercises, and back care. Kribs completed advanced training in pelvic floor rehabilitation this past summer.

“I have had a growing interest in women’s health issues, particularly after treating patients with pregnancy-related back pain and patients post-partum,” said Kribs. “I was also amazed to discover how many women are affected by incontinence issues. This is a specialized area in our field, and I wanted to learn more about how we can help patients with these conditions. In addition, local doctors were referring patients with these symptoms to a therapist in Evansville, so the need became apparent to our department here at DCH.”

Kribs says pelvic floor issues are frequently associated with issues that women face every day and often come to accept. “For many women, urinary leakage is often an accepted part of life,” said Kribs. “Women learn to count on products that are designed for that. After women learn that there are other options for treatment of issues like leakage and other pelvic floor conditions, they are very eager to get started with therapy.”

For further information, contact the DCH Rehabilitation Therapy Services at 812-254-8889 or email akribs@dchosp.org.

Your Opinion Matters
Daviess Community Hospital Launching Community Health Needs Survey

In January 2013, Daviess Community Hospital will launch a community-wide health needs assessment survey. The assessment is being done to help the hospital and other organizations in our area identify the health needs of our community. The survey seeks input from residents and the information gathered will help identify health issues — from the point of view of the survey respondent. Once the survey is complete and the health issues are identified, the hospital and other community organizations, will work together to formulate and carry out a three-year plan to address those health issues. The survey will be available online at www.dchosp.org but realizing that it’s easier for some to complete a paper survey, it will be available in paper form too. Look for announcements in area newspapers, on our website at www.dchosp.org, or on the Daviess Hospital Facebook page when the survey becomes available. Thank you in advance for completing the survey!

Introducing Our Administrative Team

Daviess Community Hospital is pleased to introduce our new administrative team.

David M. Bixler is serving as Daviess Community Hospital’s Chief Executive Officer and has more than 30 years of experience. He began his career in the business office, advancing to the position of Chief Executive Officer after only 13 years. In 2011, he was included in Becker’s Hospital Review’s “251 Hospital and Health Systems Leaders to Know.” He earned a Bachelor of Science degree in Marketing from the University of Massachusetts-Dartmouth and a Master of Science degree in Health Science from Mississippi College.

Catherine Keck is serving as Daviess Community Hospital’s Chief Financial Officer. With many years of experience in finance, she most recently served as Director of Finance/CFO at Jefferson Memorial Hospital in Jefferson City, Tennessee.

Brenda L. Sturm, RN, MSN, FACHE, joined Daviess Community Hospital in 2011 as Vice President of Nursing. She holds a master’s degree in Healthcare Administration and is a Fellow of the American College of Healthcare Executives. Brenda has an extensive background in Nursing Leadership and Executive Level Health Care Administration in rural healthcare.

Charles A. Ellis is serving as Daviess Community Hospital’s Vice President of Provider Services. He is an experienced healthcare administrator and holds a Bachelor of Science degree in Business Management from Brigham Young University and a Master of Business Administration from Baker College in Jackson, Michigan.

Marilyn Richard is Director of Human Resources at Daviess Community Hospital. She has experience in human resources as a director, manager, and generalist, working in not-for-profit hospital systems as well as physician practices in northern Indiana. She earned a bachelor’s degree from Indiana University where she has also completed post-graduate work. She holds SPHR (Senior Professional in Human Resources) certification as well as WELCOA (Wellness Council of America) certification and is a member of the Society for Human Resource Management.

Pictured above is Daviess Community Hospital’s administrative team. Front row (left to right): Brenda Sturm, David Bixler, and Marilyn Richard. Back row (left to right): Charles Ellis and Catherine Keck.
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 812-254-0620, 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 812-254-0620, 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**

**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 812-254-8860, 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 812-254-8892.

**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.

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**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

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**Davies 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)

**Davies-Martin Medical Clinic**
Highway 50 West
Loogootee, Indiana
812-295-5095

**DCH Medical Clinic**
1400 Grand Avenue
Washington, Indiana
812-254-6696

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