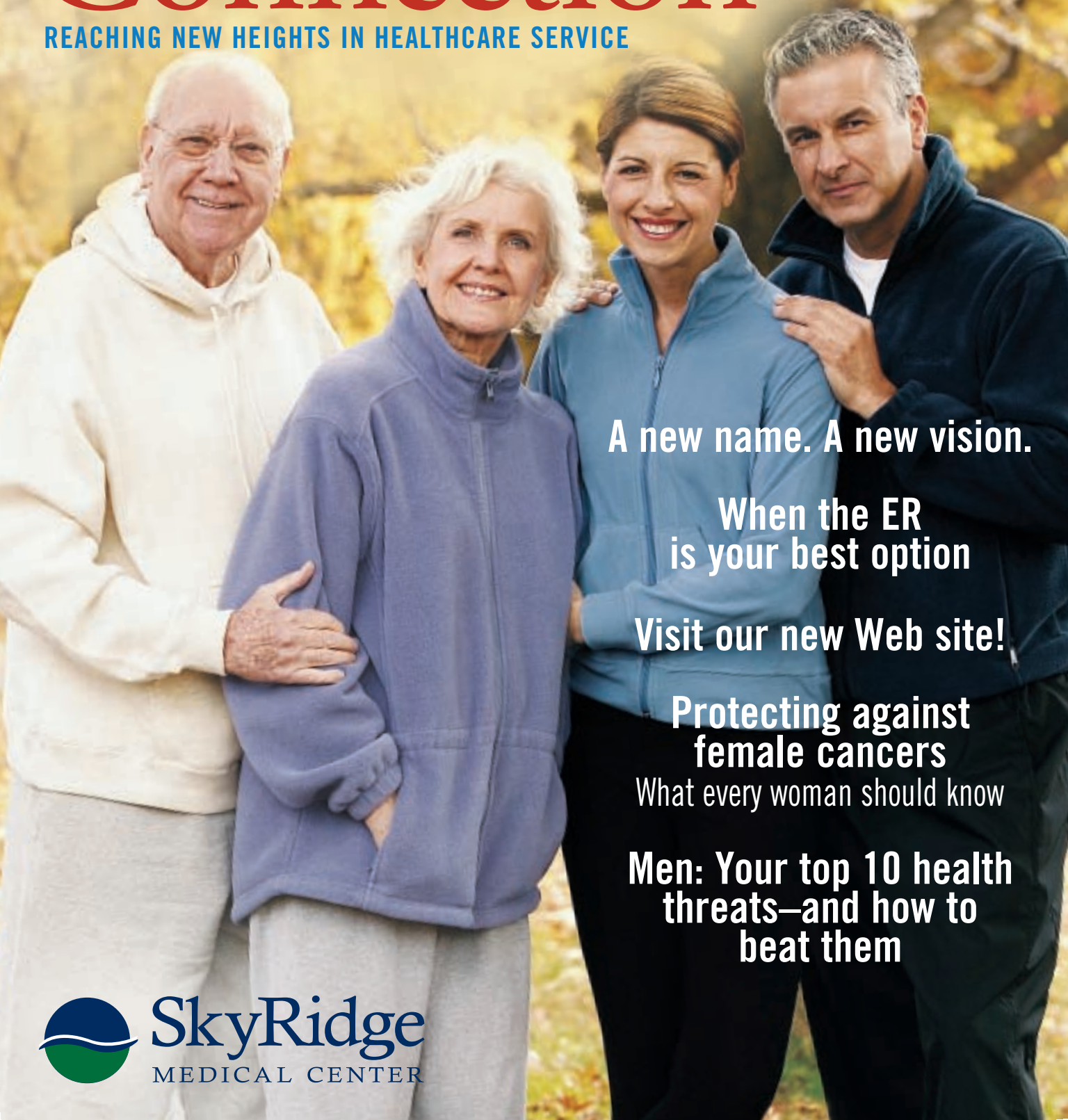


Health Connection

REACHING NEW HEIGHTS IN HEALTHCARE SERVICE



A new name. A new vision.

**When the ER
is your best option**

Visit our new Web site!

**Protecting against
female cancers**

What every woman should know

**Men: Your top 10 health
threats—and how to
beat them**



SkyRidge
MEDICAL CENTER

Embracing change

To say change is on the horizon for SkyRidge Medical Center is an understatement. Change to your healthcare system is becoming more and more publicly evident after a year of embracing change internally since

the united ownership of the former Bradley Memorial and Cleveland Community Hospitals in October 2005.

It's been a year of studying the past, looking at the present and designing our future vision in an effort to exceed your expectations. Much of our focus has been on creating the infrastructure and making the changes necessary to lead us into the future, and taking those operational and regulatory steps necessary to consolidate both campuses under one license. We also recently completed a total renovation of our fourth floor Patient Care Unit and expanded the Intensive Care Unit on the main campus from 10 to 15 beds to provide additional capacity needed during busy times.

It's been a year of opportunity to introduce a new healthcare system to the region. With that focus in mind, we announced our new name in early November. SkyRidge Medical Center was chosen because it embodies one purpose: reaching new heights in healthcare service. On Nov. 1 the two hospitals' licenses were consolidated into one license, officially uniting us as one medical center. Both hospitals have a strong tradition of success and service. We want to continue that tradition while taking healthcare in the community to new levels of quality, patient satisfaction and customer service.

Today we're busy identifying the region's

needs for new services and medical technologies, recruiting additional physicians, enhancing our working relationships with area businesses and planning community outreach initiatives like our successful Healthy Woman Kickoff event in September.

We're also planning a multi-phase construction project to support the expansion of numerous healthcare services, including a brand-new Emergency Department. We filed a Certificate of Need application with the State of Tennessee in October and plan to share our expansion project in more detail with you in the winter issue of *Health Connection*—so stay tuned.

These are exciting times at SkyRidge Medical Center as we embrace another year of change! As we move forward in delivering the healthcare services you need in a high-quality and customer-focused manner, SkyRidge Medical Center physicians and staff—your friends and neighbors—want you to know we value your health and your wellness.

Sincerely,



STEVE PATONAI
Chief Executive Officer
SkyRidge Medical Center



Steve Patonai
Chief Executive Officer



When the ER is your best option

Seek emergency treatment...



IN CASES OF TRAUMA:

- uncontrollable bleeding
- wounds with gaping edges
- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

ANY TIME THESE SYMPTOMS ARE PRESENT:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack

- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

Meet our new ED Director



William Crowe, R.N.
Director of Emergency
Department Systems

William Crowe, R.N., was appointed Director of Emergency Department Systems at SkyRidge Medical Center in September.

A registered nurse for 18 years, Crowe started his career as a flight crew emergency medical technician and later transitioned to emergency department nursing. He has worked at Level One trauma centers as well as emergency rooms (ERs) in small community

hospitals. Crowe also worked as a flight nurse for more than four years on both rotor and fixed wing transports. Continuing his education, he obtained a Bachelor of

Science degree at Georgia State University. Crowe has retained his Basic & Advanced Adult/Pediatric Life Support certification.

“William brings an excellent balance of professional expertise and interpersonal skill to the position,” says Bernadette DePrez, chief nursing officer. “We’re fortunate to have identified a leader of his caliber.”

“As with most ERs, the work is challenging, yet very rewarding. I’m proud to be a member of the team,” Crowe says. “The ER staff is comprised of very qualified clinicians. We strive to provide optimal and timely care for you, realizing that your emergency may be frightening or painful. I’m extremely optimistic about uniting SkyRidge Medical Center’s two ER locations. We’ve enhanced the best features of both ERs because it’s our goal to exceed your expectations of service.”

Visit our new Web site!



SkyRidge Medical Center has redesigned its public Web site, www.skyridgemedicalcenter.net, adding new content and valuable resources that will better serve our patients and their caregivers. With an updated look and feel, as well as improved navigation and functionality, the new Web site offers visitors easier access to health and medical center information, allowing patients and families to better understand their condition and prepare for a visit to the medical center.

LEARN MORE ABOUT SKYRIDGE

Learn about the latest developments in community outreach events by linking to information on Senior Circle, Healthy Woman and many more unique programs designed to empower you with the knowledge and confidence to make informed healthcare and well-being decisions for your loved ones and yourself.

Find out more about the ER+ program's goal—for you to have access 24 hours a day, seven days a week to qualified physicians who take the time to listen to what you have to say. Learn about how we fulfill our mission—with truly compassionate nurses who greet you warmly and a registration staff that understands people come before paperwork.

DISCOVER HEALTHCARE RESOURCES

Click on the “Discovery Hospital” search feature, which includes links to the latest news in medical research and discoveries with topics related to health, fitness and

weight loss. In addition, you can click on these informative links:

- **S.O.S. (Self-management of Symptoms):** Step-by-step advice on how to care for yourself and when to seek medical attention.
- **Disease and Condition Database:** A 1,500-page library explaining diseases, surgical procedures, lab tests, nutrition and other special topics.
- **Ready When You Are:** This tool can help you when you're ready to quit smoking, lose weight, exercise more, eat better, manage stress and more.
- **Monthly Health Newsletter:** You can subscribe to a health newsletter e-mailed to you once a month.
- **Community Centers:** You can explore health topics that relate to your age, gender, health status and other attributes.
- **Calendar of Events:** Browse this link showcasing educational opportunities and support groups.

On our site, you can sign up for SkyRidge Medical Center's quarterly e-newsletter, *Health Connection*, as well and enjoy the convenience of having this valuable resource delivered right to your e-mail.

We're only a click away

Visit www.skyridgemedicalcenter.net today!



Community Events 2006–2007

SKYRIDGE MEDICAL CENTER

SKYRIDGE MEDICAL CENTER (MAIN CAMPUS)

HOSPITAL-SPONSORED GROUPS

Forever Angels Support Group

This program helps families deal with the loss of a baby in a positive way.

When: Thursdays, Dec. 28, Jan. 25 and Feb. 22, 6:30–8 p.m.

Where: Educational Services, ground floor by cafeteria

Call: (423) 559-6722

Smoking Cessation

A five-part series to help you make an informed decision to quit smoking. Contact John Smeltzer, respiratory therapist, for more information.

When: By appointment

Call: (423) 559-6177

Senior Circle Lunch 'n Learn

When: Mondays, Nov. 20, Dec. 18, Jan. 15 and Feb. 19, noon–1:30 p.m.

Where: Varnell room, first floor in the Women's Center

Call: (423) 559-6887

Senior Circle

When: Mondays, Nov. 27, Jan. 29 and Feb. 26, 6:30–8:30 p.m.

Where: Educational Services

Call: (423) 559-6887

HOSPITAL-SPONSORED CLASSES

Childbirth Classes

For expectant moms and taken a month before expected delivery, this series discusses pain control, labor signs, breathing, infant CPR and includes a tour of the Women's Center.

When: Four Mondays or four Thursdays, 6–8 p.m. or four Saturdays, 3–5 p.m.

Where: Varnell room, first floor in the Women's Center

Call: (423) 559-6123 to register

Prenatal Class

This series covers physical changes, nutrition, exercise, fetal growth and development and emotional aspects of pregnancy.

When: Three Tuesdays, 7–9 p.m.

Where: Varnell room, first floor in the Women's Center

Call: (423) 559-6123 to register

SELF-HELP GROUPS

Alcoholics Anonymous

An open meeting for those impaired by alcohol addiction.

When: Wednesdays, 7–8 p.m.

Where: Ocoee room, Educational Services, ground floor by cafeteria

Call: (423) 618-1037

Al-Anon Support Group

A support group for families of an alcoholic.

When: Wednesdays, 7–8 p.m.

Where: Bradley room, Educational Services, ground floor by cafeteria

Page: (423) 572-1144

Cope

A support group for those affected by breast cancer.

When: Fourth Tuesday of each month, 5–8 p.m.

Where: Educational Services, ground floor by cafeteria

Call: (423) 476-1511

Narcotics Anonymous

A support group for those impaired by narcotic addiction, and their families.

When: Sundays, 7–8 p.m.

Where: Ocoee and Conasauga rooms, Educational Services, ground floor by cafeteria

Call: (423) 728-3592

Prostate Support Group

A support group for men affected by prostate cancer.

When: First Saturday of each month, 8:30 a.m.

Where: Hiwassee room, Educational Services, ground floor by cafeteria

Call: (423) 472-0832

HEALTHCARE PROFESSIONALS TRAINING

American Heart Association (AHA) Basic Life Support (BLS/CPR) Training

Healthcare-provider course accredited by the AHA. Free to employees, \$40 for nonemployees.

When: Thursday, Dec. 7, 5–9 p.m., Thursday, Jan. 4, 9 a.m.–1 p.m. or Wednesday, Feb. 7, 7:30–11:30 a.m.

Where: Ocoee and Conasauga rooms, Educational Services, ground floor by cafeteria

American Heart Association (AHA) Advanced Cardiac Life Support (ACLS) Training

Accredited by the AHA. Free for employees, \$143 for nonemployees.

When: Thursday, Dec. 7 or Thursday, Jan. 11, 9 a.m.–4 p.m.

Where: Ocoee and Conasauga rooms, Educational Services, ground floor by cafeteria

American Heart Association (AHA) Pediatric Advanced Life Support (PALS) Training

Two-day course accredited by the AHA. Free for employees, \$119 for nonemployees.

When: Tuesday and Wednesday, Jan. 30–31, 9 a.m.–4 p.m.

Where: Ocoee and Conasauga rooms, Educational Services, ground floor by cafeteria

Community Events 2006–2007

SKYRIDGE MEDICAL CENTER

Continued from page 10

SKYRIDGE MEDICAL CENTER (WESTSIDE DRIVE CAMPUS)

HOSPITAL-SPONSORED GROUPS

Grief Support Group

A support group for families who have lost a loved one.

When: Thursdays, Dec. 7, Jan. 4, Feb. 1 and March 1, 5:30 p.m.

Where: Boardroom

Mental Health—Chemical Dependency Support Group

A support group to provide resources to patients and families.

When: Tuesdays, 6–7 p.m.

Where: Outpatient room, Pine Ridge Center

EDUCATION

American Heart Association (AHA) Basic Life Support (BLS/CPR) Training

AHA approved and certification acknowledged.

When: Tuesdays, Jan. 16, Feb. 20 or March 20, 8 a.m.–noon

Where: Boardroom

Healthy Woman Kickoff a success!

More than 485 women attended the Healthy Woman Kickoff dinner and Women's Expo on Sept. 14 at St. Therese.

Thanks to our sponsors: First Tennessee; Cherokee Pharmacy; Shapes n Sizes; Life Circle Women's Healthcare; Surgical Associates, Medical Center, Super Discount and Medi-Mart Pharmacies; Tennessee Valley Urology Center; WCLE FM and AM radio; Cleveland Daily Banner; Brewer Broadcasting; WDEF and WDOD radio; and Charter Media.

Healthy Woman provides a monthly series of free educational programs and events for women and is dedicated to improving the emotional, physical and spiritual well-being of women and their families. Upcoming events include a stress management seminar with Dr. Glynn Newman in November and Holiday Decorating with Lugh Lemley of Ambiance in December.

Membership is free. Join today! Call (423) 559-6229 or visit www.skyridgemedicalcenter.net.



HEALTHY WOMAN
A SKYRIDGE MEDICAL CENTER RESOURCE

705SMC



SkyRidge Medical Center
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Cleveland, TN 37312

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Health Connection

Health Connection is published as a community service of SkyRidge Medical Center. There is no fee to subscribe.

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