

Senior FRIENDS™

Lake Cumberland Area Chapter Newsletter



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SPRING IS IN THE AIR

Spring is here. Along with warmer weather, blooming flowers and all of the other activities we enjoy during this season! We are looking forward to opening up some of our Senior Friends activities this year and will be sure to keep everyone updated as more information becomes available.

We encourage everyone to continue to be conscious of their health throughout the year so you can feel better and get healthier to enjoy all of the things you love. That means staying up to date on important annual screenings, creating healthy habits and not delaying the care you need. Nothing is more important than your health. It's why we're here, providing personalized, compassionate care whenever you need it.



Arlene Mofield

Arlene

LEADERSHIP ANNOUNCEMENT



Chief Operating Officer
Rhee Perry, MBA, BSN, RN, CPPS

Rhee started his healthcare journey at Williamson Medical Center in Franklin, TN in 2007. By 2013, he had worked his way up to Director of Surgical Services and assisted Williamson Medical Center with a \$30 million dollar expansion which added additional surgical suites and a state-of-the-art children's wing. Most recently, Perry spent 6 years in leadership at North Alabama Medical Center (NAMC), another LifePoint facility, in Florence Alabama. During his time there, he assisted NAMC with the design and construction of a brand new \$250 million facility, which they moved into in December of 2018.

Perry earned his Master of Business Administration in Healthcare Administration from the University of North Alabama in Florence, Alabama and a Bachelor of Science in nursing from Western Governors University in Franklin, Tennessee. He is also a Certified Professional in Patient Safety (CPPS), is a member of the American College of Healthcare Executives (ACHE), and was nominated for the 2021 ACHE Early Careerist Regent's Award.

VISITOR POLICY UPDATES

Patients are allowed **TWO WELL VISITORS**, at a time (switching is permitted)

- No visitors allowed for COVID-19 positive patients
- Visitation hours are 9 AM - 9 PM daily
- For visitation guidelines for the Special Care Unit, please call 606.678.3323
- No visitors under the age of 12. Those aged 12-16 must be accompanied by an adult
- We will compassionately evaluate exceptions on a case-by-case basis

LESS REALLY IS MORE

What you need to know about robotic-assisted surgery.

At Lake Cumberland Regional Hospital, we are committed to providing innovative and safe alternatives to traditional open surgery, whenever possible. Whether we're using state-of-the-art robotic-assisted technology, minimally invasive laparoscopic techniques, or 3D planning functionality for precision and accuracy, we want you to explore and understand all of your options.

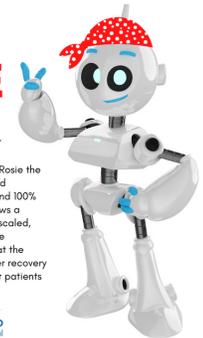
Because robotic surgery allows for smaller incisions and provides your doctor with unparalleled precision during an operation, many patients experience less pain, shortened recovery times and fewer complications. Examples of surgeries currently being performed with robotic-assisted technology include:

- Cholecystectomy (Gallbladder)
- Inguinal hernia repair
- Ventral and incisional hernia repair
- Paraesophageal hernia repair
- Nissen fundoplication
- Gastric sleeve
- Gastric bypass
- Splenectomy
- Colectomy
- Adrenalectomy
- Gastric resection

MEET ROSIE

Lake Cumberland's
NEW Surgical Robot

Named for Pulaski County native, Rosie the Riverer, Rosie (the robot) is located tableside in the operating room and 100% controlled by a surgeon. She allows a surgeon's hand movements to be scaled, filtered and translated into precise movements of micro-instruments at the surgical site; often providing faster recovery times and fewer complications for patients undergoing surgery.



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The robotic surgical system is a tool that utilizes advanced, robotic technologies to assist your surgeon with your operation. It does not act on its own and its movements are controlled by your surgeon. The surgeon is 100% in control of the robotic-assisted system. The robotic surgical system has a 3D high-definition vision system, special instruments and computer software that allow your surgeon to operate with enhanced vision, precision, dexterity and control.

Physicians strive to deliver the best care for their patients possible. Robotic surgery is a tool that enables the physician to elevate patient care to a level never known before.

- 10x magnification in 3D allows the physician the clearest, closest view possible
- Greater dexterity completely eliminates any potential tremor or shake
- Superior precision turns each surgical maneuver into precise, micro-movements

Because robotic-assisted surgery is conducted by making tiny incisions and making smaller surgical movements, patient benefits are incomparable to traditional surgical methods. Benefits include:

- Less pain
- Shortened hospital stays
- Faster road to recovery
- Fewer complications like blood loss and infection

Patients should talk to their doctor to decide if robotic surgery is right for them. Other options may be available and appropriate. Only a doctor can determine whether robotic surgery is appropriate for a patient's situation. If you do not have a primary care physician, call **800.424.DOCS** to get connected to the care you need today. For more information on robotic surgical options at Lake Cumberland can visit us online at LakeCumberlandHospital.com/robot.



STOP LUNG CANCER IN ITS TRACKS

How a simple screening could save your life.

If you are a smoker or a former smoker, a simple screening at Lake Cumberland Regional Hospital could save your life. Lung Cancer is the leading cause of cancer death in the U.S. and 85% of cases occur in cigarette smokers. Studies show that lung CT scans using low doses of radiation can effectively detect lung cancer in its earliest stages and most importantly, lower your risk of dying from lung cancer.

What is LDCT lung cancer screening?

LDCT (low-dose computed tomography) works much like an x-ray exam to produce pictures of your chest and lungs. This high-quality lung screening detects lung abnormalities but with 90 percent less ionizing radiation than a conventional CT scan. If you have a high risk of lung cancer but no signs or symptoms, a LDCT screening could help you catch potentially cancerous spots at their earliest and most treatable stage.

You are considered high risk if you are:

- Between the ages of 50 and 77
- Have a smoking history of 20 pack years (1 pack per day for 20 years)
- Currently a smoker or have quit in the last 15 years

Initial Consultation and CT Scan

If you would like to undergo a LDCT lung screening, the first step is an appointment with your primary care provider. This appointment will be a time to discuss your age, smoking history and other factors in order for your physician to determine if you are eligible for screening. If you are eligible, your primary care provider will schedule your low-dose lung CT scan.

What happens next?

Your medical provider will call you soon after your screening to explain your results and discuss any additional necessary medical care. If the CT scan were to detect any potentially cancerous nodules, another screening may be needed after a few months to monitor your lungs' conditions. Regardless of your results, annual screenings are recommended, as yearly low-dose CT scans have been shown to decrease mortality in patients who had increased risk due to smoking.

Is Screening Covered By My Insurance?

Medicare now covers the cost of low-dose CT screening for high risk patients. Many private health insurers provide coverage as well. Your physician will give you more specific details about eligibility and costs during your consultation.

Remember... A LDCT screening can detect lung cancer in its earliest stages, but it cannot prevent or cure disease. The only way to stop cancer before it starts is to stop smoking. If you think you may be ready to quit, talk to your primary care provider for guidance and helpful tips.

You can take a lung cancer health risk assessment online at LakeCumberlandHospital.com/lung.



SENIOR FRIENDS EVENTS ARE COMING BACK THIS FALL!

Stay tuned for more information in our Summer newsletter.

Note: Receiving this newsletter does not guarantee that you are CURRENT with your Senior Friends' Dues - we are reaching back in time to many of you who were active with us before the pandemic began. If you are unsure of your membership status, please contact our office at 606.678.3274 for an update!

Pulaski County Public Library Bookmobile

Can't make it to the library?! Let the bookmobile come to you!

What's on board?

- DVDs and books
- Audiobooks
- WIFI hotspot
- Radon testing kits
- Library cards & registrations
- Magazines, coloring pages, and more!



For more information, call the Library and ask for the bookmobile at 606.679.8401 or email raeann.bates@pulaskilibrary.com

Senior Friends Benefits

As a member of Senior Friends, your hospital benefits include:

- 20% discount anytime you eat in Chatters Cafe (or 10% off Subway at LCRH)
- \$12 cafeteria meal ticket for spouse/caregiver
- When available, an upgrade to a private room at no additional charge

If you are admitted to the hospital, please present your Senior Friends membership card to the admission clerk. If this is not done upon admission, you or a spouse/caregiver MUST notify our office.

If you have not received your VIP meal ticket by 12:30 pm, please advise our office so we can ensure you receive one.

If you are admitted when our office is closed, a family member can get your meal ticket by showing your membership card to the dining room cashier, before he or she rings up your meal.

WOULD YOU LIKE TO SAVE \$15 A YEAR?

It's easy...just refer three people to become a Senior Friend member and have them give us your name!



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NO. 299

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Arlene Mofield,
Senior Friends Advisor



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