A Message to the Community from the Hospital CEO

Dear Friends:
As the holidays approach and thoughts turn to giving thanks, I would like to thank everyone who has helped to make Methodist North the primary healthcare provider for this community. I am truly humbled and honored to be able to serve as the CEO of such a mission-driven hospital, and it’s always my pleasure to share with you the many good things happening here thanks to the hard work of our dedicated Associates.

Our recent community health fair was a great success with a record-setting attendance. We were able to provide free health screenings, health education and access to medical advice to more than 300 people. Men, women and children alike benefitted from the information and services offered, and I am thankful for our Associates and other community organizations that volunteered their time to help enrich lives and promote healthy living.

We recently learned that for the third year in a row, Methodist was recognized as the best hospital in Memphis by U.S. News & World Report. Of all 25 hospitals in the Memphis metropolitan area, Methodist Memphis Hospitals is the top ranking.* We are very proud of this honor and are thankful for the recognition of our work in improving patient care.

Most of all, I am thankful for you and for this wonderful community. Thank you for choosing Methodist North Hospital. We wish you a joyous holiday season and a prosperous, healthful new year.

Sincerely,

Michael Ugwueke, DHA, FACHE
CEO/Administrator

* Visit http://health.usnews.com/best-hospitals/area/memphis-tn to see the rankings.

Methodist North Hospital Receives Chest Pain Center Cycle IV Accreditation

In addition to being recognized for implementation of many best practices, Methodist North Hospital recently received the recommendation of full accreditation as a cycle IV Chest Pain Center by the Society of Cardiovascular Patient Care.

Accreditation as a Chest Pain Center means that Methodist North’s emergency department offers a full-spectrum emergency cardiac care program. Using a revolutionary process, we can determine faster than ever before if you’re having a heart attack. Heart attacks are the leading cause of death in the United States, with 600,000 dying annually of heart disease. More than 5 million Americans visit hospitals each year with chest pain, and many people who are having a heart attack wait until it is too late to get help. Many of these heart attacks may be prevented with early recognition of the warning signs. As a certified Chest Pain Center, we set up protocols that allow physicians to reduce time to treatment during the critical early stages of a heart attack, when treatments are most effective. It also allows physicians to better monitor patients when it is not clear whether they are having a heart attack. Such observation helps ensure that a patient is neither sent home too early nor needlessly admitted.

Our Chest Pain Center Cycle IV accreditation is just one of the many ways we demonstrate a commitment to providing first-class care to our patients. Methodist North Hospital is proud to be a leader in cardiovascular care in our community.
Are You a Candidate for Joint Replacement?

Joint replacement is one of the most common orthopedic surgeries performed today, with the hip and knee being the most frequently replaced joints. In fact, knee replacements have doubled in the past decade, and not just among the elderly. People ages 45 to 64 were 2.5 times more likely to be hospitalized for knee replacement surgery in 2009 than in 1997.* But joint replacement may not be the best solution for everyone. Many factors will determine whether trading in your aching joint for a stronger, better, faster replacement is the right step for you.

The Nuts and Bolts of Joint Replacement

Joint deterioration has a number of causes. Injuries, autoimmune conditions such as rheumatoid arthritis and the general wear and tear that occurs over time may all take a toll on the body’s joints, causing pain and inhibiting motion. Joint replacement surgery exchanges the worn out part with a prosthesis made of plastic, metal or a combination of both. With successful outcomes in more than 90 percent of cases,* patients who’ve had a joint replaced may enjoy better quality of life, relief from pain, stiffness or swelling and improved range of motion. But no surgery is without risks and, although the complication rate in joint replacement is low, patients are susceptible to infection, blood clots and loosening or dislocation of the joint.

When Is Joint Replacement the Right Choice?

The severity of your condition will likely be a significant factor in the decision to have joint replacement surgery. If aching and stiff joints cause constant pain, limit your ability to walk or climb stairs and affect your quality of life, you may be a likely candidate for joint replacement surgery.

In addition to the extent of your pain and lost mobility, your doctor will consider:

• **Alternatives to surgery.** Depending on the cause of your joint pain, medications, physical therapy or aids, such as a brace, may be effective treatment options.

• **Your age.** Little research has been done on the long-term effectiveness of joint replacement for a younger, more physically active generation. Prosthetic joints typically last only 10 to 15 years, making younger candidates more likely to need additional surgeries to have the prosthetic joint replaced.

• **Your general health.** Certain diseases, such as high blood pressure or heart and lung disease increase the risks associated with surgery. Osteoporosis and bone or joint deformity may affect the success of joint replacement.

• **Your weight.** Obesity can prolong recovery and affect the durability of the new joint.

Get Back in the Game

Whether you want to get back in the game, or simply back to your life, our orthopedic specialists can help you find the treatment option that works best for you. Methodist North offers free and informative hip and knee replacement classes. To learn more, please call 901.516.5639 or visit our website at www.methodisthealth.org.


What People Are Saying about Methodist North

Here is a letter we recently received from a patient:

Thank you for making a tense time a more pleasant experience through your compassionate care. I appreciated your words of encouragement, which put me in a peaceful state of mind as I prepared for my procedure. I feel blessed to have your facility so convenient to my home.
Tips for Managing Mental Health at Holiday Time

While many people are excited to take part in their favorite holiday traditions and festivities, this time of year can be difficult for others. Whether you are striving to throw the perfect family get together, can’t find the time (or money) to shop or are struggling with changes to your life circumstances (loss of a loved one, change in relationship status, job loss) – there are steps you can take to cope.

Plan, Prioritize, Delegate
Do the holidays just plain stress you out? Set aside time early on to review the events and tasks you have coming up. Make a list of events you have been asked to attend (family gatherings, parties, religious obligations, kids’ activities, etc.) and things you need to get done (shopping, holiday decorating, food preparation, house cleaning, etc.).

• Are there any events you can skip this year or schedule after New Year’s?
• Have you established a gift budget that you can stick to and a list of who to buy for? Tighten your list and commit to spending less if your budget is tight.
• Can you schedule shopping time earlier in the season when malls are less busy and traffic is lighter, or do more shopping online?
• Have you asked for help with cooking, wrapping, decorating or running errands?
• Are there any dishes you can avoid making from scratch to save time?

Take Time to Grieve and Breathe
When you are mourning a loss, it’s normal to feel especially sad during the holidays, and that’s OK. Give yourself time to reflect on that loss, then try to take positive steps to move forward.

• Old traditions may be too difficult to continue, at least in the short-term. Are there any new traditions you can create for your life?
• Would a change of scenery with a close friend or family member help you heal? Consider taking a trip to a new destination and making new memories.
• Are you staying connected with friends and family? Make a point to talk frequently with those you are close to and arrange to spend time with them – even if it’s just for a cup of coffee or a short walk.
• Volunteer with a favorite charity or religious organization. Giving to others is a great way to take your mind off of your troubles and help those in need, too.
• Make exercise a priority. Physical activity causes your brain to release endorphins, which helps improve mood and reduce stress.

Seeking Help
Stress can take a toll on your physical health. If sadness or feelings of depression hang on for several weeks, talk with your doctor. He or she can help you determine whether medication, therapy or another form of treatment might work for you.

Methodist Healthcare’s Dennis H. Jones Living Well Network also offers help to those struggling with depression, anxiety, stress and the challenges of life. You can visit www.livingwellfrontporch.org or call 901.762.8558 to find answers to your questions and to seek help.

Welcome to Our New Physicians
Methodist North Hospital is proud to announce the following new physicians who practice with us:

Emergency Medicine
Benjamin Baker, M.D.
3960 New Covington Pike
Memphis, TN 38128
901.516.5211

Jose Hernandez Ford, M.D.
3960 New Covington Pike
Memphis, TN 38128
901.516.5211

Angela C. Maxwell, M.D.
3960 New Covington Pike
Memphis, TN 38128
901.516.5211

Shahram Rahimi-Saber, M.D.
3960 New Covington Pike
Memphis, TN 38128
901.516.5211

Gynecology
Stephen Ehiremen, M.D.
OB/GYN Centers of Memphis,
MPLLC
1264 Wesley Dr., Ste. 402
Memphis, TN 38116
901.396.5577

Frederick Hodges, M.D.
OB/GYN Centers of Memphis,
PLLC
1264 Wesley Dr., Ste. 402
Memphis, TN 38116
901.396.5577

Hematology/Oncology
Gregory Franz, M.D.
Boston Baskin Cancer Center
7945 Wolf River Blvd., Ste. 300
Germantown, TN 38138
901.767.4520

Infectious Disease
Ellena Henderson, M.D.
Simmons Infectious Disease
Associates, PLLC
176 S. Bellevue #603
Memphis, TN 38104
901.516.8231

Physical Medicine & Rehabilitation
Jonathan Ellen, M.D.
Sullivan Spine Clinic
4100 Austin Peay Hwy.
Memphis, TN 38128
901.213.5460

www.methodisthealth.org
Methodist North RN, Lanita Armstrong, provides health tips to interested community members.

Donna Mayfield, medical assistant, takes Marilyn Garrett’s blood pressure at Lakeland Family Medicine’s “Ask the Expert” table during Methodist North Hospital’s Community Health Festival.