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LANE LINES

■ SPRING 2010

Changing and Growing With You



New Lane Endoscopy Center Now Open

Lane Regional Medical Center's newest investment in the region is the 7,300 square foot Endoscopy Center, now open and bringing the most advanced digestive evaluation and procedure capability to the area. It is located on the third floor of the new Lane Medical Plaza, 6550 Main Street in Zachary, between the Hospital and Home Depot.

"This \$1.1 million dollar center features 4 state-of-the-art endoscopy rooms with the most sophisticated equipment on the market, including the PENTAX i-PLATFORM high definition imaging scopes and computer-based processor," says Director Jason Gwyn. "The enhanced colors and contrasts of the images are just amazing! These high

definition scopes have shown a 40 % detection rate increase of colonic polyps and a 63% detection rate increase of adenomas over standard definition scopes. Lane is the only hospital in the area with this level of equipment."

"Early detection is the key, because more than 50,000 people die each year from colorectal cancer, the second-leading cancer in the U.S.," says Dr. Mark Mouton, Internal Medicine.

"At Lane's Endoscopy Center we perform routine preventative procedures such as colonoscopy screenings to look for pre-cancerous polyps in the colon, and upper GI screenings for early detection



LETTER FROM THE CEO Randall M. Olson

Dear Friends:

Spring is in the air and new growth can be seen everywhere, including Lane.

- Construction is still moving right along inside the new Lane Medical Plaza. The Endoscopy Center moved into its new space on the third floor, and Dr. David Rabalais, Orthopaedic Surgeon, will be moving his office to the second floor later this month.
- The Emergency Room received a much needed face lift. Privacy walls were added between patient treatment rooms, and the Triage and reception areas were relocated and enlarged.
- We are finalizing plans to open two FASTLane after-hour clinics, one will be located in Central and the other in Zachary. Be on the lookout for the announcement coming soon.
- Lane is also recruiting even more specialists and primary care physicians to the area. We are excited about the Surgeons Group of Baton Rouge joining our staff and look forward to a third OB/GYN and a fifth orthopaedist coming in August.

You are the reason we exist, and we strive to provide the best healthcare possible for you. As always, please feel free to email me via our website: LaneRMC.org under "contacts," or call me directly at (225) 658-4303.

Sincerely,

Randall M. Olson

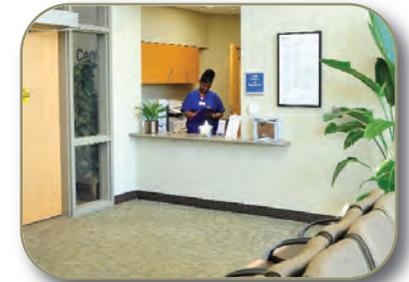
Endoscopy Center...continued from page 1

related to the esophagus, stomach and small intestine. Additionally, we perform diagnostic procedures related to abdominal pain, heart burn and bloody stool usually caused by ulcers, gastritis, colitis, diverticulosis, hiatal hernias and hemorrhoids."



Third floor lobby

The Endoscopy Center also boasts a minor procedure room for inserting intravenous devices, feeding tubes and drainage tubes, as well as 12 patient care areas and exclusive waiting room for family members and friends.



Exclusive waiting room

To schedule an appointment, please call (225) 774-7111.



State-of-the-art patient care areas

Lane is the only hospital in the region with PENTAX high definition imaging equipment

Surgeons Group of Baton Rouge now on staff at LANE

We are proud to announce the physicians that make up the Surgeons Group of Baton Rouge now have privileges at Lane and are using minimally invasive surgery techniques to perform many types of advanced surgeries.

The Surgeons Group of Baton Rouge strives to practice surgery with an emphasis on quality, access and cost effectiveness.

Compared with conventional surgery, benefits of minimally invasive surgery usually include:

- Shorter recovery
- Shorter hospital stay
- Less pain
- Less scarring



Karl A. LeBlanc, M.D., M.B.A., F.A.C.S.

Dr. LeBlanc has been practicing in Baton Rouge since 1984 and is originally from Breaux Bridge. He graduated from the LSU Medical Center in Shreveport and underwent his internship and residency at the same location. He also received his Mas-

ters of Business Administration from LSU in 1992.

Dr. LeBlanc is currently a fellow of the American College of Surgeons, the Society for Laparoendoscopic Surgeons and the Society of American Gastrointestinal Endoscopic

Surgeons. He is one of the founding members of the American Hernia Society, is a Master Surgeon for Laparoscopic Surgery and is a member of the American Society of Bariatric Surgery.



Mark G. Hausmann, M.D., F.A.C.S.

Dr. Hausmann is a native of New Orleans and has practiced general surgery in Baton Rouge since 1992. He graduated from Dartmouth College in Hanover, New Hampshire, and later attended LSU School of Medicine in New Orleans where he received his Doctorate of Medicine. He then completed his general surgery residency at the University of Mississippi Medical Center in Jackson.

Dr. Hausmann has been a fellow in the American College of Surgeons since 1995. He also is a member of a number of surgical societies including the American Society of General Surgeons, the American Society of Laparoendoscopic Surgeons, the Society of American Gastrointestinal and Endoscopic Surgeons, and the American Society for Metabolic and Bariatric Surgery.

Group and performs a wide variety of minimally invasive surgical procedures. His special interests include laparoscopic forgut surgery (fundoplication for GERD and myotomy for achalasia), laparoscopic colon surgery for cancer or diverticulitis, and laparoscopic solid organ surgery for diseases of the adrenal gland and spleen. Additionally, he has focused on minimally invasive surgery of the thyroid and parathyroid glands.

He currently has research affiliation with the American College of Surgeons Oncology

see Surgeon's Group, page 4



KEEP the beat

Capital Region "Keep the Beat" Free Bystander CPR Training*

Participants ages 10 and up will learn life-saving adult CPR through hands-on skills training, as well as how to recognize and provide basic care for breathing and cardiac emergencies.

** Presentation and skills training do not qualify as CPR certification.*

AED CONTEST:
The school with the highest percentage of students attending will win an Automatic External Defibrillator (AED) for their school, a \$2500 value.

WHEN: Saturday, April 17

TIME: Either 8 a.m., OR 10 a.m.

WHERE: First Baptist Church, Family Life Center, 4200 Main Street, Zachary.

HOW TO REGISTER:
Online: LaneRMC.org
Phone: (225) 658-6766
Registration deadline is Sunday, April 11th.



Surgeon's Group...continued from page 3



John M. Whitaker, M.D.

Dr. Whitaker is a native of Baton Rouge and was educated in the EBR public school system. He graduated from LSU in 1972 and from LSU School of Medicine in Shreveport in 1976.

Following his residency in general surgery at the LSU Medical Center hospital in Shreveport, Dr. Whitaker practiced at

the Highland Clinic, a multi-specialty clinic in Shreveport.

Dr. Whitaker is board certified in general surgery and has a special interest in the minimally invasive treatment of cancer. He is a member of the Society for Laparoendoscopic Surgeons, the American Society of General Surgeons, and the American Hernia Society.



Vernon K. Rhynes, M.D., F.A.C.S.

Dr. Rhynes is originally from Arkansas but grew up in Marksville. He attended LSU and completed his internship and residency at LSU Medical Center in Shreveport in General Surgery as well as research in Transplantation and Immunology. He then attended the University of Alabama at Birmingham as a fellow in liver and renal transplant surgery, where he was an Assistant Profes-

sor of Surgery there until moving back to Baton Rouge in 1997.

Dr. Rhynes is a member of the Southeastern Surgical Congress, a fellow of the American College of Surgeons, a member of the Louisiana Surgical Society and the Society for Laparoscopic Surgery, as well as the American Hernia Society and the American Society of Transplant Surgeons.



Kenneth Kleinpeter, Jr., M.D., Associate

Dr. Kleinpeter grew up in the area and is a graduate of Catholic High, LSU and LSU Health Sciences Center in New Or-

leans. He completed his general surgery residency at Wake Forest University Baptist Medical Center in Winston Salem, N.C.



Brent W. Allain Jr., M.D., Associate

Dr. Allain has a strong foundation in general surgery and has worked independently and as an attending surgeon in an area teaching hospital. Allain grew up in Franklin and is a graduate of LSU and

the LSU Health Sciences Center in New Orleans. He is fellow-trained through The Fellowship Council, an international group of minimally invasive surgical practices.

Extraordinary Nurses recognized at Lane Regional Medical Center

Seventeen nurses at Lane Regional Medical Center were nominated by patients, family members, physicians and colleagues for The DAISY Award for Extraordinary Nurses.

Lane's first DAISY Award Honoree is Amy Rome, RN, BSN, CPE.

Amy has been at Lane since 2002 and has more than ten years of healthcare experience. She is currently Charge Nurse and Level 2 Nursery Supervisor for the Labor and Delivery Unit and is responsible for overseeing the unit's clinical and technical support, including the development of the computer documentation system.

Amy and her husband Eric, who is a registered nurse in Lane's Cardiovascular Center, live in Central with their two children Matthew, 4, and Maci, 11 months.

The other 16 nurses nominated for The DAISY Award in 2009 fourth quarter are:

- Iris Brown, LPN**
- Lynn Carter, RN, CPE**
- Courtney Day, LPN**
- Jeremy Dedeaux, RN**
- Kristie Edwards, LPN**
- Andi Fletcher, RN, BSN**
- Lee Law, RN**
- Tamara Peavy, LPN**
- Laura Peel, RN, CGRN**
- Megan Prejean, RN, BSN, CWOCN**
- Elizabeth Rodgers, LPN**
- Danielle Rouchon, RN, BSN**
- Craig Talbot, RN, BSN**
- Elisha Thornton, LPN**
- Geri Weber, RN, BSN**
- Karen Williams, RN, BSN**

The DAISY Foundation was established in 2000 by family members of J. Patrick Barnes who died at the age of 33 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. During Patrick's 8-week hospitalization, his family was awestruck by the compassionate care provided by his nurses. In honor of Patrick, the DAISY Foundation was created to recognize extraordinary nurses everywhere who make an enormous difference in the lives of so many people by the super-human work they do everyday.

To nominate an extraordinary nurse that has touched your life, please go to LaneRMC.org Be sure to click on the DAISY emblem!

DAISY Award nominees personify Lane Regional Medical Center's remarkable patient experience. These nurses consistently demonstrate excellence through their clinical expertise and extraordinary compassionate care, and they are recognized as outstanding role models in our nursing community.



Amy Rome,
Lane's First DAISY Award Honoree



L - R: Laura Peel, Lee Law, Karen Williams, Lynn Carter, Amy Rome, Courtney Day, and Danielle Rouchon



L - R: Elizabeth Rodgers, Iris Brown, Geri Weber, Tamara Peavy, Andi Fletcher, Megan Prejean, Elisha Thornton, and Craig Talbot

Not pictured:
Jeremy Dedeaux and Kristie Edwards





Remember, patients have the right to choose their home health provider, and we sincerely hope you choose us, LANE HOME HEALTH! For more information, call **(225) 658-4150.**

DID YOU KNOW... Lane has their very own Home Health Agency?

With health care costs rising, patients, their families and physicians are looking for alternatives to lengthy hospital stays. LANE HOME HEALTH has provided just such a solution since 1984 here in Zachary and the surrounding areas.

With the care and support of LANE HOME HEALTH professionals, patients ages 15 and above can now leave the hospital sooner to enjoy the comforts of home and be assured of quality healthcare. We are available seven days a week to provide specialized care that normally cannot be rendered by family members.

HEALTH CARE SERVICES

Intermittent Skilled Nursing Care for:

- Pre and Post Operative Care
- Diabetic Management
- Cardiac Home Care
- IV Antibiotic Therapy
- Pain Management
- Wound Care/Wound Vac
- Physical/Speech/Occupational Therapy
- Peripheral Vascular Disease
- Total Parenteral Nutrition
- Hydration Therapy
- Enteral Therapy
- PT/INR In-home Testing
- Medical Social Services
- Intermittent Personal Care

HOME HEALTH PROFESSIONALS

- Registered Nurses
- Licensed Practical Nurses
- Physical Therapists
- Occupational Therapists
- Speech Therapists
- Social Workers
- Registered Dieticians
- Home Health Aides

Recently, the family member of one of our patients shared her satisfaction with the care and service provided by the professionals at LANE HOME HEALTH.

“My mother came to stay with me after she was injured in a terrible car accident. Because of work, I was not able to give her the kind of care she would need. Her doctor referred us to Lane Home Health. I didn't know Lane had their own home health agency. I knew what home health was but the care we received from Lane Home Health was beyond what I had anticipated. It was truly an answered prayer. My mother is completely healed from her injuries and the scarring is not as bad as we had expected. We all became very close to and attached to the nurses and caregivers at Lane Home Health. We truly knew she was in good hands.

-Debbie H., Zachary”



Future Nurses

Lane is pleased to sponsor the Future Nurses Club at Northwestern Middle School in Zachary. The club discusses issues related to Nursing and invites nursing professionals to visit, helping interested students explore careers in Nursing.



Laura Peel, Nicole Thompson,
Phyllis Jarreau, and Christy
Walker

\$2700 Raised for American Heart Association

Phyllis Jarreau in the Imaging Dept. won the grand prize in a Lane raffle which raised \$2700 for the American Heart Association. She took home a \$500 gift card from Chris' Specialty Meats and a deep freezer from Thurston Watts! Samantha Leggett won a BBQ pit from Home Depot and a \$25 gift card from LeBlanc's grocery.



Lane's Auxiliary volunteers dedicate their time to helping others. Their efforts make a difference in the lives of patients and families at Lane

Lane Auxiliary Seeks New Volunteers

Do you know someone with extra time on their hands? Lane's Volunteer Auxiliary is looking for new members to help provide many services within the hospital.

Auxiliary Volunteers are asked to commit to just 2 - 4 hours per week to be considered an active member.

They provide many valuable services, such as directing guests at the information desk, distributing ice, water, coffee, mail and magazines to patients, providing information, helping family members in the emergency room and surgery waiting rooms, visiting with nursing home residents, and manning the hospital Gift Shop.

"Hospital volunteers are very special people dedicated to helping others. Joining the Auxiliary is an excellent way to share your blessings, meet

new people and make new friends," said Gladys Sims, Auxiliary president. "Your time and effort will make a difference to the patients and families at Lane. We truly have something for everyone in this Auxiliary."

A few facts:

- Heart disease is less likely in people with many social contacts.
- Volunteer workers live longer.
- People who have a larger circle of friends catch fewer colds.

To become a Lane Auxiliary Volunteer, contact the hospital Gift Shop at (225)658-4309.



Karen Williams Named Employee of the Year

Karen Williams, a registered nurse in the hospital's Cardiovascular Center, was recently named as Lane's 2009 Employee of the Year.

Karen has been at Lane for 13 years and was recognized for her outstanding work and dedication to her patients and the hospital. She was named the November 2009

Employee of the Month and was selected Employee of the Year from her fellow monthly winners.

"Karen has the kindest heart anyone can imagine," says Laura Peel, director of Cardiology Services. "She is selfless and extremely giving, and has a spirit of compassion that is hard to come by."

Williams is a resident of Ethel. She and her husband, Lee, have 5 daughters and 13 grandchildren. Williams is an avid animal lover and serves as a foster care provider through FAWS, the Feliciano Animal Welfare Society.

2009 Employees of the Month

L - R: Burtaniel Evans, Patricia Dillon, Jeanesa Jackson, JeNelle Guillaume, Cathy Anderson, Natarsha Barnes, Libby Jones,

Yarnell Wright, Karen Williams, Eric Rome, Sheila Barrett and Wes Howard.





Good Health Seminars



SCALE DOWN

A FREE orientation session on the HMR Weight Management Program.

Every Monday, 6:00 pm

Every Thursday, 11:30 am

Scale Down Center
6300 Main Street, Building G
Located behind the hospital's fitness trail

Registration is required/Seating is limited.

Call 658-4463.

MOVING FORWARD AFTER STROKE

A comprehensive education program for the stroke survivor, family members and caregivers.

Mon., April 5

Mon., May 3

Mon., June 7

2 pm – 3 pm
Lane Rehabilitation Center
4601 McHugh Road

Registration is required.

Call 658-6800.

DIABETES SUPPORT GROUP

A FREE support/encouragement group for people dealing with Diabetes.

Tuesday, April 13

Tuesday, May 11

Tuesday, June 8

6 pm – 7:30 pm
Lane Regional Medical Center
Family members and caregivers encouraged to attend.

Call 658-4583.

“KEEP THE BEAT” FREE Bystander CPR training

Saturday, April 17

8 a.m. or 10 a.m.

Zachary First Baptist Church
Family Life Center
4200 Main Street

Registration is required.

Register online at LaneRMC.org or call 658-6766.

Registration deadline is April 11.

BLOOD DRIVE

Coordinated by United Blood Services and Lane RMC.

Friday, April 30

7 a.m. – 2:30 p.m.

Lane Regional Medical Center
To schedule an appointment time, go to: BloodHero.com
Sponsor Code: Lane Regional

SKIN CANCER SCREENING

A FREE screening by Dermatologists Dr. Laurie Harrington & Dr. Ashley Record.

Wednesday, May 12

1 pm - 3 pm

Advanced Dermatology
20474 Old Scenic Highway
Registration is required/Space is limited.

Call 654-LANE (654-5263).

SAFE SITTER BABYSITTER TRAINING

A comprehensive babysitter training course for boys and girls ages 11–13.

Thursday, June 10

8:30 am – 3:30 pm

Lane Regional Medical Center
Registration is required/Seating is limited.

Call 654-LANE (654-5263).

AARP DEFENSIVE DRIVING COURSE

A classroom refresher course for drivers 50 and over.

Wednesday, June 30

8:30 am – 1:30 pm

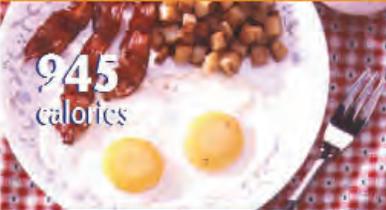
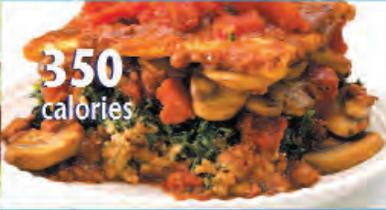
Lane Regional Medical Center
Registration is required/Seating is limited.

Call 654-LANE (654-5263).

Lose Weight with HMR Foods

Fewer Calories. Lower Cost. Better Nutrition.

Compare the calories of these typical restaurant foods with HMR's delicious weight-loss recipes. No other diet foods work like ours!

Trade This...	For This, Just Once a Week...	And Lose This...
 <p>945 calories</p>	<p>VS</p>  <p>224 calories</p>	<p>11 lbs. a year (721 fewer calories per meal)</p>
 <p>1100 calories</p>	<p>VS</p>  <p>350 calories</p>	<p>11 lbs. a year (750 fewer calories per meal)</p>
 <p>1300 calories</p>	<p>VS</p>  <p>330 calories</p>	<p>14.4 lbs. a year (970 fewer calories per meal)</p>
 <p>540 calories</p>	<p>VS</p>  <p>110 calories</p>	<p>6.3 lbs. a year (430 fewer calories per meal)</p>

Make these simple substitutions and you could lose 42.7 pounds in a year, without changing anything else!



Scale Down
COUPON

Now is the time to get **HEALTHY** and **THIN** in 2010 and get \$50 off when joining the Scale Down HMR weight management program.

Call (225) 658-4463

Before



After



Karen Radcliff, Another Scale Down Success Story!

“ Scale Down was a true answer to my prayers. After seeing a testimonial ad, I called Scale Down and my journey began. I was 214 pounds, wearing a size 20-22, and climbing.

I have been on many diets, unsuccessfully. My back, ankles and knees hurt constantly, and I could not walk for any distance without getting breathless. I was always tired and could not do housework or work in the yard. The swelling in my hands and legs were unbelievable. Sometimes I didn't even feel like getting out of bed to carry on the day's activities. I had absolutely no energy and blamed it on high blood pressure, heat, or anything else that sounded good to me.

Now at 151 pounds and a size 10, I feel great! No high blood pressure, no swelling in my hands or legs, no pain, and my breathing is unlabored. I have my energy back and it feels wonderful. I can do anything I want to do. My husband looks at me and laughs and tells me, "You couldn't do that a year ago, huh?" Now that is a great compliment if you ask me. Along with that he says I look great too! Now that doesn't hurt either, does it?

With the help of Scale Down's staff nurse, dietician, program manager and the program's physician I have been able to make the commitment and stick to it while attending weekly meetings. I could even bring small problems and questions to them and they never made me feel like I was intruding on their time. They were all ready to help in any way they could. The meetings have been an encouraging, educational and really a fun part of the program.

Now that I am at goal, I attend weekly maintenance meetings where my instructor continues to give me the tools to help keep me on the right track for my health and weight management. I will attend these meetings until I feel strong enough to go it alone. The great thing about Scale Down is that the door will always be open to me.

What a wonderful, victorious journey! Thank You Scale Down!

”

Karen Radcliff
Resident of Zachary

Start your own Scale Down success story today! Call 658-4463 to register for a free orientation session.



ONLY AT LANE



Dr. Deepak Thekkoott, interventional cardiologist at the Cardiovascular Institute of the South, is the only physician in the Capital Region to offer a groundbreaking treatment option to patients suffering from peripheral arterial disease.

The One and Only

Peripheral arterial disease (PAD) is a fairly common, life-threatening condition that affects 8-12 million Americans. Fatty material called plaque builds up on the inside walls of the vessels that carry blood from the heart to the legs and arms. This plaque buildup causes the arteries to harden and narrow, reducing blood flow.

If allowed to progress, PAD can result in amputation. In fact, PAD accounts for 90% of amputations overall, and the Baton Rouge area has one of the highest rates of amputations per capita.

New technology for treating the disease is now available at Lane, and Dr. Thekkoott is the only physician in the Baton Rouge region trained on the Diamondback 360 - a tiny, diamond-encrusted "crown" that rotates around the catheter wire up to 20,000 rotations per minute.

It effectively opens the blockage, removes plaque from blocked arteries, and restores blood flow, eliminating the need for surgery or amputation.

PAD symptoms include heavy, tired or painful legs and feet, numbness,



The entire procedure is performed in the cath lab at Lane Cardiovascular Center and takes less than an hour. It requires only one tiny 2-3 millimeter incision, and patients are generally back to work the next day.

or wounds on the feet that are slow to heal. Smokers, diabetics, and people with high cholesterol, high blood pressure or a family history of vascular disease are most at risk.

LANE LINES

A Publication of Lane Regional Medical Center

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LaneRMC.org

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