Back to Basics

A holistic approach to neck and back pain helped Jennifer Palmer regain her quality of life.

ALSO IN THIS ISSUE:

Employees Give Back

Fighting Cancer With Duke Health

Health Ed for Adults

Instilling Good Habits in Kids
Our Strengths: Care and Community

Augusta Health is known for its advanced care and services. Our treatment practices and protocols reflect the latest medical research and technology.

Take the Spine Clinic, for example. Rachel Hallmark, MD, PhD, who is highlighted in this issue’s cover story, is one of the only providers in the Augusta County area to provide trigger point injections. These injections help to relieve muscular pain and spasm. Her goal is not just improving patients’ pain, she says, but expanding their functionality.

Other departments provide a high level of care, as well. As the story about our Cancer Center (page 14) explains, its affiliation with the Duke Oncology Network allows our community hospital to leverage the resources of Duke Health. This means that when you come to Augusta Health to receive cancer care, you are receiving expertise that comes from beyond the hospital’s walls.

Finally, as you will read in the Around Augusta section, the American Heart Association/American Stroke Association honored our stroke program in the spring for its high standard of patient care.

While we pride ourselves on our expertise, our connection to community is one of Augusta Health’s strengths. As the story about the Augusta Health Foundation (page 12) reveals, the Employee Giving Campaign this year beat the contribution amount set last year. Our employees, who already give of themselves each and every day, generously contributed to help make our community resilient and vibrant. Another great fundraiser, Quilts of Comfort, which will be held in November, benefits the Hospice of the Shenandoah, which offers respite and peace to patients nearing the end of their lives.

Speaking of great employees, our Day in the Life subject is one shining example. A nurse in the emergency room, Angela Kuremsky serves on the Staunton-Augusta Rescue Squad, providing lifesaving care on and off the job. We are so lucky to have so many hardworking, dedicated people like her.

Lastly, as the school year is upon us, we want to give people a good dose of health education. You will find plenty of this on pages 10–11 and in our Apple a Day section starting on page 18.

We hope you take this information to heart (literally!) as you enjoy the rest of the summer season!

Mary N. Mannix, FACHE
President and Chief Executive Officer
Augusta Health
health matters

The Magazine of Augusta Health
Serving the cities of Staunton and Waynesboro, and Augusta County and its surrounding communities

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back to basics
Holistic approach leads to restored quality of life

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Emergency Department nurse Angela Kuremsky

healthy habits
Teach kids good nutrition and fitness behaviors
Tackling Debt

*We Care* program offers patients a new way to pay off medical bills

Augusta Health recently partnered with Medfinancial to bring patients *We Care*, an extended payment program that helps patients pay their medical debts.

“We do this as part of our patient-centric approach at Augusta Health,” says George Semko, administrative director – revenue cycle.

“Now that health plans are often providing higher deductibles and more out-of-pocket expenses, we wanted to work with patients to settle their medical bills in an amicable way.”

*We Care* is available for any patient with a self-pay balance of $500–$15,000. No credit checks are required, and patients can easily sign up at Augusta Health, or through the *We Care* website, by completing a short application. *We Care* essentially offers patients an interest-free loan for up to three years, depending on the circumstances. For payment plans longer than 36 months and up to 60 months, there is a 7.25 percent annual percentage rate to the patient.

“The whole idea is to make payment easy for the patient, and not just paying the bill, but the whole payment process,” Semko says. “Patients are already dealing with the stress of a medical condition, and so we want to reduce the stress of their financial situation.”

Semko also hopes the program will help people avoid delaying services. “If a patient has to have an MRI and finds out the out-of-pocket cost, you can let them know they can spread that cost over three years,” he says. “So they have the option of getting the proper medical care they need now.”

Financial Smarts

Learn more about the *We Care* program at [augustahealth.com/business-office](http://augustahealth.com/business-office) and at [med-financial.com](http://med-financial.com).

Quality Stroke Care

Augusta Health’s Stroke Program wins Get With The Guidelines Silver Plus award

In April, the American Heart Association/American Stroke Association awarded the Augusta Health Stroke Program the Get With The Guidelines®-Stroke Silver Plus award.

“It’s an honor to receive this award,” says Kira Griffin, BSN, RN, coordinator of the Stroke Program. “A national organization is looking at data of how we’re taking care of our patients and saying we’re doing a good job.”

Get With The Guidelines®-Stroke is an in-hospital program that aims to improve patient care through adherence to the latest evidence-based treatment guidelines. Being a part of the program benefits Augusta Health because “it’s a way to get quality data on all of our stroke patients,” says Griffin. “This allows us to identify where we can improve and make our program better for our patients.”

The silver award is recognition for reaching an aggressive set of goals for stroke patients for 12 consecutive months. The “plus” is additional recognition for Augusta Health’s expanded performance during the 12-month period, providing quality care with five additional evidence-based therapies beyond the regular measures. The Stroke Program also was named to the Target: Stroke Honor Roll, which recognizes a t-PA (tissue plasminogen activator) time of 60 minutes or less in at least 50 percent of acute ischemic stroke patients. The t-PA treatment helps dissolve clots and improve blood flow, which increases the chances of recovery for stroke patients.

The achievement is a team effort involving all the Stroke Program’s staff, says Griffin. “Each member of our interdisciplinary team is critical to ensuring the success of our patient outcomes,” she says.

The program’s goal is to build upon this success and win a Gold Plus award next year, which would reflect 24 consecutive months of achieving Get With The Guidelines®-Stroke performance standards.
Looking Good

ICU expansion, new Cancer Center Patient Pharmacy in the works

Renovations at Augusta Health continue in order to expand and update areas of the hospital to better serve patients and their families.

Construction on the patient tower is still in progress. The first floor corridor will be completed by the end of the summer, and the third floor will be finished by the end of the year, says Lisa Cline, MSN, MBA, chief operating officer at Augusta Health. The work will continue, as the ground level and obstetrics unit are still slated for renovation.

The design phase of renovations to the intensive care unit (ICU) is almost complete. The plan will expand the ICU from eight beds to 14, in order to better accommodate the growing number of patients and reduce patient transfers to other hospitals, Cline says.

The new Cancer Center Patient Pharmacy is also currently in the design phase. The satellite pharmacy will better serve cancer patients by providing them with faster delivery of critical medications, such as chemotherapy, Cline says.

Lastly, renovations to Augusta Health’s hospital chapel continue to remain on the list of areas slated for improvement. “The chapel, as it is now, is a beautiful, peaceful space but just needs a bit of renovation,” Cline says.

Workplace Wellness Services

- Department of Transportation Physicals: determines a driver’s physical condition to operate a commercial motor vehicle
- Pre-Employment Physicals: offers physicals to determine if workers are fit for employment
- Workers’ Comp: offers care and management of work-related illnesses and injuries
- Drug Testing: offers full-service drug and alcohol testing
- Health Assessments and Screenings: offers a variety of exams and screenings, including OSHA exams, blood pressure testing and health risk appraisal
- Immunizations: provides a number of vaccines that can be administered at the workplace
- Corporate Fitness: provides employees with information and techniques to prevent pain and injuries
- Education: provides a range of programs to meet the needs of employees, including first aid, general wellness and smoking cessation

Whether you’re at a desk, on the road or on your feet, the majority of working Americans spend a significant portion of their days on the job. Unfortunately, as workers put in more and more hours, they also increase their risk of experiencing work-related injuries or illness.

In 2012, Augusta Health began working with the surrounding community to address the need for an occupational medicine program that would make local workplaces safer and healthier for employees. David Krieger, DO, who served as an occupational physician in the military for 27 years, joined Augusta Health to help build the Occupational Health program, known as Workplace Wellness, which officially opened in January 2013.

“There was a huge need for a program like this,” says Annamay Felkey, practice administrator for the program, “and we’ve continued to grow the program over the past three and a half years.”

Workplace Wellness offers a number of services for companies, with the ultimate goal of reducing medical care and wage-replacement costs, and maintaining and restoring employee productivity. “Occupational medicine is, in part, getting out into the industry and seeing what workers do,” Dr. Krieger explains. “That employee could be working on an assembly line or working in an office and have chronic back pain from standing or sitting for long hours.”

As an example of meeting a company’s needs, after visiting a local industry, Dr. Krieger determined the company needed a hearing protection program in order to comply with Occupational Safety and Health Administration (OSHA) requirements. Subsequently, Dr. Krieger and Workplace Wellness staff helped develop the program, and now do annual hearing tests and follow-ups for training and compliance.

Augusta Health Workplace Wellness also collaborates with Augusta Health Urgent Care to provide occupational health services such as initial treatment for on-the-job injuries, Department of Transportation exams and drug screenings.

This is a service that companies — no matter how large or small — have a need for and can benefit from, says Felkey. “The main advantage of the program is that we’re able to partner with these companies and listen to their needs,” she says.

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Quilts to Comfort and Console

Unique auction benefits Augusta Health’s Shenandoah House

Quilts have long been used for warmth and comfort, and thanks to a unique auction to benefit hospice patients, those qualities will be in abundant supply.

Now in its fourth year, the Hospice of the Shenandoah’s Quilts of Comfort auction aims to raise funds for the hospice’s Gifted Care Program. This program provides support for those who have difficulty paying the room and board costs associated with hospice care at the Shenandoah House, the hospice’s assisted living facility.

The live auction, to be held on Nov. 5, will have about 50 items available, most of them quilts. There’s also a silent auction with a range of gift baskets, certificates to local businesses, crafts, smaller quilted items and much more.

One of the most striking aspects of the event is that many quilts come with stories, says Lori Showalter, chairwoman of the event. Quilters are asked to submit their creations in honor or memory of loved ones.

For example, longtime volunteer Pat Grabowski designed a quilt featuring the Avengers (sure to turn the heads of every kid at the auction), and she donated it in memory of a close friend. Another quilt, by Norma Baldwin, is dedicated in honor of the many hospice volunteers who make commitments every day to patients in care.

“It gives people the chance to memorialize or honor someone they love,” Showalter says. “We’ve seen many instances where the stories sold the quilt. They’re very powerful.”

Event Details

Date: Saturday, Nov. 5
Hours: 8 a.m.–noon (breakfast from Kathy’s Restaurant served from 8–9:30 a.m.)
Location: Augusta Expo Event Center, Fishersville
Tickets: Adults: $15; Children 6–12: $10; Children under 6: free (breakfast included in the ticket price)
Information: quiltsofcomfort.org

Although the event’s focus is on raising funds, it’s really more about coming together as a community for a worthy cause, adds Kristen Printy, co-chair of the event: “It’s so heartwarming, and we have the opportunity to hear about how hospice has helped families through difficult times. It’s great to see this kind of support for each other.”
How dangerous is a sunburn?

Damage to your skin from sunburn can be both long-term and immediate. You're probably familiar with the immediate effects: sore and red skin that is tender or painful to the touch, followed by peeling and itchiness. However, long-term damage can also be caused by prolonged exposure to the sun's ultraviolet (UV) rays.

The two main types of long-term skin damage from sunburn are increased aging of the skin and skin cancer. Damage from UV rays can accelerate the skin's natural aging process, causing your skin to become more leathery and wrinkled than it would be otherwise. And as you are exposed to more sun, freckles, moles and lesions can appear, particularly if you are light-skinned. These lesions can be precursors to skin cancer, which can begin as just a spot on the skin.

If you have a genetic history of skin cancer or are light-skinned, you are at a higher risk for skin cancer. Additionally, the more you are exposed to the sun, the more your risk increases. For example, people who use tanning beds regularly or who have been sunburned many times in their lives have higher risks for skin cancer.

Fortunately, you can help prevent skin cancer or other sun damage by being prepared for a day out in the sun. Try avoiding the sun as much as possible between 10 a.m. and 4 p.m., when the sun’s rays are strongest. Cover yourself when you head out with a hat with a wide brim, a long-sleeved shirt, sunglasses to protect your eyes, or all three. Use a sunscreen with at least SPF 30 and make sure it also has protection against UVA and UVB rays. Without protection from both types of UV rays, sunscreen is not nearly as effective!

To learn more about urgent care or the Augusta Health Convenient Care Clinic in Crozet, visit augustahealth.com.
Q: Is it possible for me to contract diseases from bug bites?

A: Depending on where you are and what types of bugs are present, you can contract a disease from a bug bite. For example, mosquitoes can transfer a number of diseases, such as West Nile Virus, Chikungunya, Dengue fever or Zika, among others. Within the United States, West Nile Virus is a major threat, but it has been decreasing in prevalence, with only 1,923 cases occurring in 2015, compared to 9,862 at its peak in 2003.

The Zika virus has recently affected people in several areas of South and Central America and was expected to move north. In response, the Centers for Disease Control and Prevention’s Emergency Operations Center moved to a level 1 activation—the highest level—in February. Zika, which has been connected to microcephaly, a birth defect, in babies, is only believed to present a danger to pregnant women.

Another commonly encountered bug that can transfer diseases to humans is the tick. Ticks can carry a number of diseases, including Lyme disease, Rocky Mountain spotted fever and southern tick-associated rash illness (STARI). For these diseases, the most common symptom is a rash. Lyme disease, the most prevalent tickborne illness, is often characterized by a red, circular, target-shaped rash. Keep in mind that the tick has to be attached to the skin over 24–36 hours before transmission of Lyme disease occurs. When discovered, the tick must be fully removed, including the head.

Regardless of where you’re traveling this summer, if you will be around bugs that bite, you’ll want to protect yourself. One of the easiest ways to protect against bug bites is with insect repellents that contain at least 20 percent DEET. Check the labeling of the repellent before you purchase it to make sure it has DEET. Products without DEET can protect against mosquito bites, but they can be ineffective against ticks or other bugs.

Another easy way to protect against bug bites is to wear jeans or pants and long-sleeved shirts when you can. If you are going on a hike or are hanging out in the wilderness, you’ll want to have as little exposed skin as you can handle. Additionally, try securing your sleeping area (whether it’s a tent or a hotel room) as much as possible so bugs can’t enter. If you are camping in a particularly buggy area, consider purchasing mosquito nets to sleep under.

Michael Brookings, MD, specializes in urgent and convenient care.

To learn more about urgent care or the Augusta Health Convenient Care Clinic in Crozet, visit augustahealth.com.
It’s the time of the year for barbeques, picnics and festivals, and whatever your plans are this summer, it’s likely you’ll do some outdoor cooking and eating. Keeping food safe when you’re eating outside isn’t difficult, but it does take some preparation. Here are some tips you can use to make sure no one leaves your party feeling sick.

While grilled meat is often the focus of a backyard barbeque or cookout, it can also cause problems if not handled properly. Cooking meats to the proper temperature is important because it kills bacteria that may be present in raw meat. Here are the temperatures you should be aiming for with different types of meats:

**Beef steaks:** 145 degrees F

**Pork:** 145 degrees F

**Burgers and sausage:** 160 degrees F

**Chicken and turkey:** 165 degrees F

Never let perishable food sit outside for more than two hours. And in situations where the temperature is above 90 degrees F, don’t let it sit for more than one hour. As food sits in the temperature “danger zone” (which ranges from about 40 degrees F to 140 degrees F), bacteria can develop, and the longer it sits, the more chance there is for contamination. For this reason, it’s also a good idea to keep cooked food, such as chicken or hamburgers, on the grill or in a warming tray so they stay above 140 degrees F until eaten. If cold food is on the menu, try serving it in small portions so you can keep the rest chilled in a cooler.

Another concern with outdoor cooking is cross-contamination from uncooked meat. Make sure your cooking areas are clean before you start and that you clean them after they’ve touched raw meat. Also be careful with utensils that have touched raw meat, and don’t reuse plates or bowls unless they’ve been washed.

Janet Polansky, MD, specializes in urgent and convenient care.

To learn more about urgent care or the Augusta Health Convenient Care Clinic in Crozet, visit [augustahealth.com](http://augustahealth.com).
As summer winds down and kids head back to school, it’s a good time for young and old to think about their health. Taking proactive steps can help make sure you get an “A” the next time you visit your physician. Here we take a look at ways to prevent or improve health problems that will help you make the grade.

**Obesity, BMI and Health**

You can often hear people discussing the obesity epidemic in the United States. However, it’s not always clear what obesity really means. While there are many ways to determine if a person is obese, one simple and easy check is body mass index, or BMI.
BMI is a calculation used to screen for weight categories that could be predictors of health issues. You can find many free BMI calculators online that will tell you whether you are underweight (BMI below 18.5), normal (18.5–24.9), overweight (25–29.9) or obese (30 and above), according to the formula.

On its own, BMI is not an indicator of good or bad health. If you find yourself in the overweight or obese categories, talk to your doctor about your weight and ask if you should be concerned. If losing weight will improve your health, your doctor will likely recommend a combination of reducing your caloric intake; eating a diet that emphasizes vegetables, fruits and whole grains; and exercising for at least three to five hours per week.

**Age-Appropriate Screenings**

Screenings for many different diseases and conditions are available for patients. Some are only used in specific circumstances — when the patient is particularly at risk — but many can, and should, be done regularly to prevent disease. Here are the ages at which adults should be screened for some common health concerns:

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>General cardiovascular, including blood pressure and cholesterol (routine/yearly)</td>
</tr>
<tr>
<td>18+ (men)</td>
<td>Testicular cancer (routine exams at checkups)</td>
</tr>
<tr>
<td>21+ (women)</td>
<td>Cervical cancer/pap smear (every three years until age 65)</td>
</tr>
<tr>
<td>45–50 (men)</td>
<td>Prostate cancer/PSA screening (depending on risk, discuss with doctor)</td>
</tr>
<tr>
<td>50</td>
<td>Colorectal cancer/colonoscopy</td>
</tr>
<tr>
<td>50 (women)</td>
<td>Breast cancer/mammography (every two years until age 74)</td>
</tr>
</tbody>
</table>

**Solving the Heart Health Equation**

According to the Centers for Disease Control and Prevention (CDC), heart disease accounts for 1 in every 4 deaths in the United States and is the leading cause of death for both men and women. Although these numbers seem scary, there are preventive steps you can take to help avoid becoming one of those statistics.

The best way to fight against heart disease is living a healthy lifestyle: eating a diet low in carbohydrates and sodium and high in fruits and vegetables, getting adequate physical activity, avoiding smoking, limiting your alcohol use, and staying in good shape. Getting routine checkups is also important to screen for potential risk factors, such as high blood pressure or high cholesterol.

Another heart disease risk factor adults should be aware of is stroke. Stroke occurs when blood flow is cut off to an area of the brain, and can be caused by many of the same issues that cause heart disease. It can also happen to just about anyone, and it can occur without warning. Symptoms include sudden numbness, confusion, vision problems, dizziness or loss of balance, and severe headache.

Because the most effective treatments for stroke may only be available in the first three hours of symptoms, recognizing a stroke and getting the patient to the hospital as soon as possible is important. The CDC recommends a four-step process called F.A.S.T. for dealing with someone if you think he or she may be having a stroke:

**F - Face:** Is one side of the person’s face drooping?

**A - Arms:** Ask the person to raise his or her arms. Is one of the arms drifting downward?

**S - Speech:** Can the person repeat a simple phrase without slurred or strange speech?

**T - Time:** If you observe any of the signs, call 911.

**BMI** is a calculation used to screen for weight categories that could be predictors of health issues. You can find many free BMI calculators online that will tell you whether you are underweight (BMI below 18.5), normal (18.5–24.9), overweight (25–29.9) or obese (30 and above), according to the formula.

**Flu School**

When colder weather approaches soon, so too will the 2016 flu season. Even if you’re a healthy adult, it’s a good idea to head to your local pharmacy or clinic for a flu shot. Here are some additional tips on avoiding the flu bug this season:

- Avoid close contact with sick people if you can.
- Wash your hands often. If no soap is available, use an alcohol-based hand sanitizer.
- Keep your spaces (particularly your kitchen and dining room) clean and disinfected.
- Avoid touching your eyes, nose and mouth as much as possible.
- If you do get the flu and receive prescribed medication, finish the entire dose even if you start feeling better before you finish the regimen.
Every day, Augusta Health employees go above and beyond in caring for and supporting patients. They express commitment to the community, where they live and work — supporting not only patients, but each other and those in the larger region. Augusta Health employees serve on the boards of local nonprofits; donate their time as coaches for youth sports; and volunteer at civic clubs, faith-based organizations and child care centers.

A key example of employee engagement is the Employee Giving Campaign. This year, during the third annual campaign, employees rose to the occasion like never before. They gave not only their time, but financial contributions as well — providing support for Augusta Health patient care services and the Employee Emergency Fund.

“We are so fortunate to have the employees that we do,” says Augusta Health Foundation Director Tami Radecke. “They don’t just work here, they care. They contribute in so many ways to support patients, fellow employees and the Greater Augusta community.”

Sharing a Mission

The campaign this year raised $104,390 — a 25 percent increase compared to last year. That growth is especially notable since it’s been a tough year for healthcare systems in Virginia. Medicaid was not expanded in the Commonwealth, and reimbursements continue to decline. This means that, like other hospitals, Augusta Health has to do more with less, Radecke says.

“Our employees really stepped up,” she notes. “They recognize that philanthropy is very important to expanding the health system’s mission and will help us to provide for new facilities, services and programs for our patients. Because of this, we had our most successful campaign yet.”

During the campaign, the Employee Emergency Fund received more than $34,000. The fund provides support for fellow co-workers in times of temporary crisis, such as a death in the family, illness or injury, domestic abuse or any other type of hardship that causes an employee to struggle with bills. Developed by employees for employees, the fund has supported more than 40 employees since it was started in 2014.

Another program that received significant employee support was the Augusta Health Patient Care Fund. This unrestricted fund provides seed
money for new patient care services, such as programs to help patients live better with diabetes or manage chronic diseases. Patients receive assistance with acquiring medical devices like blood pressure readers, scales and pedometers, and get valuable advice on how to stay healthy.

**Getting Involved**

The involvement of dedicated staff members like campaign co-chair Sarah Myers helped to make the campaign a success. A laundry technician, Myers was asked to join the Foundation’s committee last year. When she heard about everything the Foundation did to help the community, it was an eye-opener, she says.

“I was wowed by what they’re doing for everyone, from patients to employees to people who live in the area,” she notes. “After that, I was so excited to share in that effort and be a part of something that changes lives.”

For the Employee Giving Campaign, Myers and other employee campaign volunteers gave presentations to several departments. That in-person focus helped to amp up the enthusiasm level, she believes.

“Instead of sending emails or creating a flyer, we were able to show people what the Foundation does, and that made a big difference,” she says. “It was awesome to see the response to that.”

**Community Effort**

Although Augusta Health employees were generous to the Foundation, their philanthropy certainly doesn’t stop there. They give back in numerous ways by serving on nonprofit boards and committees, and regularly volunteer in activities like animal rescue, delivering meals to the homebound, coaching children’s sporting events and other worthy causes.

For instance, twice every year, a sizeable crew of Augusta Health employees and their family members pick up trash along a two-mile stretch of road, as part of the Adopt-a-Highway program. Isaac Izzillo, Augusta Health’s director of Patient Experience, started the event three years ago and leads the cleanup effort.

“I feel that we need to be great stewards of our community, and part of that is demonstrating that we care,” he says. “It makes a difference if a road looks trashy or not, it gives you a certain impression. When it’s clean, you know that people care.”

About 75 employees have been involved so far, he adds, and the event draws everyone from physicians and executive leaders to nurses and maintenance staff. At the end of each pickup day, about 35 to 40 trash bags are hauled away.

“This is just one example of how employees are dedicated to making a commitment to our hospital and the community,” Izzillo says. “They care very deeply, and it shows.”
Recently, Duke Health was featured on “60 Minutes,” with a segment about an innovative cancer therapy being tested in patients with glioblastoma brain tumors. It might seem like this breakthrough would have little to do with Augusta Health, but, fortunately, such important work may directly benefit Augusta Health patients, physicians and nurses.

That’s because Augusta Health Cancer Center is one of only two Duke affiliates in Virginia and is part of a network of 12 facilities across the eastern United States. This unique partnership with the Duke Oncology Network — part of Duke Health’s Cancer Institute — provides significant advantages when it comes to local cancer care. Here’s a trio of reasons this relationship matters.
1. Bigger Team for More Perspectives

After an Augusta Health patient is “staged” for a particular cancer — a process that identifies the severity of the cancer and can be used for a prognosis — a patient’s physician brings the treatment plan to an Augusta Health Cancer Center group, which is called the tumor board, notes radiation oncologist Robert Kyler, MD.

The group meets weekly and includes physicians, pathologists, surgeons, radiologists and oncology nurses. The team-based approach is crucial for developing collaborative, multifaceted treatment, and it’s made even better with the inclusion of experts from Duke University.

A specialist from the university joins by videoconference and not only shares thoughts on specific cases, but also talks about new research being done, clinical trials a patient might be able to join and innovative surgical procedures that should be considered.

“Having them participate with that type of information, and also act as a sounding board for treatment plans we’re developing, is invaluable,” Dr. Kyler says. “It’s another layer, another set of expert eyes, on what we’re providing.”

2. Access to Duke Resources

Because Duke is involved with setting national cancer treatment guidelines, experts there are able to share updates on changes immediately. “Basically, we have the very latest guidelines, research and resources available as part of our partnership with Duke,” says Dr. Kyler.

He adds that several patients have been able to be enrolled in research studies as a result of the cancer program’s connection. Also, the university offers genetic testing, which can be invaluable for spotting genetic links in certain types of cancers. “Duke takes the great program that we already have and takes it to the next level,” he says.

Augusta Health also benefits from Duke’s mission to be innovative and forward thinking. Every year, the Cancer Institute sets a new agenda for its program, according to Linda Sutton, MD, medical oncologist at Duke Cancer Network. Affiliates like Augusta Health are part of that drive to be on the cutting edge of new treatment options and multidisciplinary care.

“We’re able to have a broader view of the types of issues that are affecting cancer care, and we bring that to our partnerships,” Dr. Sutton says. “As cancer care evolves, we make sure to evolve along with it, and it’s part of our mission to make sure Augusta Health has the support it needs in every way.”

3. Continuing Education Events With Cancer Experts

A major part of Duke’s support comes in the form of educational programs on a wide range of cancer topics.

For instance, pharmacists are trained in the latest chemotherapy and radiation options, so that they can anticipate potential side effects of medications with those treatments. Nursing staff receives education about helping patients to understand their care plans, especially if they’re involved in complex clinical trials.

Duke provides training for surgeons in the latest techniques, as well. For example, Dr. Kyler says that a university physician spoke about a new procedure for treating advanced colorectal cancer.

Even finances are covered, Dr. Sutton adds. Nurses and hospital administrators learn about how to talk about the financial difficulties that cancer care might create.

“Everyone needs to be at the top of their game when it comes to cancer care,” says Dr. Sutton. “It’s such a complicated disease, and each patient has unique needs, even if they have the same type of cancer. That’s why a partnership like this is so important. It lets us pool all of our resources to deliver the best possible treatment options. We are all focused, every day, on making sure that survivorship is robust and growing.”

For more information, visit the Augusta Health Cancer Center online at augustahealth.com/cancer-center, or call (800) 932-0262.
Eugene Alexander, a 57-year-old grandfather of 12 from Port Republic, Virginia, had visited multiple doctors to address his chronic back pain issues before seeing Rachel Hallmark, MD, PhD, of the Augusta Health Spine Clinic. Once he met with her, he noticed a difference right away.

“I was seeing other doctors, and I really wasn’t getting the relief I needed,” says Alexander. “I came to Dr. Hallmark and found out they were treating the wrong issue in the wrong area [of my back].”

Alexander suffered from lower back pain caused by dysfunction and malalignment of the sacroiliac joint — where the spine connects to the pelvis — and irritation of the muscles and tendons in this area. After Dr. Hallmark provided her diagnosis, Alexander received injections into the joint as well as trigger point injections, which are intramuscular injections similar to dry needling that relieve muscular pain and spasm. Dr. Hallmark is one of the only providers in the Augusta County area currently offering this service.

“One of my symptoms was] I couldn’t bend backward,” Alexander says, “and the first time she gave me those trigger point injections, I was able to bend backward without any pain at all. I gave her a big hug [after that], and now every time I see her I give her a big hug.”

These injections, in combination with physical therapy, also allowed Alexander to experience relief without resorting to pain medications. As a recovering alcoholic, he appreciates Dr. Hallmark’s more holistic approach to back pain and its treatments. Under her care, he has now received treatment not only for the back pain that initially brought him to the Spine Clinic, but also for additional chronic pain affecting his neck and shoulders.

In addition to Alexander’s treatments, Dr. Hallmark and the Spine Clinic provide other types of injections, such as joint and bursa injections, additional medication management if needed, and treatments for problems that go beyond back and neck pain. These problems include other sources of pain in the legs and arms, as well as conditions with functional impairments that do not involve pain, such as brain injuries and strokes. Dr. Hallmark also performs electromyography (EMG)/Nerve Conduction Studies, which help to diagnose nerve damage, and can be helpful in certain situations of pinched nerves.
Broad-Based Focus

“What distinguishes our practice is we tend to focus more broadly on the musculoskeletal system,” says Dr. Hallmark. “[Without this broad approach], things can be overlooked in terms of the muscular and other non-surgical sources of the pain. I rely pretty heavily on physical therapy to treat many conditions, and I’ve worked with physical therapists both at Augusta Health and throughout the community. I’ve gotten to know their unique skill sets, and I can help get patients into the right type of treatment for their condition.”

While Dr. Hallmark assists with management of pain in many cases, the patients that are most appropriate for her care are interested in increased function and being able to do more with their bodies and their lives, rather than exclusively controlling the pain.

“I’m not necessarily trying to cure something, but I am trying to contribute to enhancing patients’ quality of life,” Dr. Hallmark says. “If I have a patient who has had a stroke and they’re having weakness, I may not be able to cure that weakness, but my goal is to make that patient as functional as possible. I want to help people be as active in their lives as they can with the kinds of things that are important to them.”

This focus on quality of life means that the treatment goal is different for every individual, and can range from being able to walk to the bathroom without assistance to performing at a high level in sports.

Return to Function

For Jennifer Palmer, a 41-year-old IT specialist from Lexington, Virginia, seeing Dr. Hallmark helped her get back the function she needed. Her treatment plan involved physical therapy and trigger point injections, and pain management in the form of muscle relaxers and anti-inflammatory medications.

“My muscles were so tight, I couldn’t move,” says Palmer. “Brushing my hair, picking anything up and even driving was really painful. I sit at a computer at work all day, so it was making work difficult.”

Palmer initially visited her primary care provider and was referred to Dr. Hallmark after her PCP saw her X-rays and became concerned. At her first visit, Dr. Hallmark diagnosed her problem and explained the recommended treatment course.

“After that visit she had a plan of action, [which was] a combination of physical therapy, muscle relaxers and — a month later — trigger point injections,” says Palmer. “A year and a half later, I’m still doing that, and I can brush my hair!”

Providing Prosthetic Help

In addition to treating neck and back pain and other musculoskeletal issues, Rachel Hallmark, MD, PhD, at the Augusta Health Spine Clinic, has also started a clinic for amputees that currently meets once a month. During these clinics, Dr. Hallmark joins with a local prosthetist and physical therapists to evaluate and treat patients that need or already use prosthetics.

Julian Flesher, a 51-year-old from Staunton, Virginia, attended one of these clinics and is now treated by Dr. Hallmark for nerve pain and phantom limb pain due to his amputation below the knee. He is happy with the progress he has made with Dr. Hallmark.

“When I call and need to see her, they treat me very well,” he says. “Her staff is outstanding. It’s a challenge, but I’m feeling better now. Overall, I’m just pleased with the [positive] outcomes I’ve had with her.”

Learn more about the Augusta Health Spine Clinic at augustahealth.com/spine-clinic.
Life Skills
Establishing good health routines starts at an early age. Here are a few important ones.

**Wash your hands**
Good hand washing is the first line of defense against the spread of germs. How long should you scrub your hands? Here’s a tip: Lather with soap the length of time it takes to sing the “Happy Birthday” song.

**Use sunscreen**
Children should apply broad-spectrum sunscreen 15–30 minutes before going out on a sun-filled day. They should reapply it every two hours.

**Go to sleep**
Everyone needs adequate rest, but children especially need it. How much? School-age children should receive 10–11 hours of sleep each night.

**Get off the couch**
Extracurricular activities give children a chance to make new friends, explore new skills and talents, and increase their self-confidence. Whether it’s playing soccer or bird watching, activities are healthy outlets for kids.
Training for good physical and mental well-being starts young

It's back-to-school time. Along with learning writing, math and other academic skills, it is important for children to develop healthy habits during these formative years. Here are a few to instill in your young ones (and you may want to even brush up on some of these yourself!):

Eat your vegetables. The old adage still rings true. Brightly colored vegetables — think red and yellow bell peppers, rich orange carrots and dark green spinach — contain many vitamins and minerals that help nourish us, as well as powerful antioxidants that help protect us from diseases. They are an essential part of our diet and should not be taken for granted. The next time you make a meal, try to increase the range of colors on your plate. Here's an idea: Make a salad with various types of lettuce, peppers, broccoli and carrots along with some cheese sprinkled on top and a flavorful dressing. This is a great way to introduce vegetables to kids.
Drink plenty of water. As tasty as many sweet juices and soft drinks are, the most nutritious drink for us is the most basic. Water helps to replenish our bodies. It is also good for our complexion, digestion and frame of mind. It is important to drink plenty of water in both the summer and winter to avoid dehydration. One of the best aspects of water is it does not contain calories, so we can drink it freely. Getting children in the habit of drinking water will set them up to enjoy the beverage as adults.

Get daily exercise. As the obesity epidemic continues to grow in this country, putting people at risk for diabetes and other health problems, teaching children the importance of physical activity has never been more important. Physical fitness not only is good for children’s waistlines, it also helps their mental well-being. Set a good example by walking instead of driving and taking time out to do physically active things on the weekend, such as bike riding, gardening or going on a nature hike. This helps to relay the message that exercise is good for us and is fun too.

No Texting at the Table!

Living in the age of mobile devices, it can be harder than ever to motivate children to get off the couch, go outdoors or be social. Here are some ideas to help teach children to use their cell phones or tablets in moderation.

Wait until a child is older to buy him or her a smartphone or mobile device. The longer they wait, the more they will appreciate it, and the easier it will be for them to live without it.

Establish rules around when the child can use the phone. For example, he or she must put it down during mealtimes, or while doing homework or attending a concert or cultural event. Perhaps establish the expectation that the child must spend 30 minutes outside playing after school before he or she can use the device.

Find ways to incorporate learning through the mobile devices. Using the devices with children can teach them about the vast amount of information that is available on the internet. Watching the news and don’t know where a country being talked about is? Ask your child to look it up and tell you the answer.

Take time every day to read. As technology continues to play a more important role in our lives, it is helpful for children to be able to unwind and unplug. Diving into a good book is an enriching activity and helps children develop their reading and intellectual skills, expand their imaginations and relax from the stimulation of everyday life. Have them start a healthy habit of reading 30 minutes before bedtime.

Have a balanced mind-set. Certainly, life is not easy. But how we react to life’s setbacks is half of the struggle. While it is not possible (or realistic) to be positive all of the time, it helps if we can look at situations from a grounded perspective and find ways of taking the difficult times in stride. The more that we can teach and model this skill to children and teenagers, the more adaptable they will be to adulthood and the challenges that arise.

Get enough rest. Sleep not only helps us be alert and ready to face the following day, it also serves as a reset for our bodies and minds. As they are growing physically and developmentally, children, especially, need a lot of sleep.
Garden Potato Salad

**Ingredients**
- 3 pounds potatoes (about 6 large), boiled in skins, peeled and cut into ½-inch cubes
- 1 cup chopped celery
- ½ cup sliced green onion
- 2 Tbsp chopped parsley
- 1 cup low-fat (1 percent) cottage cheese
- ¾ cup low-fat (1 percent) milk
- 3 Tbsp lemon juice
- 2 Tbsp cider vinegar
- ½ tsp celery seed
- ½ tsp dill weed
- ½ tsp dry mustard
- ½ tsp white pepper

**Directions**
1. In a large bowl, place potatoes, celery, green onion and parsley.
2. In a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard and white pepper until smooth. Chill for one hour.
3. Pour chilled cottage cheese mixture over vegetables; mix well.
4. Chill for at least 30 minutes before serving.

**Yield:** 10 servings
(serving size is 1 cup)
- Calories: 151
- Total fat: 1 g
- Saturated fat: 1 g
- Cholesterol: 2 mg
- Sodium: 118 mg
Baja-Style Salmon Tacos

**Ingredients**

- 12 oz salmon fillet, cut into 4 portions (3 oz each)
- 4 (8-inch) whole-wheat tortillas

**For taco filling:**

- 1 cup green cabbage (about ¼ head), rinsed and shredded
- 1 tsp lime juice
- 1 tsp honey
- ½ cup red onion, thinly sliced (or substitute white onion)
- 1 medium jalapeno chili pepper, rinsed and split lengthwise; remove seeds and white membrane, and mince (about 2 Tbsp); for less spice, use green bell pepper
- 1 tsp fresh cilantro, minced (or substitute ½ tsp ground coriander)

**For marinade:**

- ½ Tbsp corn oil or other vegetable oil
- 1 Tbsp lime juice
- 2 tsp chili powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp salt

**Directions**

1. Preheat grill or oven broiler (with the rack 3 inches from heat source) on high temperature.

2. Prepare taco filling by combining all ingredients. Let stand for 10–15 minutes to blend the flavors.

3. To prepare the marinade, combine the oil, lime juice, chili powder, cumin, coriander and salt in a bowl.

4. Place salmon fillets in a flat dish with sides. Pour marinade evenly over fillets.

5. Place salmon fillets on grill or broiler. Cook for 3–4 minutes on each side, until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 degrees F). Remove from the heat and set aside for 2–3 minutes. Cut into strips.

6. To make each taco, fill one tortilla with ¾ cup filling and one salmon fillet.

**Yield:** 4 servings (serving size is 1 taco)

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Augusta Health is a program affiliate in medical oncology with Duke Health. This affiliation provides the following:

- Collaboration with nationally recognized cancer experts. Duke is an NCI Comprehensive Cancer Center.
- Access to new cancer treatments and research, clinical trials and genetic counseling and testing.
- Assurance of high-quality care with Duke protocols and standards of care.
- Multidisciplinary Care Review and continuing education for physicians, nurses, technicians and pharmacists.
- Expert care, close to home, in our community.

Learn more about the collaboration between Augusta Health and Duke Health at augustahealth.com/cancer-center.
**Summer Breeze Smoothie**

**Ingredients**
- 1 cup nonfat plain yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp vanilla extract
- 4 ice cubes

**Directions**
1. Place all ingredients in blender, and puree until smooth.
2. Serve in frosted glasses.

**Yield:** 3 servings
(serving size is 1 cup)

- Calories: 121
- Total Fat: 0 g
- Saturated fat: 0 g
- Cholesterol: 1 mg
- Sodium: 64 mg
- Total fiber: 2 g
- Protein: 6 g
- Carbohydrates: 24 g
Joint Center
We provide Top rated care at Augusta Health.

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**AUGUSTA HEALTH LIFETIME FITNESS GROUP CLASSES AND PROGRAMS**

Non-members may purchase a 10-class pass for $100. Classes run on an ongoing basis. Other classes not listed here can be found on our website at augustahealth.com/lifetime-fitness. For more information, call Heather Moneymaker, group fitness coordinator at Lifetime Fitness, at (540) 332-5571.

**Yoga**
- **Basic**: Mondays, 5:30 p.m.; Tuesdays, 9 a.m.; Thursdays, 9 a.m.; Saturdays, 9:15 a.m.
- **Multi-Level Yoga**: Wednesdays, 9:15 a.m.; Thursdays, 5:30 p.m.; Fridays, 9:15 a.m.

**Tai Chi**
Free to cancer recovery patients; sponsored by Augusta Health Cancer Center.
- **Arthritis and Diabetes**: Tuesdays, 11:15 a.m.
- **Beginner**: Wednesdays, 11 a.m.
- **Intermediate**: Thursdays, 11:15 a.m.
- **Multi-Level**: Tuesdays, 7 p.m.

**Chi Kung**
- **Intermediate**: Tuesdays, 10:15 a.m.
- **Advanced**: Thursdays, 10:15 a.m.

**Les Mills Body Combat**
- **When**: Mondays, 5:30 p.m.; every other Wednesday, 5:15 a.m.; Wednesdays, 9 a.m.; Thursdays, 4:30 p.m.; Saturdays, 9 a.m.

**Martial Arts**
Extra fee, class passes excluded.
- **Beginner**: Mondays and Wednesdays, 7–8 p.m.
- **Intermediate**: Mondays and Wednesdays, 8–9 p.m.
- **Cost**: $55 a month for members, $85 for non-members

**Aquatic**
- **Aquasize**: Mondays, Wednesdays and Fridays, 7:45 a.m.; Tuesdays, 9 a.m.; Mondays, 4:45 p.m. (Fitness Pool)
- **Aquamax**: Thursdays, 4:45 p.m.; Fridays, 7:45 a.m. (Fitness Pool)
- **Deep Water Conditioning**: Mondays and Thursdays, 9 a.m. (Fitness Pool)
- **Aqua Power**: Mondays, Wednesdays and Fridays, 7:45 a.m.; Tuesdays, 9 a.m.; Mondays, 4:45 p.m. (Fitness Pool)
- **Aqua Express**: Thursdays, 4:45 p.m.; Fridays, 7:45 a.m. (Fitness Pool)

**Aqua Boot Camp**: Mondays, 5:45 p.m.; Tuesdays, 7:45 a.m. (Fitness Pool)

**Therapeutic/Rehabilitative Aqua**
- **Aqua Life**: Mondays, Tuesdays, Thursdays, Saturdays, 9 a.m.; Tuesdays and Thursdays, 10 a.m.; Wednesdays, 4:45 p.m. (Therapy Pool)
- **Range of Motion (ROM)**: Mondays and Fridays, 10 a.m. (Therapy Pool)
- **Zumba Dance**
  - **When**: Mondays, 9:15 a.m.; Tuesdays, 3:45 p.m.; Wednesdays, 5:30 p.m.

**TRX Suspension Small Group Training**
- **When**: Tuesdays, 12:15 p.m. (45 min.) and 5:30 p.m. (45 min.)
- **BODYPUMP**
  - **When**: Mondays, 9 a.m.
  - **Information**: Call Heather Moneymaker at (540) 332-5571 or email her at hmoneymaker@augustahealth.com. More classes may be available.

**Lipid Panel Screenings**
**What**: Total cholesterol, HDL, LDL, TC/HDL ratio, triglyceride and glucose levels are tested. Results can be kept on file and sent to your physician. This is a great tool to monitor your health!
- **Cost**: $25 for members, $30 for non-members
- **Information and reservations**: Call Angela Kaltenborn, medical fitness coordinator, at (540) 332-5527 or email her at akaltenborn@augustahealth.com.

**RxEX Program**
- **(available on land or in water)**
  - **What**: This monitored medical exercise program offered at Lifetime Fitness is by physician referral only. It is an eight-week exercise program with pre- and post-course health evaluations. Participants will exercise twice a week with staff and have access to Lifetime Fitness throughout the eight weeks. Outcome measurements will be sent to the referring physician upon completion of the program.

**RxEX Prehab Program**
- **What**: This monitored medical exercise program at Lifetime Fitness is for members of the community who are scheduled for joint replacement surgery. The program is specifically designed to strengthen the joint during the few weeks prior to surgery. Participants will meet with exercise specialists twice a week and work out in a small group setting of three participants.
- **Program outcomes will be sent to the referring physician.**
- **Cost**: $64 for the RxEX Medical Program
- **Information**: Call Angela Kaltenborn, medical fitness coordinator, at (540) 332-5527 or email her at akaltenborn@augustahealth.com.

**RxEX Cancer Program**
- **What**: This monitored medical exercise program at Lifetime Fitness is for members of the community who have had or currently have cancer. The program is designed to improve a person’s stamina, strength and fitness through monitored exercise. Participants will meet with certified cancer specialists twice a week to be assisted with an individual workout routine. Program outcomes will be sent to the referring physician.
- **Cost**: Call Membership Services at Lifetime Fitness at (540) 332-5843.
- **Information**: Call Angela Kaltenborn, medical fitness coordinator, at (540) 332-5527 or email her at akaltenborn@augustahealth.com.

**RxEX Youth Program**
- **What**: This monitored medical exercise program offered at Lifetime Fitness is for youth in the community 8–12 years old. The program is designed to improve your child’s fitness and wellness through monitored
exercise and age-appropriate nutrition. Your child will meet with an exercise specialist twice a week and work out in a small group setting of four participants. Nutrition classes will focus on increasing awareness about food choices, portion sizes and healthier options. All participants are eligible to take part in Fun FRiDaY, an aquatic hour of fun in the pool. Program outcomes will be sent to the referring physician.

Cost: $99 for the RxEX Youth Program

Information: Call Angela Kaltenborn, medical fitness coordinator, at (540) 332-5527 or email her at akaltenborn@augustahealth.com.

RxEX Diabetes Program

What: This monitored medical exercise program at Lifetime Fitness is for anyone with prediabetes or diabetes. The program is designed to strengthen the heart and bones, improve insulin sensitivity and promote weight management. Participants will meet with exercise specialists twice a week and work out in small group settings of three participants. Nutrition classes for the RxEX Diabetes program will focus on intake of quality carbohydrates as well as nutrition recommendations while exercising with diabetes. Program outcomes will be sent to the referring physician.

Cost: $99 for the RxEX Diabetes Program

Information: Call Angela Kaltenborn, medical fitness coordinator, at (540) 332-5527 or email her at akaltenborn@augustahealth.com.

RxEX Cardiac Program

What: This monitored medical exercise program is a continuation of Cardiac Rehab Phase II, and is available to anyone completing or who has completed Cardiac Rehab within the past three months. The focus of the program is on improving the heart’s function and increasing cardiovascular endurance. The participant’s blood pressure, heart rate and oxygen saturation levels are monitored throughout the program as necessary, and a follow-up appointment with Cardiac Rehab staff is performed upon completion of the program. Program outcomes will be sent to the referring physician.

Cost: $64 for the RxEX Cardiac Program

Information: Call Angela Kaltenborn, medical fitness coordinator, at (540) 332-5527 or email her at akaltenborn@augustahealth.com.

Augusta Health Lifetime Fitness is proud to offer a registered dietitian for individualized nutrition counseling. Packages and prices are listed below and can be scheduled directly with the registered dietitian.

**Energize Package**

**What:** If you’re only exercising to help shed the pounds, you’re missing half the picture. Partner with the dietitian to learn how modifying your diet can help you reach a healthier weight. The program includes personalized nutrition advice, dietary intake analysis and body-fat measurements. The package consists of one 60-minute initial consult with the registered dietitian as well as three 30-minute follow-ups.

**Cost:** $150 for members, $175 for non-members

**Information:** Call the registered dietitian at (540) 221-7894.

**Lifestyle Package**

**What:** This package is designed for nutrition newcomers. If you’re looking to begin a healthy eating program, start here. The sessions cover topics including basic nutrition and you, label reading, planning and prep, and special-occasion eating. The package consists of one 60-minute initial consult with the registered dietitian as well as three 30-minute follow-ups.

**Cost:** $90 for members, $100 for non-members

**Information:** Call the registered dietitian at (540) 221-7894.

**Nutrition Tune-Up**

**What:** This program is designed for clients who have previously completed any nutrition package or corporate program. The tune-up provides further guidance and accountability based upon your goals. The program includes three 30-minute follow-up sessions and additional goal setting.

**Cost:** $90 for members, $100 for non-members

**Information:** Call the registered dietitian at (540) 221-7894.

**Initial Consult**

**What:** Do you have diabetes, heart disease, high blood pressure or another chronic condition? Learn how to improve your well-being through the foods you eat. There is no physician referral needed! You will receive personalized nutrition advice and an individualized dietary intake analysis. The package consists of one 60-minute initial consult with the registered dietitian as well as three 30-minute follow-ups.

**Cost:** $150 for members, $175 for non-members

**Information:** Call the registered dietitian at (540) 221-7894.

60 for 60

**What:** This is a one-time, one-hour session to discuss your dietary needs. Members get 60 minutes with the dietitian for only $60. (A $75 fee applies to non-members.) Appointment includes a three-day food recall review, instruction on your calorie needs, Q&A time and materials to take home.

**Cost:** $60 for members, $75 for non-members

**Information:** Call the registered dietitian at (540) 221-7894.

Nutrition Tuning Package

**What:** This package is designed for nutrition newcomers. If you’re looking to begin a healthy eating program, start here. The sessions cover topics including basic nutrition and you, label reading, planning and prep, and special-occasion eating. The package consists of one 60-minute initial consult with the registered dietitian as well as three 30-minute follow-ups.

**Cost:** $90 for members, $100 for non-members

**Information:** Call the registered dietitian at (540) 221-7894.

Nutrition Package

**What:** This program is designed for clients who have previously completed any nutrition package or corporate program. The tune-up provides further guidance and accountability based upon your goals. The program includes three 30-minute follow-up sessions and additional goal setting.

**Cost:** $90 for members, $100 for non-members

**Information:** Call the registered dietitian at (540) 221-7894.
**Adults 1*2*3* Tennis**  
**What:** Learn how to play, improve skills and practice. Ages 18 and older.  
**When:** Thursdays, 6–7:30 p.m.  
**Cost:** $76.50

**Adult Cardio Tennis**  
**What:** This “workout” tennis program is sure to leave you energized. Ages 18 and older.  
**When:** Mondays, 6:15–7:15 p.m.; Wednesdays, 10:15–11:15 a.m.  
**Cost:** $60

**Munchkin Tennis**  
**What:** Ages 10 and under, tennis format. Beginner, ages 4–6.  
**When:** Saturdays, 9–9:45 a.m.  
**Cost:** $57.50

**Future Stars**  
**What:** Ages 10 and under, tennis format. Beginner and intermediate, ages 7–10.  
**When:** Saturdays, 9:45–11 a.m.  
**Cost:** $95.62

**Rising Stars**  
**What:** Learn to play through competitive drills and games. Beginner and intermediate, ages 11–17.  
**When:** Saturdays, 11 a.m.–12:15 p.m.  
**Cost:** $95.62

**Aces**  
**What:** Advanced and competitive, ages 12–17.  
**When:** Saturdays, 12:15–1:45 p.m.  
**Cost:** $114.75

**Circuit Aces**  
**What:** Advanced and competitive, ages 12–17.  
**When:** Tuesdays and Thursdays, 4:30–6 p.m.  
**Cost:** $229.50

**Shenandoah Valley Stroke Club**  
**What:** This support group is for those who have suffered a stroke and their family members, care partners and friends.  
**When:** First Friday of every month at noon.  
**Where:** Augusta Health Community Care Building, Room 3  
**Information:** Call Shelley Payne at (540) 332-4047 or (540) 932-4047.

**Friends Listening to Friends Group**  
**What:** For newly diagnosed cancer patients who have fears, questions or concerns. This group also addresses life after cancer treatments.  
**When:** Tuesdays, 11 a.m.–12:15 p.m.  
**Where:** Augusta Health Cancer Center Conference Room  
**Information:** For more information about any cancer group, call Leigh Anderson at (540) 245-7105.

**Heart to Heart Support Group**  
**What:** If someone you love has died and you’d like the “heart-to-heart” support of others who have also lost someone, we invite you to attend our support group. We understand this is a very difficult time in your life. Talking and sharing with others going through a similar experience can provide tremendous support and be extremely helpful in learning how to cope and live with your grief. Support groups are open to the community and provided free of charge.  
**When:** New groups begin throughout the year.

**Ostomy Support Group**  
**What:** In this group meeting, you’ll share ideas and improve your quality of life after ostomy surgery.  
**When:** Second Monday of every other month, 6–8 p.m.  
**Where:** Augusta Health Community Care Building, Room 3  
**Information:** Call (540) 332-4346 for details.

**Gain Independence From Tobacco (GIFT): Begin Your Journey to Stop Smoking/Stop Using Smokeless Tobacco**  
**What:** To quit tobacco, you must first examine how and why you use tobacco. Then, you can create an individual quit plan. The GIFT program is provided by a certified tobacco treatment specialist. Evidence-based guidelines and recommendations are given on an individual basis. Don’t let fear keep you from quitting.  
**Information:** The next class begins Monday, Sept. 12, at 6–7:30 p.m., in the ACC building. Call (540) 332-4988 for class information. If you want to start “quitting” before the next class, the tobacco treatment specialist provides one-on-one consultations.
Big Squeeze
What: Big Squeeze is a free blood pressure screening and education program at community-based sites.
When: Wednesday, Oct. 5, 5–6 p.m.
Where: Valley Mission, Staunton
When: Wednesday, Nov. 2, 5–6 p.m.
Where: Basic United Methodist Church, Waynesboro
Information: To learn more, call Krystal Moyers at (540) 932-4976.

Go Girls!
What: Go Girls! is a fitness and wellness support group for girls (ages 7 to 21), which includes exercise and discussion around a wellness topic.
When: Tuesdays, 5 p.m.
Where: Waynesboro Family YMCA
Information: Call Kara Meeks at (540) 932-4191 for more details.

Friends and Family CPR
What: An American Heart Association course that teaches the basic lifesaving skills of CPR including hands-only CPR, child CPR, infant CPR and AED use.
When: Wednesday, Nov. 16, 5:30–8 p.m.
Where: Augusta Health, ACC Room 3
Information: Free. Registration is required. Call Krystal Moyers at (540) 932-4976.

Hospice Volunteer Training — Living at the End Of Life
What: Are you interested in becoming a hospice volunteer and making a difference in the lives of others? Come join us for this interactive, four-week course in preparation for your journey. There are multiple ways you can make a difference!
When: Mondays and Thursdays, 9 a.m.–12 p.m. Classes begin Monday, Sept. 12.
Information: There is no fee for this class. To register, call (540) 332-4904 or visit augustahealth.com/hospice.

Walk with a Doc
What: Walk with a Doc is a free community walking program led by local physicians. Start your weekend off on the right foot by taking strides to help your heart and improve your general health. Participants will receive a free pedometer and T-shirt!
When: Saturday, Sept. 3, 8:30 a.m.
Where: Gypsy Hill Park, Staunton (meet at the bandstand)

Diabetes Prevention Class
What: For patients who have been recently diagnosed with pre-diabetes, women who have had gestational diabetes and the general public interested in reducing risk factors for type 2 diabetes. This is a free class, but please call ahead to reserve.
When: Thursday, Sept. 22, 6–8 p.m., and Saturday, Nov. 12, 10 a.m.–noon
Where: Heart and Vascular Conference Room, ACC building
Information: Call Jean Magee, MEd, at (540) 213-2538 or (540) 941-2538.

Living Well With Diabetes
What: This class series is designed for those patients who have already been referred by physicians and seen in our outpatient program. The class is designed for a more intensive study into the AADE Seven Self-Care Behaviors in managing type 2 diabetes. Participants will learn about prevention of diabetic complications, developing a safe activity plan, and meal planning with foods that are enjoyable.

Registration is required.
When: Tuesday, Sept. 6, 13, 20 and Nov. 22 from 4:30–6:30 p.m.

SPECIAL EVENTS

What: Shades of Autumn — Augusta Health Foundation’s annual signature event
When: Friday, Sept. 16, 6–9 p.m.
Where: Gaie Lea Pavilion (Bells Lane, Staunton)
Information: Proceeds from the event will provide for an advanced critical care area in the new Augusta Health Emergency Department. The cost is $100 per person ($50 will directly support the critical care treatment area). It will include heavy hors d’oeuvres, a jazz quartet and beer/wine/bar. Please visit augustahealth.com/foundation/shades-of-autumn or call (540) 332-5174 to RSVP.

What: Fourth annual Quilts of Comfort quilt auction
When: Saturday, Nov. 5. Doors open at 8 a.m. Breakfast is served from 8–9:30 a.m. Silent auction bidding takes place from 8–9:50 a.m. The live auction begins at 10 a.m.
Where: Augusta Expo Event Center. It will be held in the multipurpose building.
Information: Tickets will be sold at the door. They are $15 per person and include admission to the auction and a hot breakfast provided by Kathy’s Restaurant! Proceeds will benefit the Gifted Care Program at the Shenandoah House. Children 6–12 years old are $10; children under 6 are free. For more information, call (540) 932-4909.

What: Diabetes Day
When: Friday, Nov. 11, noon–4 p.m.
Where: ACC Building Rooms 1, 2 and 3
Information: Please join us for this free program, open to the public. There will be guest speakers, vendors, cooking and activity demonstrations. Seating is limited; please call to reserve your spot: (540) 213-2537 or (540) 941-2537.
new in town

This list of new physicians and practitioners at Augusta Health was made possible by Chris Morgenstern, physician liaison at Augusta Health.

Eleanor G. Hutchens, MD
Specialty: Endocrinology
Augusta Health Diabetes and Endocrinology Clinic
70 Medical Center Circle, Suite 107
Fishersville, Virginia
(540) 245-7180 Staunton
(540) 221-7180 Waynesboro

Amaris I. Jitaru, MD
Specialty: Palliative Care/ Long-Term Care
Augusta Health Palliative Care
22 North Medical Park Drive
Fishersville, Virginia
(540) 245-7262

Linda W. Martin, MD, MPH
Specialty: Thoracic Surgery
Augusta Health Thoracic Surgery Clinic
78 Medical Center Drive
Fishersville, Virginia
(540) 245-7380

Lukasz A. Myc, MD
Specialty: Hospitalist
Augusta Health Hospitalists
78 Medical Center Drive
Fishersville, Virginia
(540) 932-4075

Jessica M. Srstka, MD
Specialty: Hospitalist
Augusta Health Hospitalists
78 Medical Center Drive
Fishersville, Virginia
(540) 932-4075

Looking for a doctor? Find one at augustahealth.com/physician-directory.
When Angela Kuremsky was growing up, she knew exactly what she wanted from her career. Hearing stories about nursing from her aunt and cousin, and about her father’s time on the rescue squad inspired her to take a shot at helping others herself. 

“I wanted to provide care to the community,” she says. “That’s still my driving force, every day.”

In high school, she hoped for a mentorship with the labor and delivery department at Augusta Health, but when those slots were full, she opted for the Emergency Department instead. It was a decision that set her direction. “The constant change and the very fast pace really appealed to me,” she says. “I’ve never wanted to do anything else since.”

Inspired, she became an EMT, and joined Augusta Health just out of high school, nine years ago. After getting her nursing degree, she took on additional duties as a nurse educator.

Although there’s no such thing as a typical day in the ED, Kuremsky says she sees everything from stubbed toes and toothaches to patients who need critical care or have life-threatening injuries. She might tend to a newborn one moment, and then rush to the side of an elderly adult in distress the next. In the time in between, she works with students who come to the ED for training from a wide variety of different medical education programs throughout the valley. It’s not unusual to see students with her on most of the days she works, soaking up the formidable knowledge she’s gained after nearly a decade at Augusta Health.

When not at Augusta Health, she works on the Staunton-Augusta Rescue Squad as an EMT. She jokes that she and her husband like to travel, but given her days and nights of responding to emergencies, trips tend to be in short supply these days.

Recently, she was named 2016 Nurse with Outstanding Contribution to EMS, given by the Central Shenandoah Emergency Medical Services Council. “I want to continue to help in whatever way I can,” she says. “That might mean getting more certifications or volunteering or teaching more students. Everything I do helps me take better care of our patients and our community.”
Free valet parking now available at Emergency Department

In case you haven’t visited the Augusta Health Emergency Department recently, take note: Augusta Health offers valet parking at no charge, so patients who are sick, anxious and injured can receive treatment quickly.

Hours of operation:
Monday–Friday, 11 a.m.–9 p.m.

Valet parking is also available at the main entrance and Cancer Center entrance.

Hours of operation:
Monday–Friday, 7 a.m.–5 p.m.