What Is a Superbug?

Page 4

2 million illnesses and 23,000 deaths annually and the cause might surprise you.

Work Your Wellness Benefits

Easier Breathing for COPD Patients
WELLNESS IN THE FORECAST THIS FALL

In addition to doing our part in the war against “superbugs” and helping you complete Wellness Visits, St. James Parish Hospital has an eventful fall coming up, with your wellness in mind.

In September, we will focus on men’s health by offering $5 PSA (prostate specific antigen) screenings September 11–15. In addition, Dr. Clay Boyd, urologist at St. James Urology Clinic, will offer the latest men’s health education at our annual Men’s Health Breakfast on September 13.

In October, our educational eye turns to the ladies. This year, we will host an event to offer information about various female cancers, in addition to celebrating survivors. Our Ladies’ Night Out will be held Oct. 24 at 6 p.m. in the St. Peter Chanel Gym.

Lastly, in an effort to protect our entire community, we are once again hosting our Flu Shot Fair. Based on vaccine availability, our fair will be held in October. Check local media for additional information.

We strive to keep you well but also offer compassionate, quality care when you need it most.

Mary Ellen Pratt, FACHE, CEO

For the past several years, Medicare, like many insurers, has focused heavily on preventive care, which means proactively managing the health of patients.

Medicare patients with Part B or a Medicare replacement plan can now take advantage of a free annual Wellness Visit, which helps you stay healthier. During your Wellness Visit, a Care Coordinator at your Primary Care Clinic will see you to gather information, update your medical history, and perform necessary assessments. These assessments might include routine screenings and measurements, a review of your medications and health equipment, and discussions about advance care planning. This information will be shared with your primary care physician so that together the care team can develop a personalized plan to keep you as healthy as possible.

We will do our best to contact eligible patients, but we encourage you to contact your primary care provider’s office to schedule an appointment. We are also happy to answer any questions at this time.

Lutcher Family Clinic
225-869-9890

Poche Medical Clinic
225-869-3493

St. James West Bank Clinic
225-265-3013
The Dangers of Dehydration

Because more than half of your body is made up of water, keeping water levels in balance by staying hydrated is essential.

The average adult, male body is 60 percent water. The figure is about 55 percent for the average woman.

Due to its abundance, water plays a key role in numerous bodily functions, including regulating body temperature, transporting nutrients, helping flush waste, and lubricating the joints.

When the body runs low on water, you may begin to feel thirsty or dizzy and experience dry skin or fatigue. Failing to replenish fluids can lead to more alarming conditions, including:

- Muscle cramps
- Kidney stones
- Constipation
- Gallstones
- Hypertension
- Kidney disease

In severe cases, dehydration can even cause death.

Sweating in the heat of summer helps cool your body, but it also lowers your water levels. Keep plenty of water on hand to stay hydrated, and avoid soft drinks or energy drinks, which can actually worsen dehydration.

Your Rehydration Destination

With sports, cookouts, and a host of other fun outdoor activities calling your name during the summer months, it’s easy to get distracted and fail to drink enough water to keep your body temperature in check. Dehydration can creep up before you know it.

When it does, how can you tell whether a trip to Urgent Care is the right prescription or a visit to the emergency room is in order? Here are some guidelines to help you decide where to go:

- **Urgent Care** if you’re unable to retain fluids due to vomiting or diarrhea, or if you begin showing signs of mild dehydration, which include heavy thirst, muscle cramps, sticky mouth, dark yellow urine, and a headache.
- **ER** if you’re suffering severe dehydration. Signs of severe dehydration may include dry skin, dizziness, rapid heartbeat and breathing, sunken eyes, and, eventually, unconsciousness.

For more information, call **225-258-2040** to reach our Urgent Care and **225-258-5949** to reach our emergency room. Call **911** in the event of an emergency.

Know Your H₂O

- **Artesian**—Underground aquifers are tapped through a well to access this type of water, which is similar to spring water.
- **Distilled**—Water is boiled and condensed to remove any contaminants or minerals.
- **Drinking**—This water may contain safe additives such as chlorine and fluoride.
- **Mineral**—Groundwater containing dissolved solids at a ratio of 250 parts per million or higher is considered mineral water.
- **Purified**—Chemicals and contaminants are removed from this type of water, which comes from multiple sources.
- **Spring**—Water is retrieved from an underground source as it flows to the surface or by using a borehole.

Whatever water you choose, drink it, and drink it often.
Antibiotics transformed the practice of medicine, making once-lethal infections readily treatable and making other medical advances, such as chemotherapy and organ transplants, possible. The prompt initiation of antibiotics to treat infections has proved to reduce morbidity and save lives.

However, scientists are finding there can be too much of a good thing. In recent years, they have found bacteria that can fight off any known antibiotic. These “superbugs” have alerted the medical community to a public health concern called antibiotic resistance, which threatens the effectiveness of antimicrobial medications.

Increasingly, some serious infections have become more difficult to treat, forcing doctors to prescribe a second or even third antibiotic when the first treatment is ineffective. The potential for spread of resistant organisms means that the misuse of antibiotics can adversely impact the health of patients who are not even exposed to them. The Centers for Disease Control and Prevention (CDC) estimates more than 2 million people are infected with antibiotic-resistant organisms, resulting in approximately 23,000 deaths annually—and this is just the start.

Because antibiotic resistance is such a threat to public health, St. James Parish Hospital has stepped up to the challenge by leading an Antibiotic Stewardship Program to promote the appropriate use of antimicrobials (including antibiotics), improve patient outcomes, reduce microbial resistance, and decrease the spread of infections caused by multidrug-resistant organisms. Our team has a well-rounded crew of professionals, including our Pharmacy Director, Infection Control Nurse, CEO, a family practice physician, and multiple clinical leaders who are all focused on protecting your health.
The goal of antibiotic stewardship at St. James Parish Hospital is to maximize the benefit of antibiotic treatment while protecting the future of our community. One of our biggest fears in health care is failure to save future generations from treatable infections. St. James Parish Hospital has partnered with the Louisiana Hospital Association, the Louisiana Society of Health-System Pharmacists, and Quality Insights to help us develop best practices when prescribing antibiotics.

—SCOTT DANTONIO, RPH, DIRECTOR OF PHARMACY

SCARY STATS & FACTS

• According to the CDC, 20-50% of all antibiotics prescribed in U.S. acute care hospitals are unnecessary or inappropriate.
• In the medical field, “superbugs” are known as “multidrug-resistant bacteria.”
• Many ear infections and most sore throats do not require antibiotics to treat.
• Antibiotics cause approximately 1 out of 5 visits to the emergency department for adverse drug events.
• Antibiotics are the most common cause of emergency department visits for adverse drug events in children younger than 19 years of age.
• Colds, flu, and bronchitis are caused by viruses, and antibiotics do not fight viruses.
• Green mucus is not a sign that an antibiotic is needed.
• Antibiotics can lead to Clostridium difficile infection, or C. diff. That is a potentially deadly infection that can cause colitis, a serious inflammation of the colon.

HOW CAN YOU SQUASH THE THREAT?

• Ask if tests will be done to make sure the right antibiotic is prescribed.
• Take antibiotics exactly as the doctor prescribes. Do not skip doses. Complete the prescribed course of treatment, even when you start feeling better.
• Only take antibiotics prescribed for you; do not share or use leftover antibiotics. Antibiotics treat specific types of infections. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
• Do not save antibiotics for the next illness. Discard any leftover medication once the prescribed course of treatment is completed.
• Do not ask for antibiotics when your doctor thinks you do not need them. Remember: Antibiotics have side effects.
• Prevent infections by practicing good hand hygiene and getting recommended vaccines.

“Our Antibiotic Stewardship team meets monthly.

art Drugs
Antoine J. Faucheaux III, MD, OB/GYN, joined our medical staff in 1991. For several years, he has served the community by providing quality surgical services. Through a weekly clinic, he is now seeing patients for additional services as well.

Dr. Faucheaux is board-certified in obstetrics/gynecology and is a fellow with the American College of Obstetricians and Gynecologists. He earned his medical degree from Louisiana State University School of Medicine and completed his residency in obstetrics/gynecology at Ochsner Foundation Hospital in New Orleans. Dr. Faucheaux was born in New Orleans and has served the River Parishes since 1990. He has special interest in high-risk obstetrics and is trained in laparoscopic surgery and in office endometrial ablations, but offers a wide range of additional services.

Dr. Faucheaux specializes in:

- Well-woman exams
- Adolescent gynecology
- Menopause
- Normal and high-risk obstetrics
- Colposcopy
- Endometrial ablations
- Contraceptive implant insertion (Nexplanon)
- LLETZ; endometrial biopsy
- 3-D OB ultrasound
- Bone density testing (DEXA)
- Ultrasound
- Bilateral tubal ligation
- Hysteroscopy
- Dilation and curettage
- Diagnostic laparoscopy
- Laparoscopic hysterectomy
- Abdominal hysterectomy and laser surgery

Dr. Faucheaux sees patients every Thursday at David Reynaud Medical Plaza, located next to St. James Parish Hospital.

Schedule an Appointment

Every Thursday, 1-5 p.m.
985-652-2441
David Reynaud Medical Plaza
1731 Lutcher Avenue, Lutcher, LA
Top 5 Tips for Maximizing Nutrient Absorption
To ensure that you make the most of the vitamins and minerals you consume, remember to:

1. Look to food, not supplements, first. Food provides nutrients in the state that is easiest for the body to digest.

2. Choose locally grown foods whenever possible. Their freshness makes them richer in nutrients.

3. Eat vegetables to help your body more readily absorb nutrients such as calcium, iron, and vitamin A.

4. Jazz it up! A little lemon or lime juice enhances iron absorption from foods such as beans and spinach.

5. Talk with your doctor before taking any supplements, which are appropriate in some cases.
Breathlessness resulting from chronic obstructive pulmonary disease (COPD) can be debilitating for many patients, making even everyday functioning difficult. We are excited to announce that we now offer Pulmonary Rehabilitation through our growing Rehabilitation/Therapy Department.

COPD is an umbrella term used to describe progressive lung diseases that frequently cause breathlessness, coughing, wheezing, and tightness in the chest. Patients suffering from COPD can do rehab therapy to learn to breathe at their highest level. We offer a personalized program that includes exercise, education, and support.

Your rehabilitation team will take a complete health history, talk to you about your current level of activity, and help you set goals for what is most important to you. We will progress slowly to ensure that you are safe, while also monitoring your oxygen, heart rate, and blood pressure. To qualify for pulmonary rehabilitation, you must be referred by your doctor and have spirometry test results indicating you have COPD.

Inpatient Rehab Services are provided Monday through Saturday, 8 a.m. to 4:30 p.m. Outpatient services are provided Monday through Friday, 8 a.m. to 4:30 p.m. In addition, we now offer extended hours three days a week for outpatients: 7 a.m. to 7 p.m. For information or to schedule an appointment, call 225-258-5934.

DID YOU KNOW?
Staff members in our Rehabilitation/Therapy Department are highly trained to treat a multitude of diseases and injuries utilizing physical, occupational, and speech therapy. These conditions include:

- COPD
- Orthopedic disorders
- Stroke
- Multiple trauma
- Neurological disorders
- Amputation
- Post-surgical recovery
- Back and neck pain
- General debilitation
- Developmental delay
- Cerebral palsy
- Parkinson’s disease
- Arm and hand injuries
- Cognitive and communication disorders
- Head injuries

St. James Parish Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Our facility also provides free language services.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement.

Breathlessness resulting from chronic obstructive pulmonary disease (COPD) can be debilitating for many patients, making even everyday functioning difficult. We are excited to announce that we now offer Pulmonary Rehabilitation through our growing Rehabilitation/Therapy Department.

COPD is an umbrella term used to describe progressive lung diseases that frequently cause breathlessness, coughing, wheezing, and tightness in the chest. Patients suffering from COPD can do rehab therapy to learn to breathe at their highest level. We offer a personalized program that includes exercise, education, and support.

Your rehabilitation team will take a complete health history, talk to you about your current level of activity, and help you set goals for what is most important to you. We will progress slowly to ensure that you are safe, while also monitoring your oxygen, heart rate, and blood pressure. To qualify for pulmonary rehabilitation, you must be referred by your doctor and have spirometry test results indicating you have COPD.

Inpatient Rehab Services are provided Monday through Saturday, 8 a.m. to 4:30 p.m. Outpatient services are provided Monday through Friday, 8 a.m. to 4:30 p.m. In addition, we now offer extended hours three days a week for outpatients: 7 a.m. to 7 p.m. For information or to schedule an appointment, call 225-258-5934.

DID YOU KNOW?
Staff members in our Rehabilitation/Therapy Department are highly trained to treat a multitude of diseases and injuries utilizing physical, occupational, and speech therapy. These conditions include:

- COPD
- Orthopedic disorders
- Stroke
- Multiple trauma
- Neurological disorders
- Amputation
- Post-surgical recovery
- Back and neck pain
- General debilitation
- Developmental delay
- Cerebral palsy
- Parkinson’s disease
- Arm and hand injuries
- Cognitive and communication disorders
- Head injuries

St. James Parish Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Our facility also provides free language services.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement.

Breathlessness resulting from chronic obstructive pulmonary disease (COPD) can be debilitating for many patients, making even everyday functioning difficult. We are excited to announce that we now offer Pulmonary Rehabilitation through our growing Rehabilitation/Therapy Department.

COPD is an umbrella term used to describe progressive lung diseases that frequently cause breathlessness, coughing, wheezing, and tightness in the chest. Patients suffering from COPD can do rehab therapy to learn to breathe at their highest level. We offer a personalized program that includes exercise, education, and support.

Your rehabilitation team will take a complete health history, talk to you about your current level of activity, and help you set goals for what is most important to you. We will progress slowly to ensure that you are safe, while also monitoring your oxygen, heart rate, and blood pressure. To qualify for pulmonary rehabilitation, you must be referred by your doctor and have spirometry test results indicating you have COPD.

Inpatient Rehab Services are provided Monday through Saturday, 8 a.m. to 4:30 p.m. Outpatient services are provided Monday through Friday, 8 a.m. to 4:30 p.m. In addition, we now offer extended hours three days a week for outpatients: 7 a.m. to 7 p.m. For information or to schedule an appointment, call 225-258-5934.

DID YOU KNOW?
Staff members in our Rehabilitation/Therapy Department are highly trained to treat a multitude of diseases and injuries utilizing physical, occupational, and speech therapy. These conditions include:

- COPD
- Orthopedic disorders
- Stroke
- Multiple trauma
- Neurological disorders
- Amputation
- Post-surgical recovery
- Back and neck pain
- General debilitation
- Developmental delay
- Cerebral palsy
- Parkinson’s disease
- Arm and hand injuries
- Cognitive and communication disorders
- Head injuries

St. James Parish Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Our facility also provides free language services.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement.

Breathlessness resulting from chronic obstructive pulmonary disease (COPD) can be debilitating for many patients, making even everyday functioning difficult. We are excited to announce that we now offer Pulmonary Rehabilitation through our growing Rehabilitation/Therapy Department.

COPD is an umbrella term used to describe progressive lung diseases that frequently cause breathlessness, coughing, wheezing, and tightness in the chest. Patients suffering from COPD can do rehab therapy to learn to breathe at their highest level. We offer a personalized program that includes exercise, education, and support.

Your rehabilitation team will take a complete health history, talk to you about your current level of activity, and help you set goals for what is most important to you. We will progress slowly to ensure that you are safe, while also monitoring your oxygen, heart rate, and blood pressure. To qualify for pulmonary rehabilitation, you must be referred by your doctor and have spirometry test results indicating you have COPD.

Inpatient Rehab Services are provided Monday through Saturday, 8 a.m. to 4:30 p.m. Outpatient services are provided Monday through Friday, 8 a.m. to 4:30 p.m. In addition, we now offer extended hours three days a week for outpatients: 7 a.m. to 7 p.m. For information or to schedule an appointment, call 225-258-5934.

DID YOU KNOW?
Staff members in our Rehabilitation/Therapy Department are highly trained to treat a multitude of diseases and injuries utilizing physical, occupational, and speech therapy. These conditions include:

- COPD
- Orthopedic disorders
- Stroke
- Multiple trauma
- Neurological disorders
- Amputation
- Post-surgical recovery
- Back and neck pain
- General debilitation
- Developmental delay
- Cerebral palsy
- Parkinson’s disease
- Arm and hand injuries
- Cognitive and communication disorders
- Head injuries

St. James Parish Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Our facility also provides free language services.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement.

Breathlessness resulting from chronic obstructive pulmonary disease (COPD) can be debilitating for many patients, making even everyday functioning difficult. We are excited to announce that we now offer Pulmonary Rehabilitation through our growing Rehabilitation/Therapy Department.

COPD is an umbrella term used to describe progressive lung diseases that frequently cause breathlessness, coughing, wheezing, and tightness in the chest. Patients suffering from COPD can do rehab therapy to learn to breathe at their highest level. We offer a personalized program that includes exercise, education, and support.

Your rehabilitation team will take a complete health history, talk to you about your current level of activity, and help you set goals for what is most important to you. We will progress slowly to ensure that you are safe, while also monitoring your oxygen, heart rate, and blood pressure. To qualify for pulmonary rehabilitation, you must be referred by your doctor and have spirometry test results indicating you have COPD.

Inpatient Rehab Services are provided Monday through Saturday, 8 a.m. to 4:30 p.m. Outpatient services are provided Monday through Friday, 8 a.m. to 4:30 p.m. In addition, we now offer extended hours three days a week for outpatients: 7 a.m. to 7 p.m. For information or to schedule an appointment, call 225-258-5934.