BRINGING OUR FUTURE INTO FOCUS

New Construction on the Horizon
PAGE 2

Clearer Imaging in Store
PAGES 2-3

The SNEAK PEEK EDITION

Summer 2019
IN THIS ISSUE, we want to give our community a glimpse of what we have in store.

Imagine less waiting, less walking, less time wasted AND more services, more centralization, more space, and more technology.

We are kicking off a two-year-long, comprehensive construction project that will revolutionize St. James Parish Hospital. Expect exciting upgrades to Emergency Services, Urgent Care, Outpatient Physical Therapy, Diagnostics, Registration, Occupational Health Services, and beyond. We are planning for new services, new technology—including 3D mammography—additional buildings, and revitalized spaces.

Be on the lookout for more information about Vision 2020 as we disclose our exciting plans a photo at a time.

Our vision for the future is clear—more services and more convenience, with the same level of quality and compassion you’ve come to expect.

Mary Ellen Pratt, FACHE, CEO

 RN RECRUITING

We’re expanding our team too.

Registered nurses who want to learn more about our competitive salaries, excellent benefits, and amazing culture are invited to tour our facility and chat with a nurse leader. Call us at 225-258-5902 to schedule an appointment. We’d love to meet you and answer any questions.

A recent RN Recruiting Social at Creole House Restaurant in Paulina

FEEDBACK

We’ve also updated our surveys.

We’re giving you more options to give us feedback—faster. We welcome you to contact us immediately after any service through our new, anonymous Feedback on Demand form via our website. Simply visit www.sjph.org/feedback.

In addition, we are beginning “census-based” surveying to try to reach out to all ER patients. ER patients will now be contacted through text message (with a link to open an online survey), email, or mail, depending on what contact information
Let’s break it down.

✱ Breast cancer is the most common cancer among women (after skin cancer).
✱ Breast cancer is the second leading cause of cancer deaths among women.
✱ Early detection saves lives.
✱ Mammography is the “single most effective method of early detection.”*
✱ 3D mammography is safe and more accurate—especially with dense tissue.
✱ **3D mammography will now be offered right here at home.**

When breast cancer is localized and found early, the five-year relative survival rate is 99 percent.* 3D mammography creates multiple images for doctors, which can help them find more cancers and smaller tumors sooner. It is safe and effective, and it offers superior images by minimizing the impact of overlapping breast tissue and more easily penetrating dense tissue. In addition, increased effectiveness of 3D images helps improve accuracy with one test, reducing anxiety associated with callbacks for additional scans and biopsies.

Have you had your annual mammogram? Contact us at 225-258-5953 to schedule.

*As reported by the American Cancer Society

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**ON DEMAND**

we have available. In addition, each of our inpatients will be mailed a survey upon discharge.

We contract with a third-party vendor for formal surveys. Identifying information is kept confidential unless patients request that someone from the hospital contact them. We encourage patients to offer feedback about what we did well and what we can improve. Your insight helps leaders reach out to their teams to enhance our services and recognize exemplary work.

Visit [www.sjph.org/feedback](http://www.sjph.org/feedback).
The thyroid is a butterfly-shaped gland in the neck. We often talk about whether our metabolism is good, bad, or normal. The thyroid releases hormones that control the body's metabolism.

Understanding Thyroid Health

Thyroid Cancer
- Thyroid cancer is uncommon and typically does not show symptoms early. As it grows, it may cause a lump on the side of the neck, changes in voice, pain in the neck and throat, and difficulty swallowing.

Hypothyroidism Symptoms
- Weight gain
- Constipation
- Trouble sleeping
- Fatigue
- Difficulty concentrating
- Dry skin or hair
- Depression
- Sensitivity to cold temperatures
- Frequent, heavy periods
- Joint and muscle pain

Hyperthyroidism Symptoms
- Weight loss
- Diarrhea
- Anxiety
- Irritability or moodiness
- Nervousness
- Sweating
- Hand trembling
- Hair loss
- Missed or light menstrual periods

Triiodothyronine (T3) and thyroxine (T4) are the two main hormones produced in the thyroid gland. When the levels of these hormones are out of balance, conditions known as hyperthyroidism ("hyper") or hypothyroidism ("hypo") can occur. The thyroid can affect the body in many ways, including mood changes, bowel habits, energy level, heart rate, and sexual health.

If you are experiencing symptoms linked to a thyroid issue—especially if you have noticed a recent or specific change in your health—talk to your primary care physician. Typically, a physician will begin with a blood test to determine if further testing and treatment are necessary.

Locally Available Tests and Treatments
- Blood Tests (T3 & T4, TSH, T3, T4, TSH)
- Ultrasound-Guided Thyroid Biopsy
- Nuclear Medicine Thyroid Study
- Thyroid Ultrasound
- Thyroid Ultrasound
- Thyroid Scan
- Thyroid Cyst Aspiration
- Thyroid Nodule
- Surgical Thyroid Removal (partial or full)

To RSVP, visit www.sjph.org/events. Click the event date and select the option to RSVP online. If you do not have access to a computer, call 225-258-2074.

Signs of Thyroid Cancer
Thyroid cancer is uncommon and typically does not show symptoms early. As it grows, it may cause:
- A lump on the side of the neck
- Changes in voice
- Pain in the neck and throat
- Difficulty swallowing

To learn more about the thyroid and its function, visit www.sjph.org/education.