

Health Screening Saves a Life

Last year, Charles Farnsworth of Witherbee felt in fairly good health and was not considering attending ECH's annual Hunter's Screening. With a little encouragement from his wife and mother-in-law he decided to go, not only for the hunting safety information but for the free health screenings.

When Mr. Farnsworth's EKG reading looked abnormal, Dr. Moisan and staff in the Emergency Room recommended that he follow up with his physician. Within two weeks following the screening, Mr. Farnsworth had undergone triple by-pass surgery.

Today, Mr. Farnsworth is doing fine. "He is now back to work and living a very healthy and happy life. And yes, he is able to go hunting this year," said his wife Jeanne. "We are very lucky to have him."

Mr. Farnsworth came back to the Hunter's Screening this year to show that he is now better than ever to go back in the woods. He even won a door prize that evening.



Meredith King, R.N., Nurse Manager of the ER & Outpatient Department, and Judy Doyle, Medical Lab Technician, take the vital signs of Charles Farnsworth at this year's Hunter's Screening. Last year, this screening saved his life.

X-Rays Now Digital

You may notice a change when you get your next x-ray at ECH – no more large floppy films.

The Radiology Department at ECH has recently begun using Computed Radiography (CR), changing analog images to digital images. Instead of developing films in the darkroom, Radiologic Technologists put a CR cassette into the CR reader; the x-ray image then digitally appears on the workstation screen. CR allows for increased efficiency, decreased radiation exposure due to repeats, increased physician access with the use of PACS (see below) and allows printing additional copies when required, rather than copying. The

department is also able to copy images to CD now as an alternative to printing the images on film, which is more costly. Films can be printed if needed.

The second phase of this project is the installation and set up of PACS (Picture Archiving and Communication System), which will soon be up and running. The PACS system, in conjunction with CR, will decrease the time it takes for a Radiologist to interpret the images, meaning quicker results, increased accessibility for clinicians and decreased film costs. Through the use of two secure T1 lines, x-ray images will be sent digitally, rather than by courier, to the Radiologists in Plattsburgh where they

New Spinal Decompression Table in PT

The ECH Physical Therapy and Sports Rehabilitation Department is pleased to announce the availability of state of the art technology for the effective treatment of neck and low back pain.

Traction has been used for centuries to alleviate spinal pain and dysfunction, however, recent advances in technology have developed a new and more effective spinal decompression treatment table. Approved by the Food and Drug Administration this device is able to safely decompress intervertebral disks creating a non-surgical, conservative approach to treating spinal pathology.

Spinal decompression is used in the treatment of

numerous conditions, including herniated disks, spinal stenosis, degenerative disk disease, degenerative osteoarthritis, and sciatica. While these conditions are guidelines for treatment each patient must be evaluated individually to ensure the safest and most appropriate treatment options.

“Our goal is providing the community with the most current techniques in serving the needs of our patients,” said Bill Doherty, PT Manager.

If you have any questions or would like to schedule an appointment please call us at 873-2408. Please remember that physical therapy treatment requires a prescription from your doctor.

New Ultrasound Technologist Onboard



The ECH Radiology Department is pleased to welcome its new Registered Ultrasound Technologist Bonnie Castonguay.

Bonnie began at ECH on August 21, 2006 and comes to us from Vermont with three years experience at Fletcher Allen Healthcare and most recently having completed two travel assignments for 6 months each at North Country Medical Center, Vermont and Eastern Tennessee Childrens Hospital, Tennessee.

Bonnie is registered by the American Registry Diagnostic Medical Sonographers and performs all exams in the following areas:

- Abdomen
- Pediatrics (abdomen, hips, soft tissue)
- Small Parts (ie. Breasts, scrotum, thyroid)
- Soft Tissue Studies
- Vascular Exams (carotids, DVT studies of arms & legs)

“Ultrasound technology is where my heart is. I get the greatest satisfaction out of helping someone who is hurting,” said Bonnie.

Bonnie is currently in the process of cross-training in Echocardiography. “We will be excited to add this back into our services when her training is completed,” said Molly Thompson, Radiology Manager.

Bonnie will be at ECH to perform exams **Monday thru Friday 7:30AM – 4:00PM**. Most patient’s can be given an appointment within 1-2 days time depending on any preparation that is needed. The Radiology Department looks forward to providing you with dependable quality ultrasound examinations. **Please call Radiology directly at 873-3036 to schedule appointments.**

Employees Improving Own Health

ECH employees are not only helping patients get healthy, they are also improving their own lifestyles. About 30 employees recently started the ECH Healthy Living Program, learning stress relief techniques, diet tips, and encouraging exercise through pedometers and a Walk Across America program. To the right, Mary James, an employee in Physical Therapy is being congratulated by Administrator Rod Boula for being smoke-free for over three weeks.



Diabetes Support Group

Meeting dates and topics for the Essex County Diabetes Support Group have been scheduled for the coming months. The meetings are:

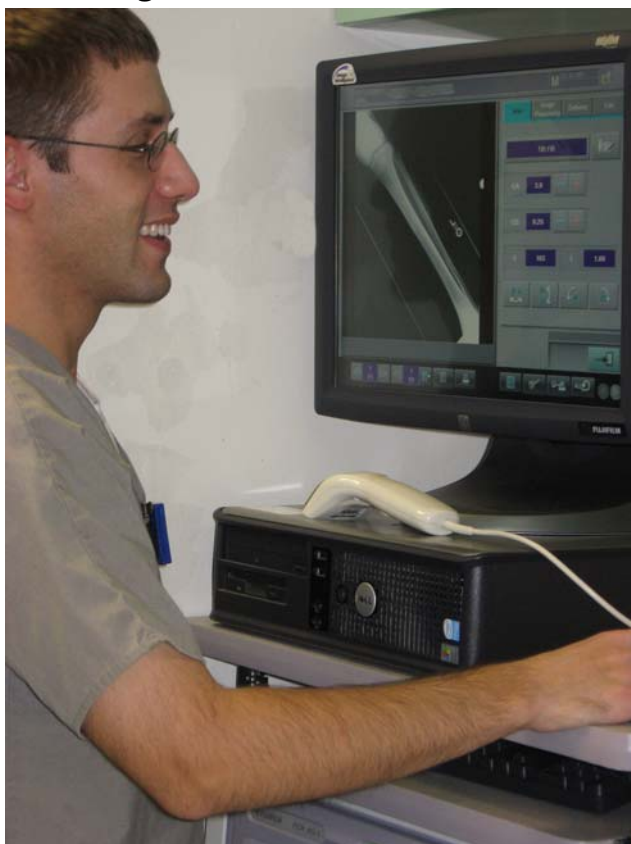
November 14, 4:00-7:00pm in the ECH boardroom. The topic: Diabetic Health Fair — Medtronics will present a health fair for diabetics and other companies will present their products as well. There will also be food, raffles and goodie bags

filled with supplies for diabetics.

December 19, 2006, 5:30-6:30pm in the ECH boardroom. The topic: Medtronics will talk about carbohydrate counting.

All meetings are free and open to the public. If you plan to attend, please RSVP to 962-4810, ext. 411.

X-Rays... continued from front page



are viewed at a read station. Additionally, a read station will be set up in ECH's ER so physicians and physician assistants can view x-rays with out having to leave the ER. PACS allows the reading physician to manipulate the images in a variety of ways to assist in the interpretation. A few of the options available to physicians are magnifying, lightening or darkening and measurements, just to name a few. Clinicians who have been granted access will be able to view their patient files via the internet. A clinician could potentially see your images on their own office computer as soon as the study is complete.

To the left, Radiologic Technologist Brent LaDuke looks at a recent x-ray on the new CR unit. With the new program, x-rays are digital and will soon have the ability to be sent to physicians via the internet.



Spotlight on Specialty Clinic

Nephrology



Craig Hurwitz, M.D.
159 Margaret Street, Suite 600
Plattsburgh, NY 12901
563-2057

Board Certified: Internal Medicine
Medical School: SUNY Downstate, Brooklyn, NY
Training: Fletcher Allen Health Care, Burlington, VT
Nephrology Fellowship at Fletcher Allen Health Care,
Burlington, VT

Dr. Hurwitz holds a clinic at ECH monthly. To make an appointment to see him in Elizabethtown call his office at 563-2057



Pauline Cheney, right, and her daughter Cindy Finnessey, both of Port Henry, decided to get a mammogram this year. To make it easier, they decided to go together and support one another.

Thanksgiving Homemade Pie Sale

This Thanksgiving, serve delicious homemade pies made fresh by the ECH Auxiliary. At the third annual pie sale choose from apple, pumpkin or cherry. Pies are \$10 each and orders must be

received by 3 p.m. Friday, November 17. Pies will be available for pick up on Wednesday, November 22 between noon and 4 p.m. To place an order call the hospital at 873-3003.

Mark Your Calendar for these Upcoming Events

- ✓ November 14 **Diabetes Support Group Meeting**, Health Fair 4-7 p.m., ECH Boardroom
- ✓ November 17 **Thanksgiving Pie Sale** by the ECH Auxiliary.
Pie orders due by Nov. 17. Call 873-3003
- ✓ December **Tree & Wreath sale by the ECH Auxiliary.** Watch for details.
- ✓ December 19 **Diabetes Support Group Meeting**, 5:30-6:30 p.m., ECH Boardroom

For more information about any of these events, call 873-6377.

Elizabethtown Community Hospital is a 25-bed Critical Access Hospital located in Elizabethtown, New York. Its services include a 24-hour emergency department, acute and long-term inpatient care, physical therapy, laboratory, and radiology services. It also operates health centers in Elizabethtown and Westport.

For comments, suggestions, or questions about this newsletter, please contact:

Community Relations Department
Elizabethtown Community Hospital
75 Park Street, P.O. Box 277
Elizabethtown, NY 12932
(518) 873-3003

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www.ech.org
