

East
Alabama
Medical
Center



2009
annual report
to the community



From the President

Dear friends and neighbors,

"Times are tough." I know you've heard that generalization so many times from so many sources that the phrase almost loses its meaning. So let's examine the reality of those three words. The truth is that times are not equally tough for everyone. Some are doing just fine. But they sympathize with those who aren't. Others have lost everything. For them, things have gone far beyond simply "tough" to "catastrophic." The majority of us find ourselves somewhere in the middle. So we hope for the best while preparing for the worst.

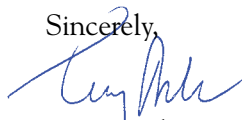
And how do we do that? We try to be frugal. We put off buying the things we want in favor of buying the things we need. We scrimp. We save. We place our priorities on meeting the needs of our children and, for many, the needs of aging parents. Many of you are working so hard to make ends meet, you forget to consider your own needs, one of the most important being health.

So I've said all that to say this: Please don't take your health for granted, and don't scrimp on regular check-ups. If you're not feeling well, don't put off seeing your doctor. Many of us are facing additional stress due to the economy. Stress is detrimental to your health, so it's more important than ever to proactively manage your health. Reduce your risk factors for disease and follow the recommended guidelines for health screenings.

Here at EAMC we're doing our best to help. We're doing everything we can to keep our costs down. We offer free health fairs and screenings throughout the year for people who can't afford them. We've recruited more primary care physicians to meet the needs of the community. And, we strive to make everyone aware of the lifestyle changes, screenings and steps they can take to prevent disease or discover it in its earliest stages, when treatment is most effective and affordable.

Which leads us to this year's report. In the following pages you will find the stories of five people who, in partnership with their physicians, faced and overcame serious health problems. They volunteered to share their stories in hopes that others in our community would learn and benefit from their experiences. They want you to realize that through proper health screenings and being proactive when it comes to your health, you can be a victor over—rather than victim of—a life-threatening disease.

Remember, we are here for you. And I know everyone here at EAMC joins me in wishing you and yours a more prosperous, but more importantly, a healthier upcoming year.

Sincerely,

Terry Andrus
President and CEO

eamc 
east alabama medical center

Life Stories

Personal journeys. Positive outcomes.



Diabetes



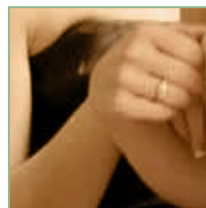
Breast Cancer



Prostate Cancer



Heart Disease



Colon Cancer

Five people.

Five stories.

All sharing a common thread.

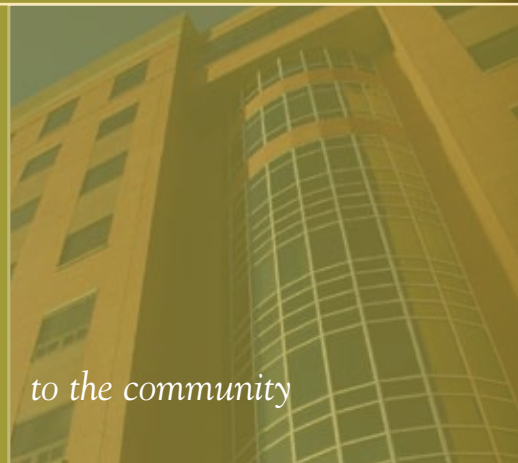
Each faced serious health problems.

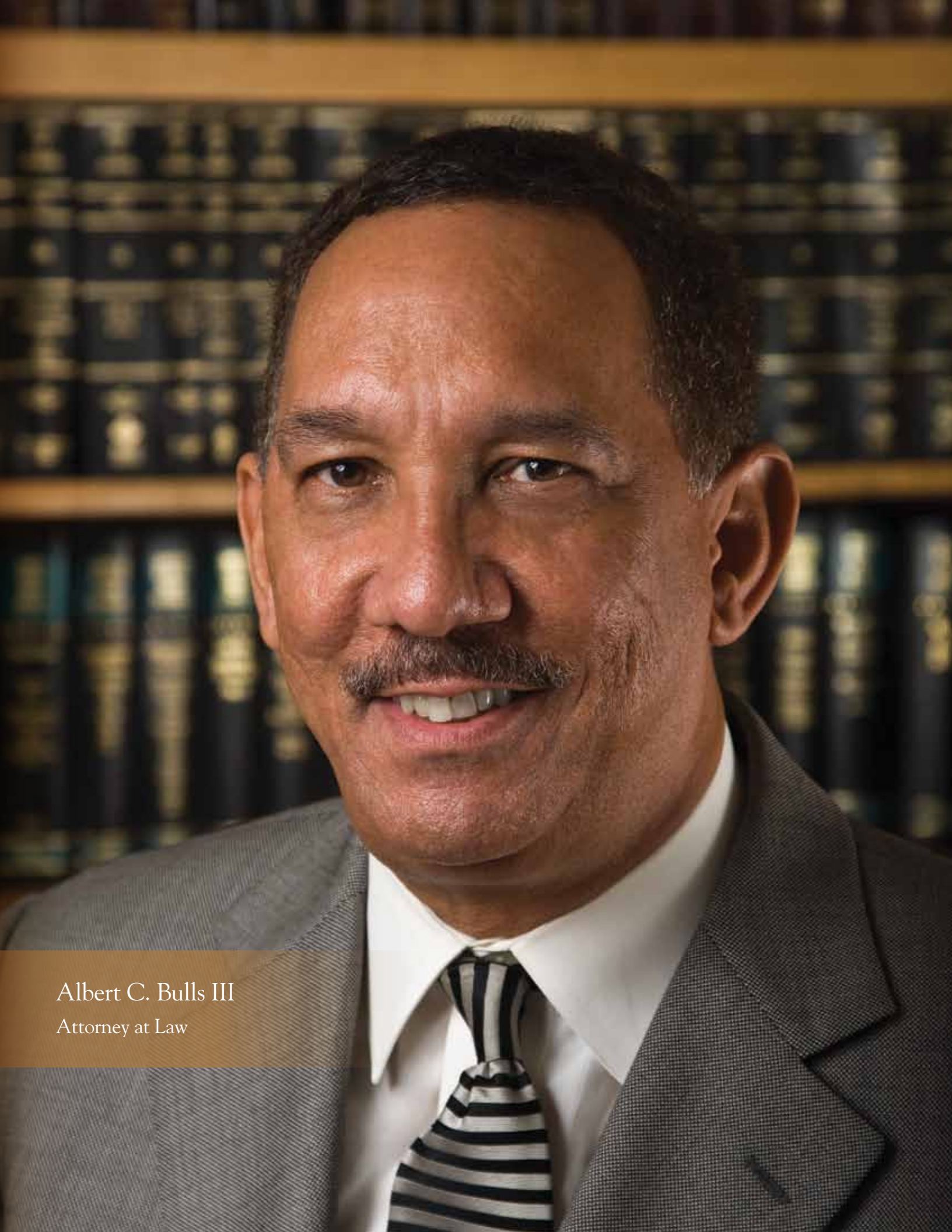
And with help from their physicians, and medical care and guidance from EAMC, they overcame them.

So they can continue their journeys...
for *life*.

It's important to have a regular family physician, someone who knows you, follows your history, and can detect changes in your health. If you need a doctor, please go to www.eamc.org and click on "Find a Physician." That will open our online physician directory, where you can search for doctors by name or specialty, or you may call us at **334-528-5926**.

2009 annual report *to the community*





Albert C. Bulls III
Attorney at Law

“I was helped down a path that led AWAY from diabetes.”

Albert Bulls had a family history of diabetes. Both his father and grandfather had type 2, so he knew he was at risk. The extra pounds, elevated blood pressure and high cholesterol weren't helping, either. And when routine check-ups showed his blood sugar levels were increasing, Albert decided to get proactive about his health. His doctor recommended two things: lose weight, and go to the Diabetes and Nutrition Center at EAMC.

“I was blown away! The Center was life-changing!” Albert was taught about nutrition, how to read food labels, how certain foods affected his blood sugar, and how to exercise to avoid diabetes. He's lost weight, feels great, and credits his doctor and the Center for helping him avoid the complications of diabetes.

“I was lucky to have a diligent doctor and excellent instruction and guidance from the Center. I recommend the Center to everyone and have many friends that have taken the good advice.”

“More people need to be like Albert and take a proactive role in monitoring and maintaining their health. Diet, exercise and medication are the keys to avoiding many health problems and staying on top of diabetes...for life.”

— Kathe Briggs, MS, CES, FAACVPR
Director, Diabetes and Nutrition Center



The National Institutes of Health and the American Diabetes Association recommend that everyone over the age of 45 be tested for diabetes (oral glucose tolerance test), even if they have no symptoms. Those at high risk should be tested earlier.

Talk to your doctor about scheduling a diabetes test today. If you have diabetes and need help managing it, call the **Diabetes and Nutrition Center at 334-528-6800**.

Diabetes is also known as the “silent killer,” because one-third of those who have it do not know it. Many of those will be diagnosed only after developing one or more of the devastating complications of the disease, such as blindness, heart disease, stroke, amputation, kidney failure, and nerve damage. People with diabetes are 17 times more likely to develop kidney disease, up to 6 times more likely to have a stroke, and 2 to 4 times more likely to die of heart disease.

Two Types of Diabetes

Type 1 | The body doesn't produce insulin. Most often develops in children, but adults at any age can also develop it. People with type 1 usually must take insulin every day.

Type 2 | The body doesn't use insulin well. Mainly affects older adults and those with a family history of the disease, yet there has been an alarming increase in the number of children diagnosed with type 2 in recent years. Experts attribute this to poor diet, obesity, and lack of exercise. Adults who are sedentary and overweight are also at higher risk. Ninety percent of people with diabetes have type 2.

Symptoms of Diabetes

- Frequent urination
- Excessive thirst and/or hunger
- Unexplained weight loss
- Irritability
- Extreme fatigue
- Flu-like symptoms
- Vision problems
- Frequent or recurring skin, gum, bladder or vaginal infections
- Slow-healing bruises, cuts or sores
- Numbness or tingling in the hands or feet



Melanie Knause and “Kemo”
Office Manager

Know your body, remain vigilant, react quickly, and stay positive.”

Melanie Knause knows the importance of taking charge of your own health care. She dutifully had her yearly mammogram and all was clear. Yet nine months later, she felt a knot in her left breast, and went to her doctor immediately. Biopsies revealed she had breast cancer that had also spread to her lymph nodes.

“Women need to have a yearly mammogram, but they also must do regular self-exams. You know your body better than anyone or any machine. If you feel anything out of the ordinary, get help fast!”

Melanie’s help came from oncologist Linda Farmer, M.D., the cancer team at EAMC, her faith, friends, family, and the prayers and support of members of her church and community—not to mention her own fierce determination to beat the disease. After six months of chemotherapy, followed by surgery and radiation treatments, Melanie has no signs of cancer.

“Every aspect of my cancer was managed the best way possible at EAMC. The doctors, nurses, techs and the facility are second to none. There’s no need to go anywhere else for great care.”

“Early detection is the key to successful treatment and positive outcomes. Getting that annual mammogram and regularly doing self-exams was a huge factor in Melanie’s favor. It was also important to have a positive outlook and the support of family and friends. Melanie was determined from the start to beat this disease, continued life as usual during treatment, and relied on her faith to pull her through the rough spots. She even named her puppy “Kemo” in homage to the chemotherapy we used to shrink her tumor so that surgery was a viable option.”



— Linda Lee Farmer, M.D.
Oncology

Cancer is the second leading cause of death in America, and breast cancer ranks as the second cause of cancer death in women. Women with a family history of breast cancer (mother, sister, daughter) are twice as likely to develop breast cancer. Early detection and advancements in treatment have led to a decrease in breast cancer deaths over the last 10 years, but far too many women still do not have an annual mammogram.

Risk Factors:

- Age (over 40)
- Being overweight or obese after menopause
- Use of Menopausal Hormone Therapy (MHT)
- Physical inactivity
- Alcohol consumption (two or more drinks per day)
- High-density breast tissue
- Long menstrual history (periods that start early and/or end late in life)
- Recent use of oral contraceptives
- Never giving birth
- Giving birth to a first child after age 30

Breast Cancer Screening Guidelines:

Breast self-examination:

- Women 20 years and older

Clinical breast examination:

- Women in their 20s and 30s, at least every 3 years

Mammography* & clinical breast exam:

- Annually at age 40

* MRI breast screening for high-risk patients

If you are over 40 or at high risk, ask your doctor to schedule a mammogram for you today. If you don’t have a physician, call our **Breast Health Navigator at 334-528-4370** and we’ll assist you in getting an appointment.



Fred Lacy, Ph.D.

Retired Military/ College Professor

“After 20 years of teaching history, one little test made sure I didn’t go down in it.”

Fred Lacy is one smart man. He has a Ph.D. in history. He teaches Bible studies three times a week. And, he was smart enough to have a PSA test for prostate cancer every year. Ten years ago, his PSA numbers went up. His doctors recommended a biopsy, and they discovered he had prostate cancer. He was referred to EAMC.

“We are lucky to have an absolutely marvelous hospital. I have nothing but admiration for Dr. Rajan, Dr. Glisson and the hospital staff. The doctors talked my wife and me through everything, outlined our options and available treatments, and arranged for us to talk to other specialists and surgeons so we could make an informed decision.”

At the time, surgical removal of the prostate was considered the way to go, but something new and less invasive was offered, and Dr. Lacy opted for it. Tiny radioactive “seeds” were injected around his prostate to kill the cancer. Dr. Lacy was only the second patient at EAMC to try the new treatment, but he made the right choice. Today, he is alive, well and active, and the cancer has never returned.

“A PSA is the simplest thing in the world, but it is ALL important. Prostate cancer is among the most treatable cancers if caught early. Be smart, men. It’s only a blood test.”

“The PSA test has really made a difference in the early diagnosis of prostate cancer. Years ago, it was common in my practice to treat men with prostate cancer that had already spread to their bones. Today this is uncommon. With early detection and treatment, we are seeing cure rates that exceed 90%. My wish is for every man over 50, who is in good health, to be as diligent as Fred Lacy and have a yearly PSA and physical exam with his primary care physician.”



— Wesley C. Glisson, M.D.
Oncology

Prostate cancer is the most frequently diagnosed cancer in men, with almost 200,000 new cases each year, and is the second leading cause of cancer death in men. The incidence of the disease is significantly higher in African-American men with twice as many deaths.

Symptoms of Prostate Cancer

No symptoms in early stages.

Advanced disease symptoms include:

- Weak or interrupted urine flow
- Inability to urinate or difficulty stopping or starting
- Need to urinate frequently, especially at night
- Blood in the urine
- Pain or burning with urination

Risk Factors:

- Age (65 or older)
- Race (African-American)
- Family history
- Diet high in animal fat
- Risk may increase with obesity



Lt. Col. Dickie Sims

U.S. Army Reserve / UPS Area Sales Manager

“I convinced myself nothing was wrong until it was almost too late.”

Colonel Sims wasn't only in good shape, he was in good military shape. He worked out six times a week, usually running. After returning from a tour in Iraq, he waited a month before resuming his exercise regimen. And that's when the signs began.

“I knew something was wrong. My run times got worse; I started having trouble keeping up with my running partners; I was fatigued; short of breath; and my fingers would tingle and go numb. Over time, the numbness would start working up my left arm.”

That's when the colonel did something dangerous: NOTHING. Even though he had a family history of high cholesterol and a father and grandfather who both died of heart attacks in their early 50s, he ignored the warning signs. Nine months later, with increasingly severe symptoms, he relented and went to the doctor. Two days later, he was at EAMC in the cath lab and hospitalized for quadruple bypass surgery.

“Looking back, I realized I just tried to explain the symptoms away—to justify them. I'm lucky to be alive, thanks to the quick reaction of my cardiologist and cardiovascular surgeon. And I give high marks to all the nurses at EAMC who helped me through recovery and rehab. They were superb. My advice: heredity is something you can't control, so you better not overlook it. Your body will tell you when something is wrong. Don't wait. Do something.”

“Someone like Colonel Sims can look healthy, eat right, and be in great physical shape. But hereditary factors such as high cholesterol and family history are important concerns. The best preventive medicine to combat heart disease is to see your primary physician to discuss and modify your risk factors. The cardiology and cardiac surgery teams were honored to be able to care for him.”

— Barry G. Crowe, M.D.
Cardiovascular & Thoracic Surgeon



Heart Disease is the leading cause of death for both men and women in our country, taking a life every 38 seconds. Americans have 785,000 new heart attacks each year, resulting in one death every minute. But there are steps you can take to reduce your risk of heart disease, such as quitting smoking, following a healthy, low-fat diet, using prescribed statin drugs to lower cholesterol, or taking low-dose aspirin as directed by your primary physician.

Risk Factors:

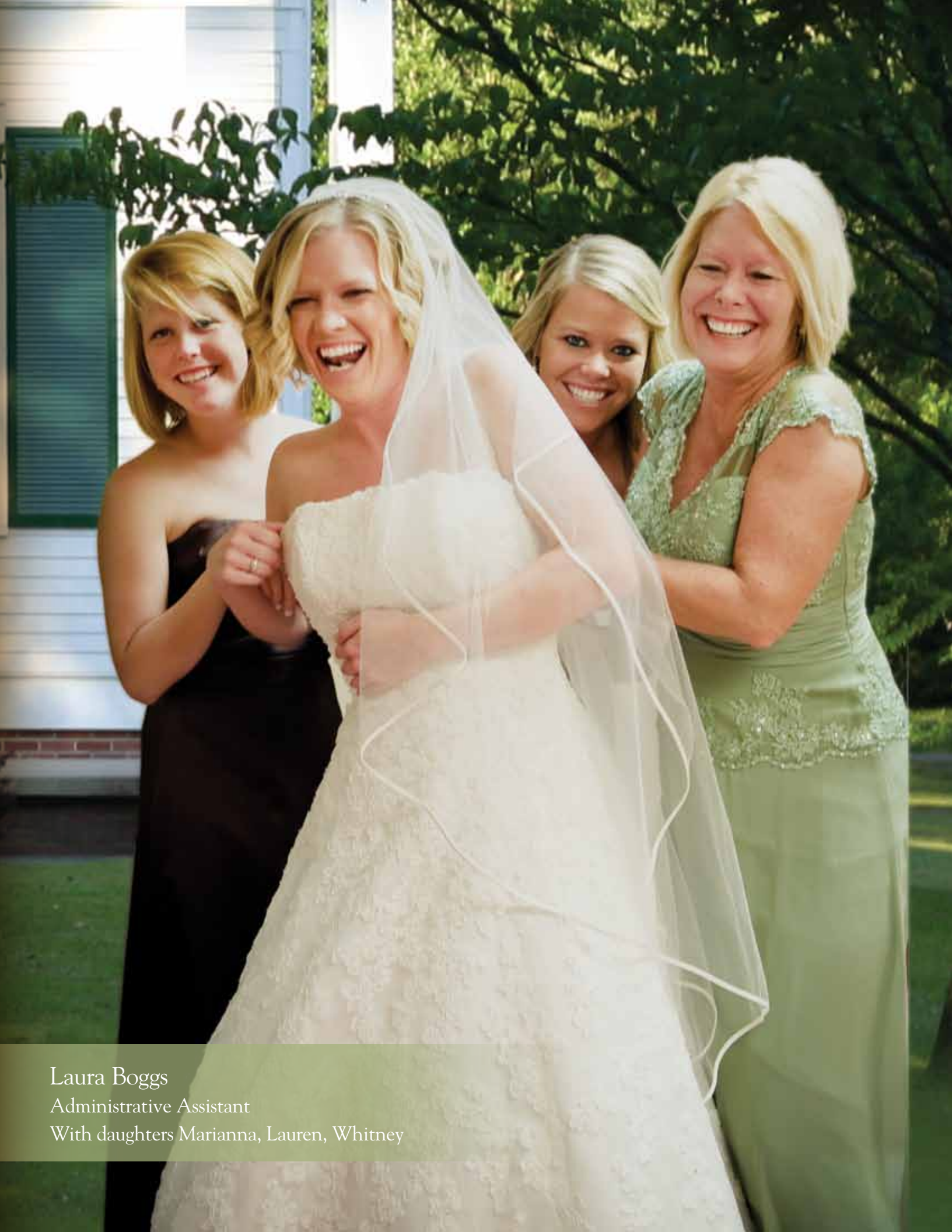
- High cholesterol
- Family history of heart disease
- Diabetes
- Being overweight
- Lack of exercise
- Smoking
- Poor diet
- Age (over 50)

Heart Attack Warning Signs

- Uncomfortable pressure, tightness, squeezing or pain in the center of the chest for more than two minutes
- Pain or numbness in the neck, jaw, shoulder or arm (particularly the left)
- Severe pain, dizziness, fainting, sweating, nausea
- Shortness of breath with activity and decreased exercise tolerance

These signs are not always present. Sometimes they may subside and then return.

If you experience any of the warning signs of a heart attack, seek emergency medical care immediately. If you are at risk of heart disease, consult your primary care physician for advice about reducing your risks. If you don't have a physician, contact us at **334-528-5926** and we'll help you find one.



Laura Boggs
Administrative Assistant
With daughters Marianna, Lauren, Whitney

“Thanks to some aggressive health care, I lived to see my daughter’s wedding.”

Laura Boggs had regular checkups and never had any medical problems. Her regular doctor had moved, so she had to find a new one. Routine blood work showed that Laura was anemic. Her doctor then ordered a colonoscopy that revealed a racquetball-sized tumor in her colon. Surgery quickly followed.

“I was only 49 and had no family history, so this was definitely unexpected. Thank goodness my doctor was aggressive, because if I had waited until I was 50 to have a screening, I don’t think I would be alive today.”

But Laura received more bad news. The cancer had spread to her lymph nodes. She turned to Dr. Graves and EAMC for help. Over the next year, she underwent radiation and chemotherapy, as well as two more surgeries to correct blockage caused by scar tissue from the first surgery.

“It was a tough year, and I was in and out of the hospital a lot. My entire family and I have nothing but praise for the doctors, nurses and everyone at EAMC for their attention, concern, compassion, and impressive care.”

She also credits her family, church family and fellow staff members for their support and giving her the strength to make it through. Not only is she alive and feeling good, her ordeal may have saved the lives of others in her family.

“When my parents and three younger sisters found out about my cancer, they all went for screenings. My youngest sister, at only 38, had polyps and they were removed. And now my daughters know they need to be proactive about their health as well.”

“Colon cancer frequently has no warning signs. Thanks to a thorough and aggressive primary care physician and his staff, Laura’s cancer was discovered even though she had no symptoms. Patients need to talk to their physicians about getting a colonoscopy if they have any of the risk factors for colon cancer.”



— Edith K. Graves, M.D.
Oncology

Colon cancer is the third most common cancer in both men and women. Identifying pre-cancerous polyps and having them removed can prevent the disease from occurring. There are no symptoms in the early stages of colon cancer. Symptoms in the advanced stages include rectal bleeding, blood in the stool, changes in bowel habits, lower abdominal cramping, anemia, weakness, and excessive fatigue. High levels of physical activity substantially decrease the risk of colon cancer.

Risk Factors:

- Age (Caucasian 50+; African-American 45+)
- Obesity
- Physical inactivity
- Diet high in red or processed meat
- Diet high in fat and cholesterol
- Heavy alcohol consumption
- Smoking
- Family history
- Personal history of chronic inflammatory bowel disease, Crohn’s disease or ulcerative colitis
- Having had cancer of the breast, uterus, or ovary

If you have any of the risk factors for colon cancer, ask your doctor to schedule a colonoscopy. If you don’t have a physician, contact us today at **334-528-5926** and we’ll make an appointment for you.



Community Benefit Summary

East Alabama Medical Center remains devoted to providing quality health care to residents of Lee and surrounding counties. We strive to find ways to expand and improve our services to meet the changing needs of the community.

Over the past fiscal year, EAMC has provided:

- Free health screenings, clinical services and educational programs to benefit the community in the amount of \$529,000. More than 32,000 people were served through these programs.
- Hands-on clinical education of the next generation of nurses and other health professions (pharmacists, radiology technicians, dietitians, and others). This investment in the future of healthcare by the Medical Center is valued at approximately \$250,000 and served more than 1,400 students this year.
- An investment of more than \$1 million for recruiting new physicians. In 2009, 19 physicians joined our medical staff or became affiliates.
- More than \$790,000 in financial and in-kind donations to non-profit charities, civic groups and schools in our communities.
- Meeting space at our Health Resource Center free of charge for more than 7,000 members of different community groups.
- More than \$7 million in new equipment and technology, including computer software, patient monitoring systems, a radiography/fluorography unit, an Olympus video system, and a TQ detector (mass spectrometry system).
- More than \$34 million in uncompensated health care for the medically underserved in our communities.

As the second largest employer in the Auburn/Opelika area with more than 2,700 employees, East Alabama Medical Center has a substantial impact on the local economy and tax base. During the past fiscal year, we paid approximately \$119 million in salaries and benefits to our employees, much of which was spent in restaurants and businesses in our community. In addition, EAMC tries to purchase from local vendors whenever possible. Over the past year, we purchased more than \$15 million in goods and services from Lee County businesses. Faced with a shortage of skilled workers, EAMC has invested in workforce development by contributing approximately \$673,000 in education scholarship loans over the past year.

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 Ken McKemie, *Vice Chairman*
 Rhett Riley, *Secretary/Treasurer*
 Bill Baker
 Lucinda Cannon

Bob Dumas
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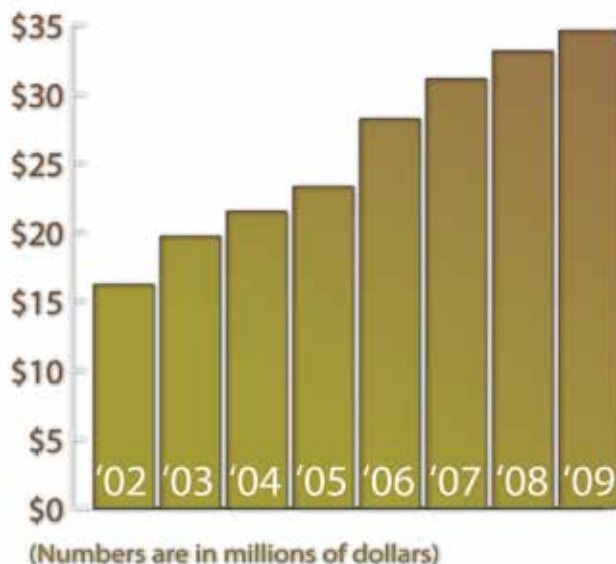
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 Steve Russell, M.D.
 Jerry Teel
 Robert Williams

EAMC continues to meet the challenge of ever-rising **uncompensated** costs of providing needed care to the poor.



Last year at EAMC

Oct. 2008 – Sept. 2009

Hospital Patients Admitted.....	15,338
Days of Hospital Care.....	76,198
Emergency Room Patients	44,373
Outpatient Visits.....	76,085
Surgical Procedures.....	16,401
Babies Born	1,729
Cardiothoracic Surgery Procedures.....	369
Cardiology Procedures	28,348
Radiology Procedures	109,368
Pharmacy Units Dispensed....	2,785,392
Meals Served	683,507
AU Medical Clinic Patients.....	38,199
Hospice Visits	22,954
Phone Calls Through Hospital Switchboard	823,137
Physicians on Active Medical Staff.....	156
Ambulance Calls.....	12,888
Blood Products Dispensed	9,234

EAMC Auxiliary Members:

Adult ... 280	Hours worked	31,913
Junior 70	Hours worked	2,364
TOTAL: 350		34,277

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