



## Saving Lives Through Mobile Screening

For more than 20 years, the James Graham Brown Cancer Center's mobile mammography unit has been removing barriers by reaching women in the community. By providing screening mammography where people live, work and play, the hospital is saving lives. In fact, the mobile unit performed 4,158 screening mammograms in 2012 with 1,327 for uninsured women. Of those screened, 21 had a breast malignancy.

Krizin Tindle is one of those people. In 2008, she and her husband had a run of bad luck that included losing their jobs and their insurance. Soon after, her husband was diagnosed with kidney cancer. While he was undergoing treatment at the James Graham Brown Cancer Center last year, the couple learned about the hospital's mobile mammography program. At her husband's insistence, Tindle scheduled a screening mammogram when the unit was close to her home. It's a good thing she did. The test detected a malignancy that ultimately required a double mastectomy, treatment that was covered by a grant for qualifying patients.

"I had cervical cancer ten years ago and I had no intention of getting a mammogram.

I just thought I didn't have anything to worry about," said Tindle. "But because I was over 40 and had no insurance, I qualified for the free mammogram and decided to go ahead with it. If it hadn't been for that program, I would be walking around not knowing I had breast cancer until maybe it was too late. The tumors were so deep, I would never have felt them on my own. It saved my life."



"Our mobile mammography van, the first in Kentucky, has delivered life-saving services to women all across the state," said Nancy Bowles, Vice President of the James Graham Brown Cancer Center. "We are proud of the many public and private partnerships developed through the years to increase access for Kentucky's diverse populations and to reduce late stage disease. This program is one of our great stories of success."

## Walk with a Doc Program Helps KentuckyOne Help Kentuckians

When it comes to the health status of the people of Kentucky, Dr. Kelly McCants knows the figures are dismal.

"Kentucky has one of the highest rates of adult obesity, smoking, hypertension, diabetes, childhood obesity and childhood diabetes," the cardiologist said. "We are next to the worst state in the nation in heart attack mortality."

Asking patients to adopt healthy habits often falls flat, said Dr. McCants, who is a University of Louisville cardiologist at KentuckyOne Health. In the doctor's office,

"we tell people to get out and exercise. Most of the time they don't."

The physician, who leads the congestive heart failure clinic at Jewish Hospital, was determined to see positive change in his patients' lives. Then two years ago he learned about the national Walk With a Doc (WWD) program started by Dr. David Sabgir, an Ohio cardiologist.

The WWD program is intentionally kept simple: Set up a walk for the community, have a doctor give a five-minute talk on a health topic, then lead the walk. Get folks

to walk with the doctor for 40 minutes, or for whatever amount of time they could handle. During the walk, let people ask the doctor questions. Offer free blood pressure screenings.

Jo Carol Stephens, R.N., the manager of the Healthy Lifestyle Centers, KentuckyOne Health Vice President of Healthy Communities Alice Bridges and others helped get WWD started in Kentucky last November.

Now WWD is held at Floyds Fork the second Saturday of the month, at Iroquois Park the third Saturday, and at Shawnee Park the fourth.

“We walk every time, rain or shine,” Stephens said. “Some of the walkers are patients, some are families of patients, and some are members of the community. You can walk with a physician and ask your medical questions. It’s not as intimidating as it would be in the medical office.”

From 25 to 45 people often walk, Stephens said. They enjoy the beauty of the parks, the chance to ask a doctor questions, and the opportunity to make new friends.

“They motivate each other,” the nurse said. “The goal would be for people to take the initiative on days when we’re not walking -- and do this on their own.”



Stephens is no fitness freak, she said. Even so, “my husband and I get up at 4 a.m. I exercise on the elliptical; he does the recumbent bike. I’ve lost 65 pounds, while he’s lost 100. Exercise is a habit for us now.”

Kimbrew McCain, a heart patient of Dr. McCants, was invited by his doctor to take part. He started walking and took his daughters along. He’s on the move to this day.

“I enjoy walking with my family, and getting out there with my doctor and knowing he’s there to support me,” the 41-year-old said. “Now I exercise every chance I get. My doctor is a great man – he has helped me get through so

much of my illness and back to good health.”

Thanks to WWD, both McCain and his teenage daughter have lost excess weight. “Everything’s moving in the right direction,” the heart patient said.

“The idea is simple, but the results can be life changing,” said Dr. McCants. “My patients now have an outlet to follow the advice we give about exercise. Get moving 3-5 times a week and to decrease blood pressure and cholesterol while increasing heart strength.”

Dr. Muhammad Babar, a hospitalist at Sts. Mary & Elizabeth Hospital, led a special WWD this past August for about 40 teachers at McFerran Elementary.

“Teachers are role models,” the physician said. “It’s important to reach them because of childhood obesity. If teachers are healthy, that affects pre-schoolers right from the get-go. Prevention is far better than cure.”

The Louisville WWD sites are just the beginning, according to Bridges, who serves as executive champion for the Kentucky program. Walks are planned in cities around the state. Saint Joseph London began WWD this past October.

“Lack of physical activity is a big problem driving chronic disease in Kentucky,” Bridges said, noting that obesity and the lack of physical activity were cited as major areas of improvement in the community health needs assessments completed by Louisville’s KentuckyOne hospitals. “This is such a wonderful way to demonstrate to the community how easy it is to exercise.”

WWD brings people together – and has added benefits, she said.

“It connects people with the outdoors, and connects KentuckyOne Health with the people we serve. It does this outside of the hospital setting, so we’re actually out in the community showing, with our leadership, the importance of developing a walking habit.”

For McCants, WWD aligns perfectly with KentuckyOne’s purpose.

“We want to use this as a launch pad to start regular walking,” he said. “We see a wonderful opportunity to have a positive effect on people’s health across the state.”

**Jewish Hospital**, Dr. Charles “Chuck” Peck, Interim President; Brian Yanofchick, Interim Mission Leader / **Sts. Mary & Elizabeth Hospital** and **Our Lady of Peace**, Jennifer Nolan, President; Shane Fitzgerald Interim Mission Leader / **Frazier Rehab Institute**, Randy Napier, President / **University of Louisville Hospital** and **James Graham Brown Cancer Center**, Ken Marshall, President; Brian Yanofchick, Interim Mission Leader / **VNA Nazareth Home Care**, Vickie Norvell, Administrator / **Jewish Hospital Medical Center East**, **Jewish Hospital Medical Center Southwest**, **Jewish Hospital Medical Center South** and **Jewish Hospital Medical Center Northeast**, Shelly Neal, Vice President for Ambulatory Services