



Outreach

Healthcare With Peace Of Mind™

Spring 2010

WE GOT THE BEAT

Felix Rosiere is on top of the world after overcoming an irregular heartbeat



- ▶▶ High Maintenance p7
- ▶▶ Fit Momma p8
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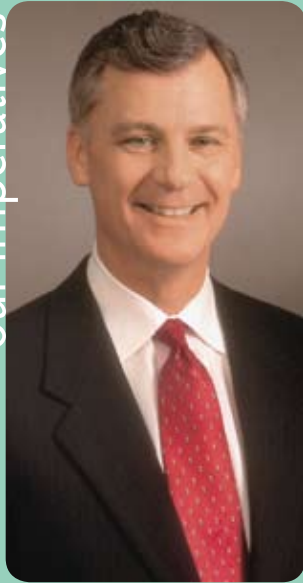
NOW ONLINE

GET MORE

Visit *Outreach* magazine's companion Web site at ochsner.org/outreach for Web exclusives and more information about the stories in this issue, including:

- ➔ **MONKEY LOVE CARDIOLOGISTS** from Ochsner screen animals at the Audubon Zoo and Aquarium of the Americas.
- ➔ **PLAYTIME PARENTS** of children with special needs build a boundless playground for kids of all abilities.
- ➔ **GREEN RIVER THE MISSISSIPPI RIVER** keeps patients, staff and visitors at Ochsner Medical Center cool.
- ➔ **IN PICTURES MELISSA LORIO** appeared in a *National Geographic* feature on Drs. Alton and John Ochsner before she was born. See the photo.

our imperatives



DEAR OCHSNER FRIENDS AND FAMILY,

At Ochsner, our Mission is simple: We Serve, Heal, Lead, Educate and Innovate. Our Mission drives our Vision to be a global medical and academic leader who will save and change lives. We will shape the future of healthcare through our integrated health system, fueled by the passion and strength of our diversified team of physicians and employees.

Our passionate physicians and employees use our Six Imperatives to guide them in fulfilling our Mission and Vision.

- **PEOPLE:** We treat our most valuable asset fairly and invest in our employees' careers.

- **QUALITY:** We never stop striving for error-free, affordable care.
- **LOYALTY:** We want today's patients, families and physicians to be with us into the future.
- **STABILITY:** The financial health of Ochsner ensures that we will be able to meet the health needs of our region.
- **ACADEMICS:** Our research, technology and medical education programs make us a national leader with global impact.
- **COMMUNITY:** We are dedicated to serving the greater need of the region.

PATRICK QUINLAN, M.D.
Chief Executive Officer, Ochsner Health System

AND NOW WE ARE EIGHT

Ochsner Medical Center – North Shore

Ochsner has purchased its eighth hospital, NorthShore Regional Medical Center in Slidell, from Tenet Healthcare Corporation. The 165-bed acute-care, full-service hospital has a 24-hour Emergency Room and the only pediatric intensive care unit on the North Shore. It will complement the 10 existing outpatient Ochsner Health Centers on the North Shore.

“By preserving the future of NorthShore Regional Medical Center, Ochsner has the opportunity to strengthen its long-term medical commitment in the North Shore, expand medical services and technology, and position the facility as an asset to more Louisiana and Mississippi patients,” says Dr. Patrick Quinlan, CEO of Ochsner Health System.



BEST OF THE BEST

Ochsner Medical Center in New Orleans on Jefferson Highway is the only hospital in Louisiana, Mississippi or Arkansas to be named a Distinguished Hospital for Clinical Excellence by HealthGrades, an independent healthcare ratings organization. This designation is given to the top 5 percent of hospitals in the nation and is determined using patient outcome data across



26 procedures and diagnoses. Ochsner has made particular strides in quality of care for patients with cardiovascular diseases, pulmonary disorders, stroke and orthopedic problems.

“Our data show that only a select few hospitals achieve high-quality patient outcomes across the board and over time,” says Dr. Rick May, a Vice President with HealthGrades. “Patients in communities with a Distinguished Hospital for Clinical Excellence should be confident that their level of care is among the best in the nation.”

● Read the full study at ochsner.org/healthgrades.

VIRTUALLY THERE

MINUTES COUNT

For more information on the Telestroke Program, including a video demonstration, visit ochsner.org/outreach or call 1-877-230-2099.

Telemedicine puts stroke specialists at every bedside

No matter what Ochsner hospital you are in, no matter what time of day or night it is, you can have a stroke specialist at your bedside within minutes.

Because rapid treatment for stroke is essential, Ochsner has adopted a Telestroke Program to make vascular neurologists, doctors who specialize in the diagnosis and treatment of stroke, available for consultations across the system quickly, 24/7.

If a patient in an Ochsner Emergency Room has symptoms of a stroke, the on-site doctor can consult with Dr. Gabriel Vidal or Dr. Kenneth Gaines using a specially-outfitted computer cart. The cart includes a high-definition camera for two-way video conferencing and computer software that gives the doctors easy access to the patient's records.

The other end of the system resides on secure laptops that Drs. Vidal and Gaines carry with them at all times. When paged, they can be at the patient's virtual bedside in the amount of time it takes them to boot up their laptops.

"I have found private spots to do consults while at places like Whole Foods and Borders," says Dr. Vidal. "I have a wireless card and I just plug it in and I am with the patient."



MEET THE DOCTORS

GABRIEL VIDAL, M.D.
Vascular Neurologist
Ochsner Health System



KENNETH GAINES, M.D.
Vascular Neurologist
Ochsner Health System

With the aid of the on-site doctor or nurse, Drs. Vidal and Gaines are able to examine the patient, review the imaging and labs and get a history from the patient or family member. They can then rule out or diagnose a stroke and recommend a course of treatment immediately.

DID YOU KNOW?

The American Heart Association and American Stroke Association awarded Ochsner Medical Center in New Orleans on Jefferson Highway with the "Get With The Guidelines" Stroke Performance Achievement Award. It is also one of only four hospitals in Louisiana to be certified as a Primary Stroke Center by the Joint Commission.



TIME IS BRAIN

If an ischemic stroke (caused by a clot) is diagnosed, treatment with a clot-busting drug called tPA is started right away. Because tPA is only indicated for use within 90 minutes after the onset of symptoms, it is critical to get help right away if you notice any of these symptoms in yourself or a companion:

- Weakness or numbness in one side of the body
- Difficulty speaking or understanding what others are saying
- Difficulty seeing or double vision
- Difficulty walking

"The important thing is to identify symptoms of stroke and get to the ER or call 911 right away," says Dr. Vidal. "Time wasted is brain wasted; time saved is brain saved."



“I am glad this was fixed. I feel like I can retire without worrying.”

FELIX ROSIERE
Electrophysiology Patient

WE GOT THE BEAT



WEB EXTRA!
Ochsner cardiologists also keep animals' hearts healthy at the zoo. Read about it at ochsner.org/outreach.

BEHIND THE WHEEL

Felix now has the energy to complete restoration of one vintage car and begin work on another — projects he saved for retirement.

New electrophysiology lab provides minimally invasive treatments for irregular heartbeat

Felix Rosiere retired in February from his career as an engineer at Lockheed Martin's NASA Michoud assembly facility. Like many retirees, he is busier than ever. He has turned his attention away from spaceships and toward his home — gardening, restoring old cars and rehabbing parts of his house that still show the effects of Hurricane Katrina.

Felix, 59, now has the stamina to enjoy an active retirement, thanks to a lucky accident. In 2008, he went to an emergency room with a broken arm. Routine tests found he suffered from arrhythmia — an irregular heartbeat — and he was sent to an Ochsner cardiologist.

Although he had symptoms typical of arrhythmia for years, he did not know what was causing them. "I used to walk across the plant, go up a set of stairs and be out of breath," he says. "I would be sweating a lot, and I would have to find a seat and rest."

Cardiac arrhythmias are electrical disorders of the heart that cause problems with the heart's rhythm. People who have arrhythmias may experience fatigue, weakness and sometimes fainting. They are at greater risk for potentially deadly complications, such as heart attack, stroke or sudden cardiac arrest.

ELECTROPHYSIOLOGY TO THE RESCUE

Electrophysiology is a subspecialty of cardiology that concentrates on the precise diagnosis and treatment of arrhythmias. Dr. Daniel Morin, Cardiac Electrophysiologist at Ochsner Medical Center in New Orleans on Jefferson Highway, explains that electrophysiological studies are used to determine the source of the problem. "The studies basically involve inserting catheters and investigating how the electrical system inside the heart works," he says.

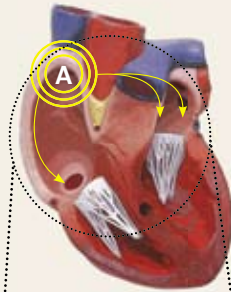
Studies begin with small incisions, most often in the upper leg, through which electrical wires called catheters are inserted and guided to the affected area of the heart. State-of-the-art imaging techniques are used to produce detailed 3D, real-time images of the beating heart to help position the catheters.

Very often, diagnosis and repair can be accomplished in a single procedure. "We find the area inside the heart that is contributing to the person's arrhythmia, and then we navigate our catheter to that location," Dr. Morin says.



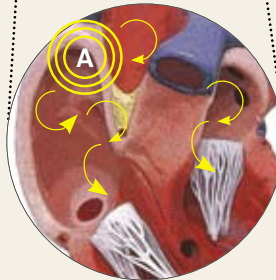
BAD IMPULSES

Atrial fibrillation, a heart disorder found in about 2.2 million Americans that can cause palpitations, shortness of breath, fatigue and stroke, can be treated with medication or electrophysiology procedures.



HEALTHY HEART

In a healthy heart, electrical impulses are generated in the sinus node (A) of the atrium and travel along regular pathways to the lower chambers, or ventricles. The ventricles are stimulated to contract and pump blood into the body in a coordinated rhythm. A normal EKG is shown below.



ATRIAL FIBRILLATION

During atrial fibrillation, the electrical output from the upper chambers is disjointed, leading to an irregularly timed ejection of blood from the ventricles. Under these conditions, blood can pool and clot in the heart's upper left chamber, thus increasing the risk of stroke. The EKG below shows tiny waves of atrial fibrillation between irregular heartbeats.



Depending on the location, electrophysiologists may use ablation to destroy the small area of heart tissue that is sending faulty electrical signals. Ablation uses heat or cold energy to, in effect, "burn" the tissue.

After medication failed to adequately control Felix's

Continued on page 6

BETTER TIMING

Have your irregular heartbeat evaluated by the electrophysiology experts at Ochsner. Talk to your doctor, then call **1-877-659-2674** to make an appointment.

Continued from page 5

arrhythmia, he turned to Dr. Sammy Khatib, Cardiac Electrophysiologist at Ochsner Medical Center in New Orleans on Jefferson Highway, who performed radiofrequency ablation. Today, Felix's symptoms are gone, and he no longer needs heart medications. "Dr. Khatib was very thorough in preparing me," Felix recalls. "He explained to me in layman's terms what the treatment entailed. That made me feel comfortable about it."

Other treatments for arrhythmias include medication, implanting defibrillators and pacemakers, or making surgical incisions in the heart to eliminate abnormal electrical pathways.

STATE-OF-THE-ART

"There has been a lot of new technology, and opportunities have arisen recently that enable us to take better care of patients," says Dr. Khatib. "The new labs are making it easier for us to manage and eliminate abnormal heart rhythms."

These technologies are available at the brand-new electrophysiology lab at Ochsner Medical Center in New Orleans on Jefferson Highway, the most advanced facility of its kind in Louisiana.

"It is a state-of-the-art lab in terms of the equipment and the quality of the imaging," Dr. Khatib explains. "We have the newest mapping systems, which enable us to use radiofrequency ablation on arrhythmias with more success than in the past. Also, the quality of the fluoroscopy [real-time X-ray imaging] is significantly enhanced, allowing us to visualize the necessary anatomy better and use less radiation."

FISH STORY

Q & A

Q *Why are omega-3 fats good for the heart, and what is the best way to get them?*

A *Omega-3 and omega-6 are types of polyunsaturated fats. We need both. The ratio should be about one-to-one. But in the U.S., the average person takes in twenty times more omega-6.*

Many diseases that are increasingly common, including heart disease, reflect the imbalance of omega-6 and omega-3 fats in our diets. These effects include inflammation and thrombosis (clotting), for example. So we should add more foods with omega-3, such as seafood, to our diets. Some people may need omega-3 supplements as well.

The American Heart Association recommends that everyone get at least 500 mg of the two main ingredients in omega-3 fatty acids (EPA and DHA) daily — 1,000 mg if you have heart disease.

● **The John Ochsner Heart and Vascular Institute offers a comprehensive program to prevent cardiovascular disease through lifestyle changes. The program provides nutritional education, exercise training, ongoing diagnostic testing and more. To find out more, call 1-877-613-2394.**



MEET THE DOCTOR

RICHARD MILANI, M.D., F.A.C.C.

*Vice-Chairman of Cardiology and Director of Non-Invasive Imaging
Ochsner Health System*

THE WORLD'S FIRST WEARABLE DEFIBRILLATOR



"Sudden cardiac death is a real risk for patients who have heart disease, have suffered a recent heart attack or have certain conditions where the heart muscle becomes weak," says Dr. Freddy Abi-Samra, Medical Director of the Electrophysiology Labs at Ochsner. The most common treatment for these patients is surgical implantation of an Internal Cardiac Defibrillator (ICD). But for patients who should postpone surgery or those whose conditions may improve without an ICD, the LifeVest is an innovative alternative.

The LifeVest, now available at Ochsner Medical Center in New Orleans on Jefferson Highway, is the world's first wearable defibrillator for the protection of those at risk

for sudden cardiac death. The two-pound device is worn outside the body under clothing. It monitors the heart for abnormal rhythms and delivers an electric shock, if needed, to restart the heart. The LifeVest is typically rented for 30 to 90 days.

"This device can help patients in the short-term, preventing more dire medical outcomes," says Dr. Abi-Samra. "The LifeVest is a great bridge to ICD implantation or reassessment of a patient's condition."

DID YOU KNOW?

Heart attack patients are most vulnerable to sudden death in the first 30 days following a cardiac event.

HIGH MAINTENANCE

PAGING DR. RIGHT

To find an Ochsner Primary Care physician near you, please visit ochsner.org/outreach or call 1-877-871-9362.

The importance of an annual checkup with your Primary Care physician

Your Primary Care physician is more than a healthcare expert — he or she is a partner in maintaining your well-being. No matter your age or gender, getting annual checkups with a Primary Care physician will lay the groundwork for good health.

Dr. Leslie Blake, a Primary Care physician in the Internal Medicine Department at the multispecialty ambulatory clinic at Ochsner Medical Center in New Orleans on Jefferson Highway, has been seeing patients for 19 years. She understands that it is sometimes hard to rev yourself up for that annual doctor visit.

“Some people have the attitude, ‘If it is not broken, don’t fix it,’” says Dr. Blake. “But that really is not what the checkup is about. It is more about maintaining good health and preventing more serious problems from cropping up later.”

When you are getting started with a Primary Care physician, a health history is the first order of business. “I like to review the history form with the patient,” says Dr. Blake about her review of any past surgeries, medications, allergies and family health history. “More than one patient has

made a call from my office asking, ‘Mom, did I have chicken pox?’”

Blood pressure checks and a blood test to check serum cholesterol levels help to assess the likelihood of heart disease and alert your physician to recommend changes in lifestyle or prescribe medicine, if your levels are high. Even young adults should have a fasting glucose screening for diabetes. It is estimated that of all Americans with diabetes, about 40 percent do not realize they have the disease.

As we get older, regular cancer screenings are added. Certain tests should be done periodically starting around a particular age, such as mammograms starting at age 40, colonoscopies at age 50 and bone density exams sometime between the ages of 55 and 60, in most cases.

Remember: It is just good sense to have a relationship with a doctor before something serious happens. “You want to get to know someone and let them know you,” says Dr. Blake. “You do not want to be really sick and not have a connection to a healthcare system.”

ONLINE SMARTS

We have all done it: Something feels a little funny, and rather than calling the doctor, we fire up the computer. With so much health information available online, it is hard to resist the urge to self-diagnose.

Dr. Leslie Blake says that most of the time, her patients use the Internet wisely. “A few people focus on worst-case scenarios, but most patients come in with good information and good questions,” she says. “Patients who use online resources are showing that they want to be proactive about their healthcare.”

One great online preventive health resource is the Ochsner Health Check on ochsner.org/outreach. All you have to do is enter your age, gender and how long ago your last checkup was, and it will tell you what tests and exams are recommended for you. Print out the list and take it to your checkup. You can also find a doctor while you are on the site.

DID YOU KNOW?

There is a comprehensive online health encyclopedia, powered by A.D.A.M., located on ochsner.org/outreach.





FIT MOMMA



MEET THE DOCTOR

CANDACE MOORE, M.D.
OB/GYN
Ochsner Health Center
in Lakeview

Exercising during pregnancy has many benefits

Whether you exercised before you became pregnant or not, exercising can help you feel better during your pregnancy, throughout labor and after your delivery. Ochsner physicians recommend getting 30 minutes of activity most days of the week.

Exercise during pregnancy can help reduce backaches, improve muscle tone, increase energy, prevent gestational diabetes and even help you sleep better. It will also help you prepare for labor.

“They call it labor for a reason,” says Dr. Candace Moore, an OB/GYN at the Ochsner Health Center in Lakeview. “Exercising during pregnancy helps you develop muscles that you need during labor and can increase your stamina.”

The time and effort you put into exercising during your pregnancy will also pay off after you have delivered your baby. Studies have shown that women who exercise regularly return to their pre-pregnancy weight, strength and flexibility levels faster than those who do not.

CHANGE IT UP

If you have a history of pre-term labor, are diabetic, or have placenta previa, high blood pressure or heart disease, consult with your healthcare provider before beginning any pregnancy exercise program. These conditions may require you to further modify your physical activity.

If you are new to regular exercise, start out slowly, with about 10 minutes a day, and build up to 30 minutes. “Keep your exercises at a low to moderate level and watch your heart rate,” says Dr. Moore. “Keep it at 140 beats per minute or less.”

Dr. Moore recommends a combination of cardiovascular activity plus light weight-bearing exercises. Walking, swimming and cycling on a stationary bike are great exercise options for pregnant women. She advises against using weights that are heavier than 35 to 40 pounds.

While yoga is fine during pregnancy, there are certain positions that are not recommended. Take a prenatal yoga class or make sure your teacher knows that you are pregnant. In general, later in pregnancy, avoid





GET RESULTS



To reserve your spot at the Postpartum Group Personal Training Program, contact Jennifer Lormand at **1-877-462-9406** or e-mail her at jlormand@ochsner.org.

BAN THAT BELLY

Ready to get back in shape now that your baby has arrived? It is OK to gradually resume exercising when your doctor gives you permission and when you feel up to it. How soon you can begin depends on how active you were during pregnancy and whether you had a vaginal delivery or C-section.

Elmwood Fitness Center is offering a new Postpartum Group Personal Training Program combining resistance training and cardiovascular exercise for women six weeks to three years postpartum. Join other new moms for a fitness program tailored to your needs.

DID YOU KNOW?

Previous participants have lost up to 6.5 percent body fat and 2.5 inches off their waists.

BATON ROUGE BABIES

Family Birthing Center to open

Ochsner Medical Center – Baton Rouge is opening a new, state-of-the-art Family Birthing Center in April. According to Dr. Ralph Dauterive, the hospital's Vice President of Medical Affairs and Chairman of OB/GYN, each of the new center's six labor, delivery and recovery rooms will be twice the size of a normal hospital room and two of the six rooms will offer built-in birthing tubs. The Family Birthing Center will be staffed by six full-time, board-certified OB/GYN physicians, plus a collaborative midwifery practice with four certified nurse-midwives.



Other on-site amenities that will help expecting mothers customize a warm, relaxing birthing experience within a safe hospital setting include:

- **14 antenatal, postpartum rooms**
- **A level-three neonatal intensive care unit (NICU), complete with a starlight ceiling**
- **Four observation rooms**
- **Family waiting rooms for observation, delivery and neonatal intensive care**
- **Two nearby operating rooms on the same unit for C-sections**

● **For more information on Baton Rouge's Family Birthing Center, call 1-877-259-7486.**

poses that require standing on one leg (unless you use a chair or wall for balance) or lying on your back.

"Activities to avoid during pregnancy include anything that involves contact like softball, soccer or other sports where you could get hit in the abdomen. Because of the risk of a decreased oxygen supply, SCUBA is another activity pregnant women should refrain from," says Dr. Moore.

KNOW YOUR LIMITS

As your pregnancy progresses, listen to your body. If you feel light-headed or nauseated, stop the activity you are doing.

"As you move into your third trimester, avoid lying on your back," advises Dr. Moore. When you are on your back, the weight of the baby can compress the vena cava, the large vein that returns blood to the heart, which can result in reduced blood pressure and light-headedness.

"Contractions can be stimulated during activity. If they become more frequent, see your doctor," says Dr. Moore.

"Contractions can also be caused by dehydration, so it is important to stay well hydrated throughout your pregnancy."



BABY TIME

All expecting mothers get a copy of Ochsner's *Baby Time* pregnancy guide at their first prenatal visit at Ochsner. You can download a copy at ochsner.org/outreach.



KIDDING AROUND

How Ochsner is changing the future

Louisiana is a great place to live. Both the culture and the weather are warm and comfortable. The cuisine and the music scene are legendary. But health and education statistics tell a different story. In these measures, Louisiana ranks poorly. For example, Louisiana has higher rates of diabetes, hypertension and obesity than most other states.

It is time to make real changes in health and education, and Ochsner is stepping up to lead the charge.

“We are focused on reducing the amount of disease in our community’s population, and the best place to start is with the kids,” says Avery Corenswet, Vice President of Clinical Community Outreach at Ochsner Health System. “We need to look at root causes of issues in the community rather than just the symptoms.”

Reaching out to children is a major part of Ochsner’s imperative to serve the greater need of the community. Ochsner has the expertise and resources to make a difference in two major arenas — health and wellness and science education — and has adopted several initiatives in both areas with the Change the Kids, Change the Future™ campaign.

FOUR SCHOOL-BASED HEALTH INITIATIVES

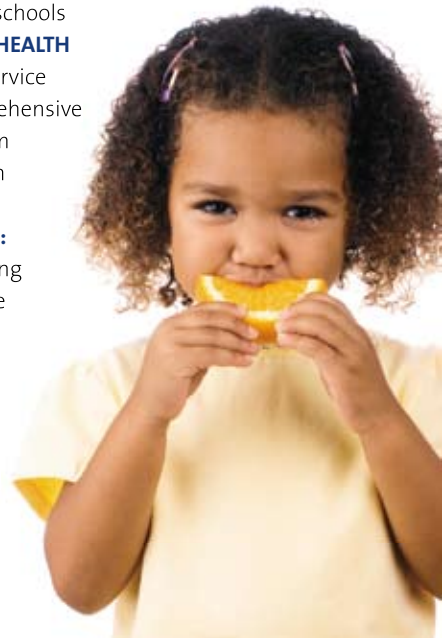
“We feel there truly needs to be a culture change within the schools to incorporate physical fitness and dietary changes,” says Corenswet. “We are challenging Elmwood Fitness Center, our nutritionists and pediatricians to work with the schools and see how we can work together on these initiatives.”

Some current-day initiatives are:

- 1 ON THE MOVE:** a mobile fitness unit that brings exercise and nutrition activities to schools
- 2 “HEALTHY HABITS” FROM OCHSNER:** a monthly health newsletter distributed to fourth- and fifth-graders at Jefferson Parish schools
- 3 SCHOOL-BASED HEALTH CENTER:** a full-service clinic and comprehensive wellness program at Bonnabel High School in Kenner
- 4 ROLE MODELING:** a focus on molding teachers into role models for healthy lifestyles


DID YOU KNOW?

More than one-third of Louisiana children aged 10–17 are overweight.



ND

WEB EXTRA!
Learn how parents of special needs children built the Kids Konnection playground to give all kids a chance to play together. Visit ochsner.org/outreach.




PLAYTIME FOR ALL
Angelle Pecoraro, with big sister Rachel and mother Michelle, enjoys a Kids Konnection Day at the Park.

THREE NEW PROGRAMS FOR KIDS

KIDS KONNECTION DAY AT THE PARK

Kids Konnection Day at the Park is an informal gathering of pediatric rehabilitation specialists from Ochsner and families from Kids Konnection, a North Shore group of parents of children with disabilities. The group meets every few months at the Kids Konnection playground at Tammany Trace, a boundless playground where families of all abilities can play together. These outings give families an opportunity to network, share resources and get their questions answered while their children enjoy the playground.

● To find out when the next Kids Konnection Day at the Park will take place, call Dr. Aaron Karlin at 1-877-464-9593.

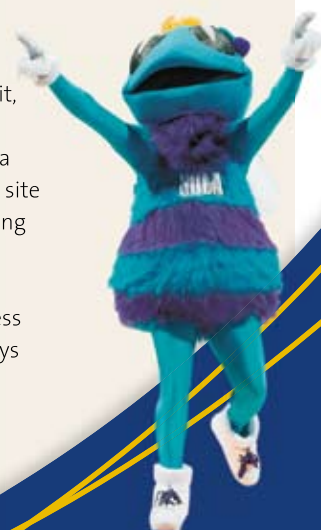


OCHSNER ACADEMIC OUTREACH

The great scientific minds of Ochsner are now available for homework help. The Homework and Education Questions Open Form routes students' science and healthcare questions to experts who can offer advice and answers. Students can submit their questions at ochsner.org/outreach and will get answers within 24 hours, Monday through Friday.

OCHSNER BEE FIT

Ochsner has teamed up with the New Orleans Hornets to launch Ochsner Bee Fit, a physical fitness and nutrition initiative aimed at children. This program features a Bee Fit Web site at nba.com/hornets. The site includes exercise instruction videos starring the Hornets' very own Hugo, along with kid-friendly recipes. Fit for Life Field Days bring Hornets players and Elmwood Fitness Center trainers to schools to host field days full of outdoor fun and activity.



EIGHT EDUCATION INITIATIVES

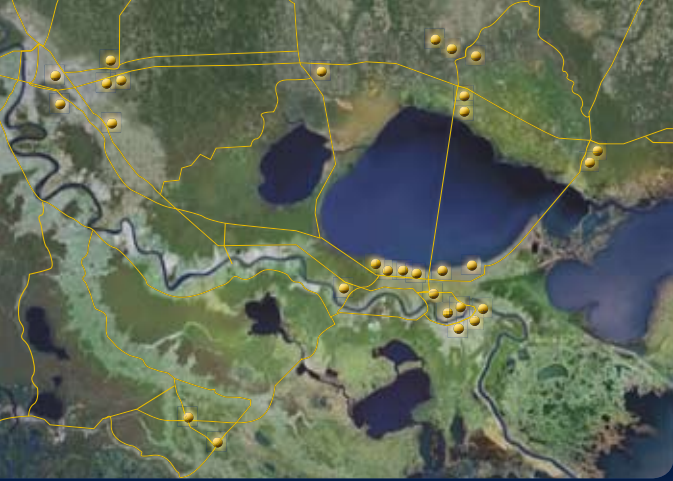
"There is going to be an even greater need for healthcare workers of all kinds as the Baby Boomers age," says Corenswet. "We want to get kids interested in science and help them feel empowered to be what they want to be."

Ochsner education initiatives include:

- 1 FIELD TRIPS AND JOB SHADOWS:** programs to expose students to healthcare careers through field trips for students of all ages and job shadowing for high school students
- 2 SCIENCE, TECHNOLOGY, ACADEMICS AND RESEARCH (STAR) PROGRAM:** a six-week summer scientific inquiry program for promising high school students
- 3 iLAB:** a dedicated student laboratory available for school use
- 4 MEDICAL EXPLORERS POST:** an after-school program for high school students interested in science and healthcare
- 5 GIRL SCOUT DISCOVERY DAYS:** a free Saturday program that earns Girl Scouts a science badge
- 6 FUTURE PHYSICIAN AWARDS:** an academic achievement award given to graduating high school seniors
- 7 JEFFERSON DOLLARS FOR SCHOLARS:** a scholarship program that provides funding for education along with academic support
- 8 HEALTH EDUCATION SUPPORT:** equipment and supplies Ochsner no longer needs are donated to outfit health education labs

LEARN MORE
Read more about Ochsner's children's health and education initiatives at ochsner.org/outreach.





Ochsner Health System
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New Orleans, LA 70121

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8 hospitals and over **35** health centers
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▶▶ Inside Ochsner



MEET THE AVP

MELISSA LORIO,
BSN, MBA, RN

*Assistant Vice President for
Covington/North Shore Region
Ochsner Health System*

A FAMILY AFFAIR

Melissa Lorio was born at Ochsner, and she never left. She followed in her mother's footsteps, joining Ochsner as a surgical nurse right out of college. Lorio joined the management team in 2000, first as a patient care coordinator, then opening and running a new surgery center, where she won the manager of the year award. Today, 20 years after beginning her career, she is managing several departments in the Covington/North Shore region.

"Ochsner supported my career progression wholeheartedly," Lorio says. "I've always had the support to move to different levels within Ochsner and succeed."

JOIN US Learn why Ochsner is a "Best Place to Work" and explore a new career at ochsner.org/outreach. Or, call Human Resources at **1-877-863-8346**. EOE.



HIDDEN TREASURE

Shrinking the carbon footprint at Ochsner facilities

Nationwide, healthcare is the industry with the second-largest carbon footprint, second only to agriculture, according to Bill Ward, System Vice President of Facilities, Real Estate and Support Services at Ochsner Health System. "Hospitals are open 24/7," he explains. "Our physical plants are running continuously."

In an effort to make Ochsner's facilities greener, a team of 70 staff members from a cross-section of departments participated in the GE Treasure Hunt. The Treasure Hunt was a four-day process in which GE engineers partnered with Ochsner staff and vendors to identify ways to reduce energy and water usage and make mechanical systems more efficient.

The Treasure Hunt uncovered \$2.7 million in potential annual savings by "going green" at Ochsner Medical Center in New Orleans on Jefferson Highway, and improvements have already begun. "With Healthcare Reform looming we need to be cost-conscious, but also environmentally friendly," Ward says. "We believe a healthier environment and lifestyle will lead to healthier patients, and being good stewards of our environment is simply the right thing to do."



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