

PAID ADVERTISEMENT

HEALING HELP

Sometimes your body can't heal on its own

By PAULA VESS
Regional Marketing Group

SHELBY - For most of us, wounds aren't something we think about after the initial pain, cleansing and bandaging. When we are healthy, our body needs little help in healing. But sometimes our bodies do need extra help, and that's where the Wound Healing Center at Cleveland Regional Medical Center is ready to help.

"Most people's wounds heal in three or four weeks," stated Randy Wieck, Program Director. "It's when something happens to knock the healing process off track that the Wound Healing Center can make a difference."

That's what happened to Billy Jones of Cherryville. Because of lost circulation in her leg and foot due to vascular problems, Jones needed surgery to remove the lower part of her leg. After the surgery, her circulation problems made it difficult for the surgical wound to heal. "I have a stubborn body," said Jones. "The wound simply refused to heal."

When the Wound Healing Center opened last year, Jones was the first person to undergo hyperbaric oxygen therapy (HBOT), where the patient breathes 100 percent oxygen while under increased atmospheric pressure. It helps the body carry more blood to organs and tissues.

"For the right patient in the right situation, hyperbaric oxygen therapy is a wonderful treatment," said Andrew Taylor, MD, Jones' surgeon. "There is a lot of research behind this therapy that shows it works."

Amanda Smoot, a certified hyperbaric technician at the Wound Center, monitored Jones during her therapy sessions. "In a lot of clinics people come in only when they are sick and you really don't get to know them, but I'm here with them Monday through Friday for up to four weeks so I build a relationship with my patients."

After about a month of treatments, Jones' wound was showing a lot of progress.

The treatments promoted



Billy Jones is still learning to use her prosthetic leg, but she is determined.

healing in Jones' wound and all but a small portion of the wound healed. That was corrected with additional surgery. Jones said the treatments did improve her health and helped her have a positive outcome. One year after beginning her hyperbaric oxygen therapy, Jones has a new prosthetic leg. "Life's pretty much back to normal," she said.

Jones is working with physical therapists at Cleveland Regional Rehab, but is quickly learning to use the leg, walking easily with one crutch and learning to use a cane. "It's hard," she said. "We take for granted our good leg. You have to learn with a prosthetic leg. It's harder than it looks."

Although life is different for Jones now, she isn't slowing down. She's determined to learn to walk without any assistance. "I have a lot of respect for people with prosthetic legs who can run. I hope to soon be walking as well as they run," she said.

During the last year, staff at the Wound Healing Center have helped more than 600 people

like Jones who have wounds that refuse to heal. "The Wound Healing Center is geared toward treating chronic, non-healing wounds," said Wieck. "We treat any kind of wound that is not progressing in the normal healing process."

Those wound types include: non-healing surgical wounds, osteomyelitis (infection of the bone), burns, diabetic foot ulcers, pressure ulcers, and wounds and internal injuries resulting from radiation treatment.

"The Wound Healing Center is a vision we have had for many years," Wieck said. "In the past, patients with chronic, non-healing wounds had few options. Now, we have an opportunity to offer the patient more options and perhaps keep them from facing additional surgery."

The Wound Healing Center is physician-based, and a physician is in the center every day.

Patients come from around the region to receive treatment at CRMC. They benefit from a staff of experienced physicians and nurses. "We are fortunate to have nurses experienced in wound care and to have an experienced, certified hyperbaric technician," said Johnson Kelly, MD, who recently became certified himself by the American Academy of Wound Management as a Certified Wound Specialist.

Not only do patients benefit from the staff's experience, they also benefit from information available in a network of other wound care centers. "We have access to a database that contains detailed information about the treatments that are working around the country," said Wieck. "This knowledge makes it possible for us to continue to improve and provide excellent care for our patients."

In addition to HBOT, the center offers patients healing methods such as dermagraft, negative pressure wound therapy, compression wrapping of legs and surgical excisional debridement. The physicians decide which therapy to use based upon the individual patient's condition and type of wound.



For several weeks, Billy Jones spent almost two hours each day inside this hyperbaric oxygen therapy chamber. See Billy's story from the beginning at <http://www.clevelandregional.org/wound-healing.html>

AUGUST 2010



Giving you
The Power of HEALTH

WINGS Cancer Support Group

August 2: 6 p.m.
CRMC Cancer Center
This support group is for patients with all types of cancer. Topic will be "Hospice vs. Palliative Care" with Angela Orsky, RN and Cristy Houser, RN. For more information, please call 980-487-3025.

Healthy Hearts Support Group

August 3: 11 a.m.
CRMC Cardiopulmonary Rehab
Topic will be "Heart Rate/CAD." For more information, please call 980-487-3659.

Breastfeeding Support Group

August 4: 10 a.m. - Noon
Women's Life Center Conf.
Open to all breastfeeding mothers and nursing babies and expectant moms who are interested in breastfeeding. For more information, please call 980-487-3887 and 980-487-3983 to register.

Pink Ribbon Network

August 5: Noon - 1 p.m.
CRMC Onc. Board Rm.
For newly diagnosed breast cancer patients. Topic will be Fitness First with Johnny Stamey, Manager Cardiopulmonary/Wellness Exercise Program at CRMC. Lunch served. To register, please call 980-487-3757

Infant and Child CPR Class

August 7: 8:30 - 10:30 a.m.
Women's Life Center Conf.
For parents and other infant/child caregivers. Fee: \$10/person or \$15/couple. To register, please call 980-487-3983.

Kangaroo Kapers

August 7: 11 a.m.
Women's Life Center Conf.
Provides children expecting a brother or sister a positive introduction to the hospital and to what life will be like with a new baby. Pre-register by calling 980-487-3983.

August 9: 2 - 3 p.m.

CRMC Cancer Center
A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Diabetes Support Group

August 10: 5:30 p.m.
CRMC Auditorium
Topic will be "How Does Your Diet Stack Up?" with Gudrun Novak, Dietician. For more information, please call 980-487-3953.

Car Seat Safety Class

August 12: 5:15 p.m.
Women's Life Center Conf.
Information on current laws and how to keep your new baby safe while traveling. To register, please call 980-487-3983.

Healthy Community Screenings

August 14: 9 a.m. - Noon
Shelby City Park Gymnasium
FREE health screenings for the whole family. Free carousel and train rides for participants from 9:30 a.m. - 12:30 p.m.

Daddy Boot Camp

August 18: 6 - 9 pm
Women's Life Center Conf.
Training for expectant fathers. Fee: \$10. To register, please call 980-487-3983.

Lobby Blood Pressure Screen

August 24: 11:30 a.m. - 2 p.m.
CRMC Lobby

Some programs may require pre-registration or appointments. Some require a fee. Call 980-487-3903.

HAPPY ANNIVERSARY!

Cleveland Regional Medical Center's
Wound Care Center Celebrates 1 Year
of Commitment to Advanced Wound Care.

To find out more about healing your wound, call 980.487.3400.
www.ClevelandRegional.org

Cleveland Regional Medical Center

