



Kadlec Medical Center

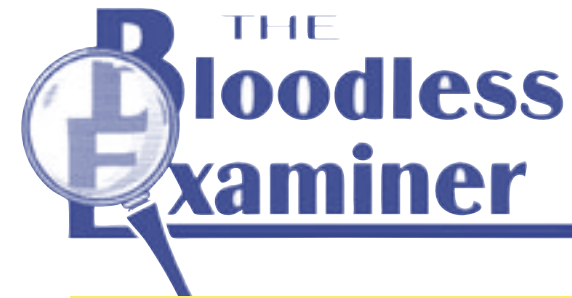
Bloodless Medicine & Surgery Program
888 Swift Blvd.
Richland, WA 99352

Phone: 509-942-2817
Johnean Hansen, Coordinator

www.kadlecmed.org

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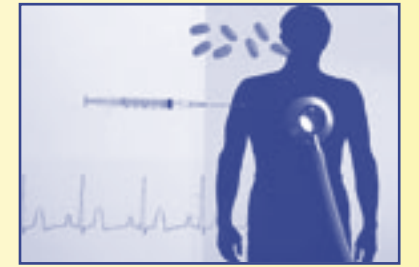
Bloodless Medicine and Surgery Program
Kadlec Medical Center

Fall/Winter 2008

American Society of Hematology Launches New Campaign to Educate Consumers on Vital Connection Between Blood and Personal Health

Program developed in response to results of national survey indicating most Americans have low awareness of common blood conditions

WASHINGTON (September 16, 2008): In conjunction with its 50th anniversary, the American Society of Hematology (ASH), the world's largest professional society of blood specialists, today launched a new public education campaign, **Blood: The Vital Connection**, with the goal of helping health-care consumers understand the important role of blood in overall health. As part of this effort, ASH has developed the **Blood: The Vital Connection** Web site, a credible online resource addressing disorders of the blood, including bleeding and clotting disorders, anemia, and cancer, as well as how specific populations of people, such as women, are affected by these conditions.



www.bloodthevitalconnection.org

“Your blood has many different functions that are crucial to being healthy, including carrying oxygen and nutrients throughout your body, warding off infection, and protecting against excessive bleeding or clotting. Blood is the window to the body – from one vial of blood your doctor will know if you are pregnant or if you have anemia or any other number of blood diseases,” said Dr. Kenneth Kaushansky, ASH President. “We want people to make the connection between their blood and total wellness.”

Blood: The Vital Connection provides hematologist-approved information about common blood conditions, risk factors, preventive measures, and treatment options. The informative Web site includes helpful tips that answer questions such as:

- **What is anemia and am I at risk?**
- **How does flying or sitting for long periods affect my blood health?**
- **Why should women in particular pay close attention to their blood health?**
- **What should I know about blood cancers such as leukemia, lymphoma, and myeloma?**
- **What should I do if I think I may have a blood condition?**

(from the American Society of Hematology)

Find us on the web: kadlecmed.org

NEED A PHYSICIAN?

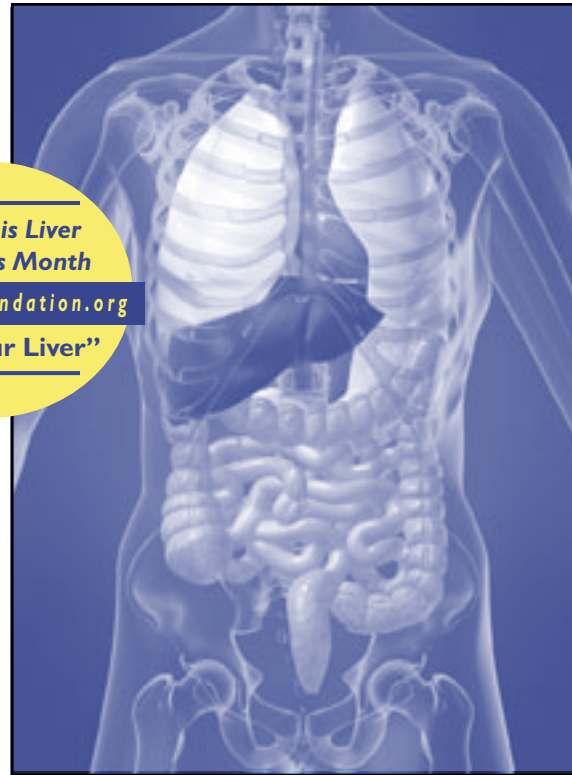
If you need a physician referral, please call the program coordinator, Johnean Hansen at (509) 942-2817 or 1-800-780-6067 ext. 2817.

If you are looking for the Bloodless Medicine program office, it is located at the Kadlec Medical Center campus, second floor of the new North Addition in Quality Care Management.

Your Amazing Liver

The liver serves as your body's engine, pantry, refinery, food processor, garbage disposal. It is about the size of a football – the largest organ in your body. Before you were born, it served as the main organ of **blood formation!** Now the primary functions (there are more than 500) are to refine and detoxify everything you eat, breathe and absorb through your skin. It is your body's internal chemical power plant, converting nutrients in the food you eat into muscles, energy, hormones, **blood clotting factors and immune factors.**

October is Liver Awareness Month
www.liverfoundation.org
 "Love Your Liver"



The liver stores certain vitamins, minerals (including iron) and sugars, regulates fat stores, and controls the production and excretion of cholesterol. The liver also functions to manufacture (synthesize) proteins, including **albumin** (to help maintain the volume of blood) and blood clotting factors. The liver also helps to eliminate, by metabolizing and/or secreting, the potentially harmful biochemical products produced by the body, such as **bilirubin** from the breakdown of old red blood cells and ammonia from the breakdown of proteins. The liver also produces globin, one of the two components that form hemoglobin—the oxygen-carrying substance in red blood cells. Certain globulins, a group of proteins that includes antibodies, are produced in the liver, as are the proteins that make up the complement system, a part of the **immune system** that combines with antibodies to fight invading microorganisms.

Your liver depends on you to take care of it...so it can take care of you!

Many other chemicals are produced by the liver. These include fibrinogen and prothrombin, which help wounds to heal by enabling blood to form clots. The prothrombin time is tested to evaluate disorders of blood clotting, usually bleeding. It is a broad screening test for many types of bleeding disorders. When the liver is damaged it may fail to produce blood clotting factors. There are many different causes of liver damage, including long term alcohol excess, some medications such as long term antibiotics, cholesterol lowering medications and pain killers, oral synthetic hormone replacement, viral infections of the liver such as hepatitis A, B & C, auto-immune hepatitis, hemochromatosis, primary biliary cirrhosis, exposure to toxic chemicals such as insecticides & pesticides & organic solvents & incorrect diet.

Good Questions for Your Good Health

Ask Me 3™

Every time you talk with your doctor, nurse, or pharmacist, ask these questions

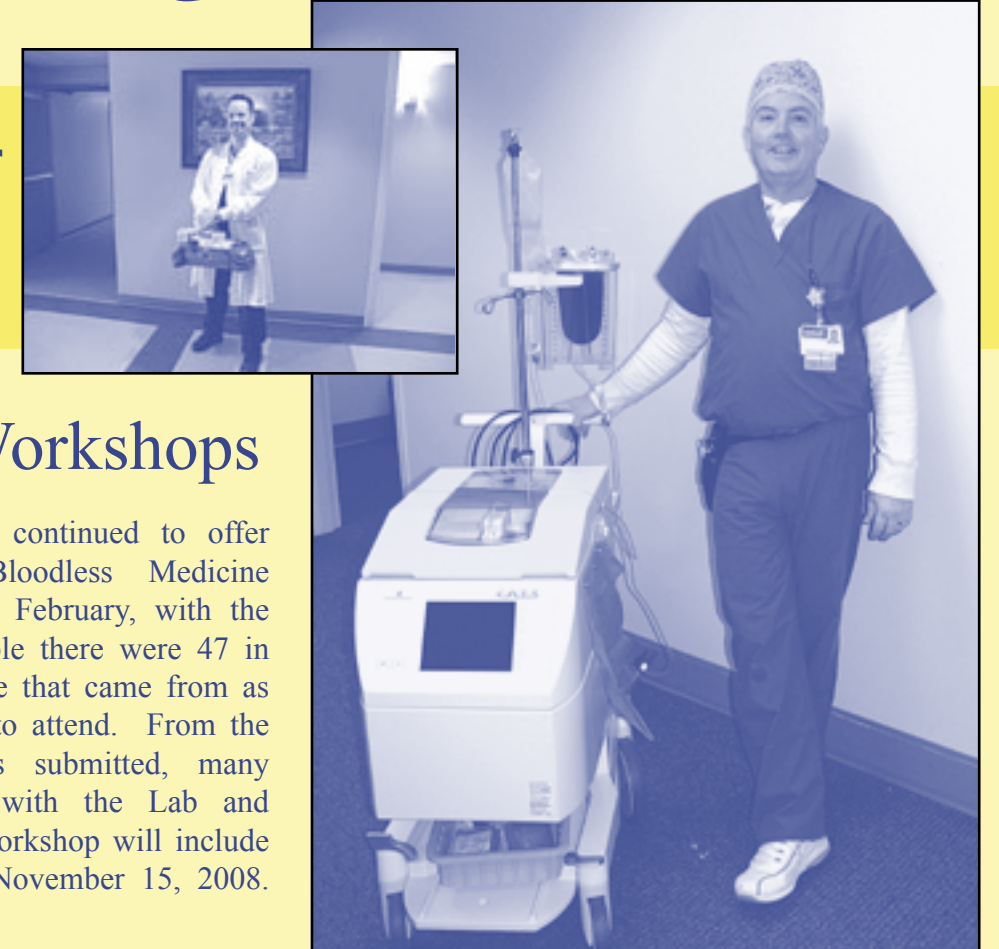
- 1 What is my main problem?
- 2 What do I need to do?
- 3 Why is it important for me to do this?

The more you know about your health, the better

Partnership for Good Health Communication

www.ghc.org/askme3

Glancing Back & Looking Forward



Community Workshops

Kadlec Medical Center has continued to offer workshops through the Bloodless Medicine and Surgery Program. Last February, with the class size limited to 50 people there were 47 in attendance. There were some that came from as far away as Moscow, Idaho to attend. From the evaluations that participants submitted, many appreciated the interaction with the Lab and Cell Saver staff. Our next workshop will include "Platelet Gel" on Saturday, November 15, 2008. To register, see below.



Advance Directive Workshop

When: **Saturday, November 15, 2008**

Call: **800-780-6067, ext. 2817 or 942-2817**

Where: **Kadlec Medical Center
 888 Swift Blvd. Richland
 Columbia Rooms
 North Wing, Third Floor**

Reservations required -
 Class size limited to 50 people.
 *Light meal provided

Time: **6:00-8:00 p.m.**



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