

Hospitals and healthcare

by writer
J. Michael Ross

What do you call a business in which virtually all of your customers are either sick, unhappy, scared – or worse, even near death – and who definitely would rather skip most of your services altogether if they could? You call it a hospital.

Regardless of where you work in a hospital or what your job description says, a big part of your job, among a million other things, is to reverse all of the negative stuff and turn folks into something as close to happy campers as you can get them to be. No small task, indeed.

In this month's issue, we're featuring two local hospitals, Lake Granbury Medical Center and Texas Health Harris Methodist Hospital, as well as several individuals in private medical practice in our area. As we'll see, they deliver medical care that's just about as good as it gets anywhere,

all the while carefully presiding over the most intimate parts of the lives of thousands of us, from cradle to grave and all points in between.

Before we go there though, it might be interesting to see how we got from somewhere in the murky past of the history of hospitals to today's high-tech hospitals with slice CT scanners and medical helicopters landing at remote accident sites to transport the injured to safety.

What's in a name?

We all have a pretty good idea of what a hospital is, but just to be precise we consulted _Webster's New World Medical Dictionary for a definition as well as a little history.

"Hospitals began as charitable institutions for the needy, aged, infirm or young. The word hospital comes from the Latin 'hospes,' which refers

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Texas Health Harris Methodist Hospital: Committed to constant improvement

by writer
J. Michael Ross

Christopher Leu, President of Texas Health Harris Methodist Hospital Stephenville says he came to the job the easy way. "Like a lot of things, I stumbled into it," he says with a laugh.

Having done his undergraduate work at Texas Christian University, he went to work in Dallas for a large consulting/accounting firm for a few years. "It was a good work environment with great people to work with, but I knew it wasn't what I wanted to do until retirement age."

With that in mind, he decided to attend grad school in his home state at The University of Iowa and started working toward his Masters of Business Administration, or MBA degree. Near the end of that program, he saw a job posting for a position with a health care company in Florida.

Leu says, "They were looking for someone with a business degree with an emphasis in health care. At that time, I'd never really thought about health care from the business standpoint." He continues, "This was around the holidays and when I went home at that time, I spent a couple of hours with a local hospital administrator. Without too much prompting from me he pushed all the right buttons. He'd been doing it for 25 years and still loved it."

It turns out that The University of Iowa has one of the oldest master's degrees in

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Christopher Leu, President

Photo by Xxxxxx X xxxxxxxx

Lake Granbury Medical Center Growing through the roof

by writer
J. Michael Ross

Lake Granbury Medical Center on Paluxy Road in Granbury is literally growing through the roof. On January 21, 2009, the staff of the facility hosted a topping out celebration to commemorate the placing of the final steel beam in the construction of their new third floor addition. While the ceremony is specifically about the third floor expansion, it's symbolic at the same time of a medical organization that never stops reaching for new heights.

Topping out: An ancient tradition

According to information provided by Lake Granbury Medical Center, or LGMC, "About 700 A.D., Scandinavians attached an evergreen tree to the ridgepole when the topmost piece was put in place. Mounting the tree was the signal for beginning of a completion party. Even today, the skillful and courageous American ironworkers erecting modern skyscrapers perform the topping out custom. The topmost beam is ceremoniously raised into place, carrying with it an American flag and often an evergreen tree."

*Committing millions toward excellence

LGMC is investing over \$15 million in this major expansion and renovation. As Granbury and Hood County continue to experience significant growth due to migration out of the metroplex and the Barnett Shale play, this shift toward more

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David Orcutt, CEO

Photo by

Heart Health Month

Heart Month Fun Facts

by editor
Lainey Emoto

- The human heart weighs less than a pound but can create enough pressure to surge blood a distance of 30 feet.
- Joined end to end, all the blood vessels in the human body would stretch 2-1/2 times around the earth or 62,000 miles.
- The aorta, the largest artery in the body, is almost the diameter of a garden hose but capillaries are so small that it takes 10 of them to equal the thickness of a human hair.
- In the average body, 6 quarts of blood circulates 3 times a minute. In one day, the blood travels a total of 12,000 miles.
- In a lifetime, the average heart pumps about 1 million barrels of blood, enough to fill more than 3 super tankers.
- 15 million blood cells are produced and destroyed in the human body every second.
- The heart of giraffe is 2 feet long and can weigh as much as 24 pounds.
- A shrimp's heart is in its head.

Have a heart

by writer
Lainey Emoto

Heart Attack: A heart attack occurs when the supply of blood and oxygen to an area of the heart muscle is blocked, usually by a clot in a coronary artery. Each year, about 1.1 million people in the United States have heart attacks, and nearly half of them die. Coronary artery disease is the leading killer of both men and women in the United States.

Heart Attack Grill: A hamburger restaurant located in Chandler, Arizona, that serves food "so bad for you it's shocking." Established in 2005, the menu includes "Single," "Double," "Triple," and "Quadruple Bypass" hamburgers featuring one-half to two pounds of beef each. The restaurant has been featured on CBS News and ABC's _20/20.

Heartburn: Heartburn actually has nothing to do with the heart. It's a painful burning sensation near the breastbone caused by stomach acid rising into the esophagus. Heartburn, which can often be managed with changes in diet and antacids, strikes an estimated 20 percent of Americans at least once a week.



Photo by Xxxxxx X xxxxxxxx

Heartland: The geographic center of a country. The Midwest area of the United States. The term was first coined by the British geographer Halford Mackinder in 1904 to refer to the geopolitical importance of Eurasia. Today the term connotes innocent, unspoiled rural or small-town America where mainstream or traditional values predominate.

Heart of Darkness: A short novel by Joseph Conrad considered to be a major work of English literature. Set in the Congo, the story details the search for a "great" man who has

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The amazing accomplishments of Benjamin Franklin

by writer
J. Michael Ross

Aside from having helped found the first major hospital in the American colonies – a fact mentioned in another of this month's articles – Benjamin Franklin was a buzz saw of a man in just about every area one can think of. Here's a list of a few interesting and useful acts, adventures and inventions of this amazing American.

Inventions: Bifocal eye glasses, the lightning rod, the Franklin stove, the glass armonica (a musical instrument not to be confused with the _harmonica) and swim fins. (You're welcome, Navy Seals!)

Famous Firsts: The first hospital in America, the first insurance company, the first circulating library, the first fire department and the first police department. His famous kit and key experiments during thunderstorms led to a greater understanding of the nature of electricity.



Titles and Occupations: Master printer, journalist, cartographer (he mapped the Gulf Stream and created routes for the postal service), colonel in the militia, ambassador to England and France, governor and publisher of Poor Richard's Almanac.

Innovations: Introduced the idea of prayer into Congress; started a society to abolish slavery; founded the American Philosophical Society; came up with the idea of matching contributions for charities; organized street lighting, paving and street cleaning in Philadelphia; and opened a retail store as part of his print shop. It's hard to pin this one down, but he may have also conceived of daylight savings time. And even if he didn't invent it, he certainly was a major proponent of it.

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