

# Health News

February 1991

Health News is published as a community service by Humana Hospital Brazos Valley.

## The Humana Seniors Association: Providing for the special needs of older patients

Humana cares about the special needs of our senior patients. That's why we have a program designed with those needs in mind. Our Humana Seniors Association offers a variety of benefits and services to help you live life to the fullest. The association is available to anyone 55 years or older.

Meet interesting people and make new friends at monthly Humana Seniors Association meetings. Each month you can attend a program with guest speakers. You'll have the chance to exchange ideas, and the opportunity to join in on the planning of fun social events and other activities, like exercise classes and exciting trips.

You'll also want to take advantage of your chapter's regularly scheduled health screenings. These free screenings are an easy way to keep a check on your health.

Should a hospital stay be necessary, all of our members receive VIP treatment including discounts on accommodations. Your benefits include private rooms at semi-private rates and an extra bed for your spouse or a friend at no additional charge, both subject to availability. You will also enjoy a complimentary TV and telephone in your room as well as complimentary meals for your spouse. All this and even complimentary transportation when available.

When you become a member you qualify for vision and hearing care benefits including discounts on eyewear and hearing aids. We also have an in-home emergency response system to ensure your safety 24hrs a day. Discounts to local merchants and convenient prescriptions by mail are all part of being a member.

Discounts are also available at Hampton Inns, Ramada Inns and LaQuinta Inns. As a Humana Seniors Association member, you're automatically enrolled in the Places Travel Club by Carlson Companies' Places Travel. As a member, you earn bonus points every time you book a flight through Places Travel.

You can use bonus points immediately, or save them toward a more valuable gift. Places Travel Club also offers discounts on cruises and tours exclusively for Humana Seniors Association members.

For help in filing your health insurance claims, come visit your Insurance Specialist - Free. This trained professional will help you sort through all the confusing paperwork involved with insurance and Medicare forms. Just call for an appointment.

These and other benefits are available today. For more information call the association at 776-0884.

## Van Service: Free transportation is available to seniors

The Seniors Association offers free transportation for doctors appointments and other health related trips. The van is available within the Bryan/College Station city limits Monday-Friday 8:30am to 3:30pm.

Just call the Seniors Association office at 776-0884 and give us at least 48 hours notice. Our friendly van driver will take you to your doctor's appointment and then home again. We also take members to pick up prescriptions from the drugstore.

Don't miss out on your Association's activities. Have the van pick you up for monthly meetings and chapter events.

Call the SENIORS VAN at 776-0884.

This is a free service to all members.

## The Comfort of Home: The Security of Humana

Humana DaySurgery offers an innovative and convenient alternative to a hospital visit. DaySurgery is specifically designed and staffed for surgical procedures that can be performed the same day the patient is admitted.

With DaySurgery, you're admitted, have surgery, and go home the same day, so your health care costs are substantially less than those for the same operation performed on an

overnight basis. You'll be back in the familiar surroundings of your home before nightfall. That means greatly shortened absences from family, school or work. Parents are back home with small children and business people can stay in touch more easily with their offices.

If you have a child who needs surgery, you'll probably feel more comfortable having him or her at home. Recovery is enhanced in fa-

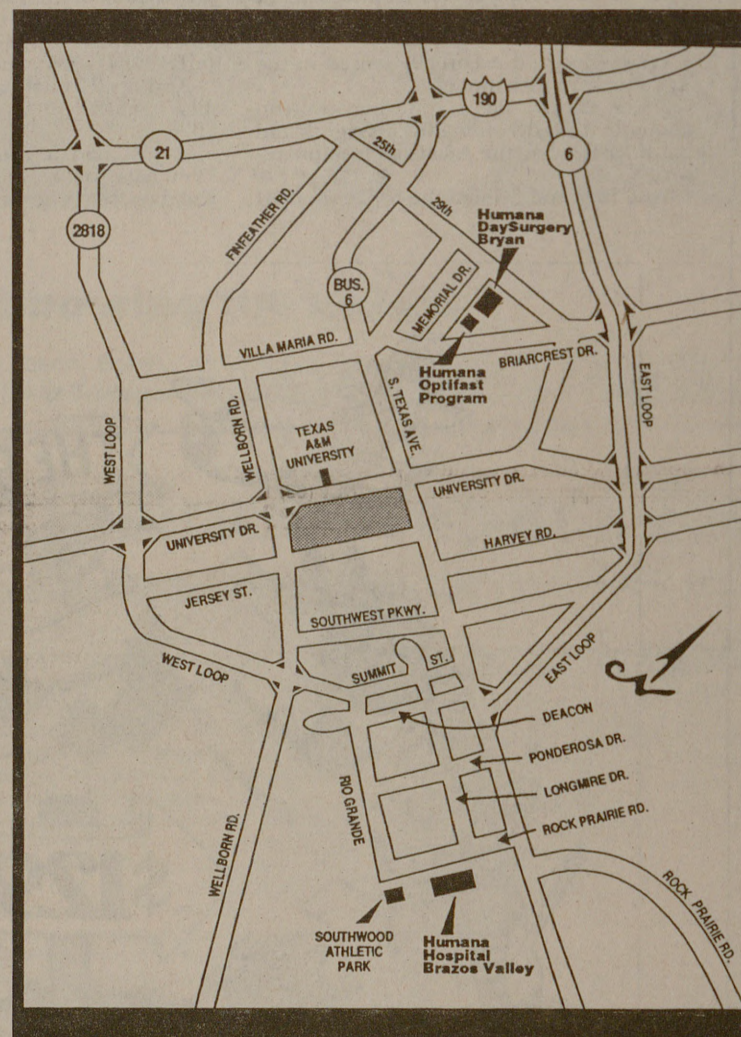
miliar surroundings with a loving family nearby.

DaySurgery is a concept that represents advances in surgical techniques and hospital care. Many different types of surgical procedures are now being performed on a same day basis. Most people find their insurance not only covers the majority of charges for DaySurgery, but also encourages the use of same day surgery to hold down health care costs.

Only your physician can decide whether you are a candidate for DaySurgery. However, surgery on a same day basis is a choice more and more doctors are able to offer their patients. DaySurgery provides a high quality, low cost alternative to regular hospital care.

Humana DaySurgery is now offered in two locations: Humana DaySurgery-Bryan and Humana Hospital-Brazos Valley.

If you or a member of your family is anticipating surgery, discuss DaySurgery with your doctor. This innovative service could be the time and money-saving alternative that's right for you.



## Self-Service vs Full-Service Humana® Emergency Services Just Minutes From Your Home

When you think your injury or illness is minor, it's tempting to treat it yourself. But turning to a professional has its advantages. Like x-rays to be sure your "sprained" wrist isn't really broken. Or professional advice to make sure your chest pains really are nothing to worry about.

The emergency department at Humana Hospital is staffed with specially trained nurses and independent doctors who understand and can respond to your needs in an emergency situation. And because our emergency department is backed by the resources of a quality Humana hospital, we're prepared to handle almost any medical emergency—just in case what you think is a minor injury requires more attention.

So when you need more than "self-service" medical care, don't worry. We'll always be here for you—24 hours a day, 7 days a week. And we're conveniently located so you can reach us quickly and easily.

## Common DaySurgery Procedures

### Biopsy: diagnosis of lumps and bumps

Diagnosis of moles, cysts, or ganglia (swelling beneath the skin), enlarged fatty tissue and swollen lymph glands can safely and easily be done in DaySurgery.

### Arthroscopic Diagnosis and Treatment

Arthroscopy is the examination of the interior of a diseased or damaged joint, by means of a lighted instrument known as an arthroscope. The arthroscope is a small, flexible tube that is inserted through an incision near the affected joint. Using an arthroscope, a doctor will be able to determine what is affecting the function of the joint when symptoms fail to respond to medical therapy.

### Foot Surgery

Today, foot surgery to relieve pain, correct deformities and to improve function can be done safely and easily in DaySurgery. Arthroplasty is the removal of a portion of the toe joint to straighten a "hammer toe." Fibrous tissue fills in the gaps.

### Hernia Repair

A hernia is the abnormal protrusion of part of an organ or tissue. Hernias may develop in various parts of the body and are common in the groin and abdomen. Although various supports and trusses can be tried, the best treatment is surgical repair of the weakness in the muscle wall through which the hernia protrudes. This procedure is called herniorrhaphy and can be done safely and easily in DaySurgery.

### Myringotomy for serious Otitis Media

Fluid buildup in the middle ear is a common disorder among children from birth through around age six. If left unattended, this condition can cause learning and speech disabilities, even permanent loss of hearing. However, with a trip to DaySurgery, correction of serious otitis media can be performed in a matter of minutes.

### Nasal Surgery

Minor aesthetic rhinoplasty can be done to correct the appearance of a large bulbous tip of the nose, an obvious bump or hook, or flared nostrils. Sometimes these and other deformities are inherited at birth, yet may not be fully evident until years later. Reconstructive surgery of the nose is done to correct deformities resulting from birth, trauma, tumors or infections. The end result is improved function and a more desirable appearance.

### Rectal Surgery

Rectal surgery may be recommended by your doctor to relieve bleeding and pain caused by hemorrhoids (dilated anal veins), fissures (anal ulcers) or fistulas (a tunnel or abscess between the wall of the anal canal and outside skin). Procedures to correct these problems can be done safely and easily in DaySurgery.

### Tonsillectomy

A tonsillectomy at Daysurgery means you can enjoy the popsicle in the comfort of your own bed.

"How do I find a doctor who is perfectly suited for my needs?"

"Which doctors will accept my insurance?"

"We're expecting our first child. Can you tell me about the Humana Cradle Club<sup>SM</sup>?"

"Where can I find a CPR class?"

The answers to these and other healthcare-related questions are now easy to find and as close as your telephone through Humana On Call<sup>SM</sup>, a valuable new community service from the healthcare professionals at Humana Hospital-Brazos Valley.

Now with one phone call, you can be referred to quality physicians and specialists, as well as a wide range of community and hospital-based programs and services matched to your specific needs. Your healthcare referral questions will be answered promptly and reliably by our specially trained healthcare representatives from 9 a.m. to 5 p.m., Monday-Friday. And best of all, this service is free.

Humana Hospital-Brazos Valley  
1604 Rock Prairie Rd.  
College Station, TX 77845

Humana On Call<sup>SM</sup>

764-5201

Humana Hospital - Brazos Valley

What's more important than your health?<sup>SM</sup>

HO-75-0040  
©1990 Humana Inc. 4/90