



HEALTH NEWS


Bozeman Deaconess
HOSPITAL

THE MARVELS OF MODERN MEDICINE

FALL ISSUE—2008

Bozeman Deaconess offers Health Screening Day October 25



Along with good health habits—proper nutrition, weight control, daily exercise, stress management, drinking in moderation, and abstaining from smoking—regular physical exams and health screenings shouldn't be overlooked.

On Saturday, October 25, from 8:00 am until noon, Bozeman Deaconess Hospital will offer several screenings at no cost:

- Blood pressure
- Bone density
- Glucose
- Vision tests

In addition, we'll be offering laboratory procedures at reduced cost:

- Comprehensive chemistry screening measuring thyroid, cholesterol, triglycerides, HDL, and LDL (\$27)
- Colon cancer (\$9.00)
- C-reactive protein screens (\$14)
- Prostate specific antigen (\$17)
- Hemoglobin A1C (\$17)
- Homocysteine (\$17)

Remember to fast for 12-14 hours before your blood draw. For more information about the Bozeman Deaconess Health Screening Day call 522-1644 or visit www.bozemandeaconess.org/events.

DIGITAL MAMMOGRAPHY SHOWCASED

As part of Breast Cancer Awareness Month celebrations, Bozeman Deaconess Hospital rolled out a new digital mammography system, obtained through generous donations to the Bozeman Deaconess Foundation.

Advanced Medical Imaging, on the first floor of Highland Park 4 on the hospital campus, hosted an open house October 16, including expert presentations on digital mammography.



DIGITAL MAMMOGRAPHY COMES TO THE GALLATIN VALLEY

DIGITAL MAMMOGRAPHY, which provides the highest quality, most detailed images available, is now available at Advanced Medical Imaging.

"Thanks to generous contributions to the Bozeman Deaconess Foundation, we've replaced our film mammography machines with digital systems," says Heather Rinehart, RT, Women's Imaging supervisor.

While the exam procedure will remain the same, patients benefit from clearer, more detailed, higher quality images. And because the images are stored digitally, diagnostic radiologists instantly can view, share, and compare mammograms, breast ultrasound and breast MRIs. "Digital

mammography will mean better detection of breast lesions, particularly for those with dense breast tissue," says Radiologist Richard Wallace, MD.

Free or low-cost mammograms for eligible patients are still available through the Greater Gallatin United Way/Bozeman Deaconess Mammogram Project or the Montana Breast and Cervical Health Program.

Stereotactic breast biopsies guided by mammograms are another addition, as are DEXA scans to measure bone density.

For more information call Advanced Medical Imaging at 556-5206 or visit <http://bozemanadvanced.com>.




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BREAST CANCER



By Andrew Grace,
MD, FACS

Breast cancer is the most common cancer in women and the second leading cause of cancer death in women. The detection and treatment of breast cancer brings together many medical specialties, often including a radiologist, surgeon, pathologist, radiation oncologist, and oncologist. Surgical therapy is fundamental in the treatment of breast cancer, and nearly everyone with a diagnosis of breast cancer will undergo some type of operation to remove the tumor and assess the lymph nodes.

In years past, surgical treatment of breast cancer usually required mastectomy (surgical removal of the breast). Most patients today choose to undergo breast conservation therapy—where the tumor is removed

and the remainder of the breast is preserved. Breast conservation surgery combined with post-operative breast irradiation yields equivalent outcomes to mastectomy. Sentinel lymph node biopsy is a relatively new operation that determines if the cancer has spread to the axillary lymph nodes (under the arms). This operation, usually done at the same time as the breast surgery, is preferable to a lymph node dissection (which removes many lymph nodes) because of the lower risk of side effects. If the cancer has spread to the sentinel lymph node a more extensive lymph node operation may be needed. For women who choose mastectomy, breast reconstruction by a plastic surgeon can sometimes be done at the time of the breast surgery or at a later date.

At Surgical Associates of Bozeman, an abnormal mammogram or diagnosis of breast cancer are two of the most common reasons patients visit with our surgeons. A majority choose to be treated with breast conservation

therapy. Sentinel lymph node biopsy is available and used in nearly all cases of invasive breast cancer. Often times the necessary surgical procedures can be done in a single trip to the operating room, and occasionally may not even need an overnight hospitalization.

After surgery is complete, treatment may involve breast irradiation and/or adjuvant treatment such as hormonal therapy, biologic therapy, or chemotherapy. Oncologists at the Bozeman Deaconess Cancer Center help guide patients through these choices. Recent data show encouraging trends in outcomes after breast cancer treatment. Since 1990, overall breast cancer mortality has decreased by approximately 24% and for localized disease the survival rate has increased from 80% in the 1950s to 98% today. Without question, improvements in cancer detection, surgical therapy, and adjuvant treatment have allowed for more successful patient outcomes.

BOZEMAN DEACONESS EARNS FIVE-STAR RATING FOR COMMUNITY VALUE

BOZEMAN DEACONESS HOSPITAL ranked in the top 20% among more than 1,500 hospitals to receive a 2007 Five-Star Award for Community Value from Cleverley + Associates, which rates hospitals nationwide. The Community Value Index assesses financial performance, cost structure, and charge status to measure a

hospital's value to its community.

"This is a tremendous achievement," says Gordon Davidson, Chief Financial Officer. "The hospital must be financially



viable for us to improve community health and quality of life. We believe it's important to reinvest in our facility to provide for current and emerging health

needs." The study found that high-performance hospitals, such as Bozeman Deaconess Hospital, have lower lengths of stays and lower debt, which equates to lower charges to patients. "Lower charges greatly benefit patients and employers who pay health insurance premiums," says Davidson.

BOZEMAN DEACONESS WINS TWO NATIONAL AWARDS



Michael Herring, MD

Avatar International announced that Bozeman Deaconess Hospital won two national awards. The "Most Improved Outpatient Department, 2007" award is based on significant improvement on Bozeman Deaconess Outpatient surveys for loyalty and endorsement compared to 2006.

Physician Michael Herring, MD, of Bozeman Deaconess Internal Medicine Associates won the

"Five Star Service Physician Office" award based on the results of the hospital's 2007 items for loyalty and endorsement. It is awarded to the hospital achieving the highest score in Avatar's National Database for Physician Office.

The awards were presented at Avatar's Annual Client Symposium in Orlando, FL.

CARDIAC CARE IN BOZEMAN YIELDS GOOD PATIENT OUTCOMES, SIGNIFICANT COST SAVINGS

STAYING IN BOZEMAN for heart attack care does not compromise and may improve patient outcomes. And care at facilities like Bozeman Deaconess Hospital results in significant cost savings.

Those are among findings pre-

sented by Drs. Dane Sobek and Blair Erb, Jr., and Bozeman Deaconess Cardiac Cath Lab Manager Jennifer Kack at the meetings of the Cardiology Society for Cardiovascular Angiography and Interventions Annual

International in Chicago recently. The study emphasizes that quick treatment is more important than the size of the hospital, and that heart attack patients at Bozeman Deaconess Hospital surpass national survival rates.

PACE PICKS UP IN BOZEMAN DEACONESS EMERGENCY DEPARTMENT

THE PACE AND INTENSITY LEVEL of the Bozeman Deaconess Emergency department is no longer that of a small town ER. In the past, locals could walk in and be seen and treated directly. Gallatin County has grown 20% in less than 10 years.

"Our Emergency Department is often overcrowded. Plans for an expanded Emergency Department are underway," explains Emergency Department Manager Angela Jennings, RN. "Meanwhile, we've initiated a triage practice that helps us determine patient's who must be seen immediately."

Triage is derived from the French word "to sort." If you're a fan of the show MASH you're aware that the military uses triage to sort wounded soldiers in deciding who most needs

immediate treatment and who can wait. "Triage is a valid, reliable system that sorts incoming patients faster and with greater accuracy," Jennings says. Patients and their families need to be aware of what to expect with the triage system.

When Triage is open—from 1:00 pm to 1:00 am—patients will be greeted by a nurse who will check their vital signs, briefly review the patient's current health problem, document allergies and current medications, initiate comfort measures and place orders for simple diagnostic studies (x-ray, throat swab, collection of urine sample). The nurse will continue to reassess patients as they wait to be seen in the Emergency Department. "Our goal is to provide quality patient care in the most timely manner 24/7," Jennings says.



GLUCOSE MONITORING: NEW TECHNOLOGY OPTIMIZES DIABETES TREATMENT



Michael Vlases, MD

NEW CONTINUOUS GLUCOSE MONITORING for patients with Type 1 and Type 2 diabetes with unstable glucose control is available at the Bozeman Deaconess Diabetes Center.

"The new technology provides information that helps practitioners optimize diabetes treatment," says Michael Vlases, MD, medical director, Bozeman Deaconess Diabetes Center. "With continuous glucose monitoring (CGM), we can see glucose patterns much better than with patient logbooks or fingerstick testing alone."

Vlases says CGM is particularly valuable in detecting nocturnal hypoglycemia and detecting hypoglycemic unawareness. Clinical research shows that up to 60% of low glucose levels aren't revealed by fingersticks alone.

The waterproof system is easy to wear and use. "It's not an implant," explains Vlases. "A tiny glucose sensor at the tip of the recorder

(which is about the size of a quarter) easily inserts under the skin. The measurements are collected every five minutes automatically for up to 72 hours. Combined with patient records of meals, insulin and exercise, we can really fine tune therapy."

"The new devices have been used by dozens of our patients over the past year. In most cases, they have provided information that has led to a change in treatment and a lowering of the patients' average blood sugar, or hemoglobin A1C. This translates directly into a lower risk for nerve, eye, and kidney damage associated with diabetes."

Bozeman Deaconess Diabetes Center requires a provider referral. If you need referral forms, please contact the Diabetes Center 522-4600.



ADDITIONAL SPACE, STATE-OF-THE-ART EQUIPMENT IN NEWLY REMODELED NURSERY

BOZEMAN DEACONESS HOSPITAL'S remodeled nursery offers a serene environment for our growing number of newborns. "It gives us a greater ability to care for all babies, especially those that need special care," says Susan Connell, Maternal-Newborn department manager. "We're especially fortunate to have the latest state-of-the-art equipment. That, and our outstanding nursing staff, makes for a wonderful birthing experience."

The expanded nursery accommodates six "increased care" and 20 well babies. Neonatal intensive care includes modern warmers with

improved access to the infant by clinicians and parents. Other features include built-in resuscitation, oxygen, and suction systems and hands-free alarms. Also new is an isolation room for premature babies.

Still to come, Connell says, is "online computer charting electronic health records for both infant and mothers," with patient information available on demand for follow-up appointments and easily accessible to other hospitals with electronic health records.



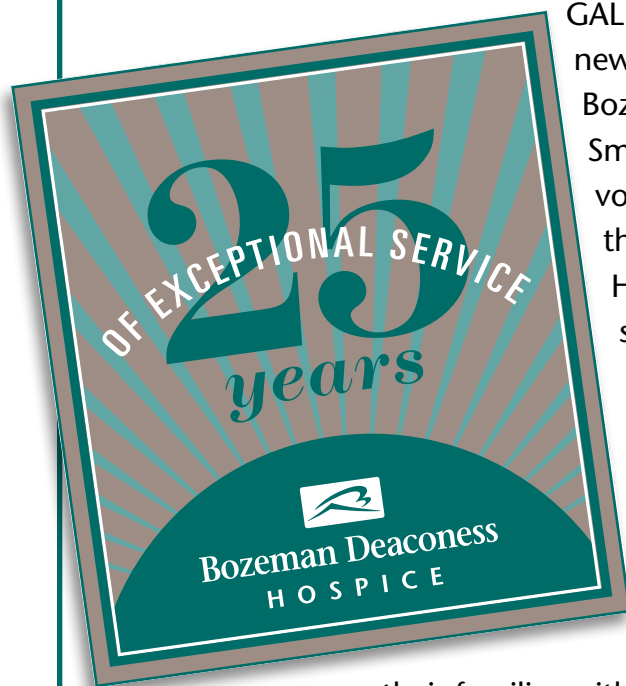
NEW HOSPICE VOLUNTEER COORDINATOR

GALE FARNSWORTH SMITH is the new volunteer coordinator for Bozeman Deaconess Hospice. Smith will recruit and train new volunteers, matching and placing them with patients as needed. Hospice volunteers—those selected for having great empathy—attend a three-day training program before caring for patients and families in their homes. Hospice volunteers are essential members of the team of health professionals who provide patients and

their families with the very qualities people say make life worth living—comfort, dignity and control.

Many of the 50-plus Bozeman Deaconess Hospice volunteers have some personal experience with the program. Smith recently had a six-week experience with hospice before her husband Scott died in November 2007. "Hospice staff and volunteers were essential to getting through a very difficult time," she explained. "And I'm so pleased to be participating in the bereavement group led by a Hospice facilitator at The Wellness Community-Montana."

For more information about the Bozeman Deaconess Hospice Volunteer program call Smith at 585-1099.



AMERICAN HEART ASSOCIATION TRAINING CENTER OPENS



BOZEMAN DEACONESS HOSPITAL is now designated an American Heart Association Training Center for southwest Montana. The Bozeman Deaconess Cardiovascular Training Center will oversee Training Center/Site quality control for Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS) and Basic Life Support (BLS) instruction.

"The mission of the American Heart Association is to double the number of cardiopulmonary resuscitation (CPR)-trained people in the U.S. I'd like to expand our CPR instruction to meet the needs of our growing community," says Devon McReynolds, Training Center Co-

ordinator and emergency medical technician-paramedic. McReynolds says the combination of basic CPR, taught in Advanced Life Support classes with two new defibrillator monitors and three EKG simulators, as well as new infant and adult mannequins for Basic Life Support are saving lives here in Montana. Anyone in the community can learn basic CPR. Financial donations to the Bozeman Deaconess Foundation paid for the new highly interactive training technology.

Physicians, nurses, respiratory therapists, pharmacists and paramedics take Advanced Cardiac Life Support (ACLS) and Pediatric

CANCER CENTER HIRES FINANCIAL CASE MANAGER

DEALING WITH THE FINANCIAL aspects of cancer care can be overwhelming. The Bozeman Deaconess Cancer Center understands and wants to help. The center recently hired a financial case manager whose job is to cut through the red tape and reduce anxiety associated with cost of care. "I'm here to assist our patients in any way, with any Cancer Center related financial needs," says Sharon DeJongh, RN. "I help patients sort through their bills and answer any question they have." She also helps

Cancer Center patients complete insurance pre-authorizations and checks their benefits and eligibility for them.

DeJongh also supports uninsured and underinsured patients by researching various patient assistance programs they may be eligible for and guides those with Medicare on choosing medication reimbursement options that best meet their needs.

For more information contact the Bozeman Deaconess Cancer Center at 585-5070.

PREVENTING DOG BITES

Teach children basic safety around dogs and review regularly:

- Remain motionless (e.g., "be still like a tree") when approached by an unfamiliar dog.
- If knocked over, roll into a ball and lie still (e.g., "be still like a log").
- Do not play with a dog unless supervised by an adult.
- Do not approach an unfamiliar dog.
- Do not run from a dog and scream.
- Tell an adult about stray dogs or dogs acting strangely.
- Do not disturb a dog who is sleeping, eating, or caring for puppies.
- Do not pet a dog without letting it see and sniff you first.
- Avoid eye contact.
- If bitten, tell an adult.



Advanced Life Support (PALS) instruction. McReynolds says the demand for classes has doubled, and he will recruit and train additional instructors.

Community members and health care professionals who wish to enroll in the various levels of CPR may call the Bozeman Deaconess Health Information Center at 522-1644. For more information about the Bozeman Deaconess Cardiovascular Training Center, call 585-5022.

NEW MEDICAL STAFF

Douglas Hartnett, MD, board certified in anesthesiology, joins Gallatin Valley Anesthesia Associates. Hartnett trained at the University of Washington School of Medicine, LDS Hospital in Salt Lake City, and the University of Michigan-Ann Arbor, and practiced in Tacoma, Washington.

Mary O'Rourke, MD, returns to Bozeman from positions as a hospitalist in Michigan and Washington to work in the Bozeman Deaconess hospitalist program. A specialist in inpatient medicine, she trained at the University of Washington School of Medicine, the University of Washington Seattle-Boise Primary Care Program/Boise Veterans Administration Hospital. She is board certified in internal medicine.

Mark D. Winton, MD, an infectious disease and travel medicine specialist, joins the practice of Bozeman Deaconess Internal Medicine Associates. He trained at the University of Missouri-Columbia School of Medicine in infectious disease and pulmonary and critical care medicine, and practiced in Missouri. Winton is board certified in internal medicine and infectious disease, and is the first specialist of his kind at Bozeman Deaconess Hospital.

Meredith Wiltsie, MN, ANP-BC, teams with Dr. Pam Heibert of Bozeman Deaconess

Internal Medicine Associates. Wiltsie trained at the University of Washington and is board certified by the American Nurses Credentialing Center.

Linda Keddington, APRN, a psychiatric nurse specialist at Bozeman Deaconess Internal Medicine Associates, earned BSN and master's in environmental health degrees from the University of Northern Colorado, and a master's in nursing at University of Missouri-Columbia. She's board certified in psychiatric nursing.

Lindy Paradise, MD, has joined Intercity Radiology/Advanced Medical Imaging. She is a graduate of the Medical College of Ohio in Toledo and completed residency in radiology at the University of Texas-Southwestern in Dallas. Paradise, who is board certified in radiology, was fellowship trained in musculo-skeletal radiology at the University of Iowa in Iowa City. She specializes imaging of the musculoskeletal system including x-rays, computed tomography (CT) and magnetic resonance imaging (MRI) of the skeleton, muscles, and joints.

Robert Schoene, MD, joined Bozeman Deaconess Pulmonary Disease & Critical Care. He is a graduate of the Columbia College of Physicians and Surgeons in New York. He completed residency in internal medicine and a fellowship in the division of

respiratory diseases at the University of Washington. He was a professor in the UW's division of pulmonary and critical care medicine. Before moving to Bozeman, Schoene was program director, Department of Medicine Residency Training Program and clinical professor of pulmonary and critical care medicine and physiology at the University of California-San Diego. He is board certified in internal medicine and pulmonary diseases.

Kimberley Marquis, MD, joined Bozeman Deaconess Pulmonary Disease & Critical Care. She is a graduate of Duke University School of Medicine and completed residency in internal medicine followed by a fellowship in pulmonary and critical care medicine at the University of Washington. Before moving to Bozeman Marquis practiced in Seattle and San Diego. She is board certified in internal medicine, pulmonary diseases and critical care medicine.

Melissa Augustyn, MD, has joined Bozeman Deaconess Big Sky Women's Specialists. She received her medical degree from SUNY Buffalo School of Medicine & Biomedical Sciences at Buffalo, NY, and entered residency at University Hospitals of Cleveland—Case Western Reserve, where she completed training in obstetrics and gynecology. Augustyn was in practice with Mountain West Obstetrics and Gynecology Clinic in Tooele, UT. She is board certified in obstetrics and

gynecology

Hannah Parsons, PA-C, who completed a master's degree in physician assistant studies at Pacific University, Forest Grove, OR, has joined Absaroka Emergency Physicians. Parsons is certified by National Commission on Certification of Physician Assistants.

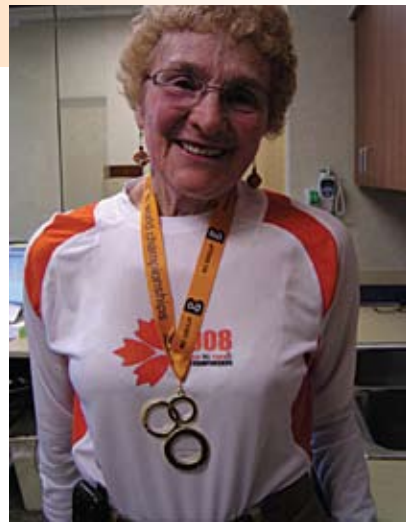
Larry Walker, PA-C, has joined the Bozeman Deaconess hospitalist program. He is a graduate of the Wichita State University Physician Assistant Program and received a master's degree in physician assistant studies at University of Nebraska. Walker, who was in private family practice in Three Forks 12 years cares for patients during hospitalization on medical surgical floors. Walker is certified by National Commission on Certification of Physician Assistants.

Kathryn Lynch, MD, joined Bozeman Deaconess Gastroenterology and is contracted to practice with The GI Clinic. She is a graduate of the University of Nebraska Medical Center, completed residency in internal medicine at St. Joseph Hospital in Denver, CO, and fellowship training in gastroenterology at the University of Colorado Health Sciences Center. Previously she was in practice with the Centers for Gastroenterology in Loveland, CO. Lynch is board certified in gastroenterology.

BOZEMAN DEACONESS NURSE IS WORLD TRIATHALON CHAMPION

MOLLY HAYES, RN, Bozeman Deaconess Internal Medicine Associates, won the 2008 World Championship in her age division Triathlon in English Bay, Vancouver Island, on June 7.

Race officials deemed conditions too dangerous for swimming, and substituted a 5K run, in addition to a 24-mile bike ride and 10K run. She also won the 2007 World Championship Triathlon, held in Hamburg, Germany. Hayes has finished 182 Olympic distance triathlons and will compete in four more this year.



SPEECH AND LANGUAGE SERVICES EXPANDED

SPEECH-LANGUAGE PATHOLOGIST Hilary Mitchell, MS CF-SLP, has joined Bozeman Deaconess Rehabilitation Services. A graduate of Eastern Washington University, Mitchell joins Cheri Wells, CCC-SLP, who has treated patients here since 2006.

The two will evaluate and treat a variety of speech, language, and

swallowing disorders. Wells, a certified VitalStim provider, uses controlled neuromuscular electrical stimulation to treat swallowing disorders. Mitchell will develop outpatient cognitive and neurological rehabilitation programs. For more information, call 585-1002.

HILLCREST SENIOR LIVING BALANCE CLASS

RESIDENTS OF ASPEN POINTE at Hillcrest can participate in a one-of-a-kind balance program designed by Wellness Coordinator, Ginger Lee, BS, Certified Senior Fitness Instructor. Since 2005, a significant percentage of participants have maintained or improved upper and lower body strength, cardiovascular fitness, dynamic and overall balance.

"I find it most helpful," one participant says, "and I feel I have improved in confidence, with less episodes of feeling unbalanced. It is one of the plusses of being at Aspen Pointe."

The program has been "hugely successful" according to Jessie Bloss, Hillcrest Senior Living Program director.



SYNERGY MEDICAL SPA LAUNCHES WEBSITE

A NEW WEB SITE with detailed information about services available at Synergy Medical Spa is now online at www.synergymedicalspabozeman.com.

"The website gives detailed information on each treatment available," says Mariah Allen, Synergy Medical Spa supervisor. "Customers can peruse treatments to determine which is right for them. When in doubt, they can call or e-mail for a consultation."

Massage customers can choose traditional or exotic techniques, sports massage to soothe aching muscles, and specialty massage for couples or pregnant women.

A number of skin and cosmetic treatments are available, all offered in a relaxing, comfortable environment, and include skin care products from Jan Marini Skin Research, a recognized leader and innovator in medically based skin-care.

Body treatments include aroma scrub, green

tea seaweed salt glow, chocolate glow, or specialty treatments for detoxifying and hydrating. "Each body treatment is formulated to create balance in your body, eliminate toxins, moisturize and renew your skin's natural youthful vibrancy," says Allen.

East Asian Medicine integrative therapy promotes the body's ability to heal itself by seeking balance among various body systems. A licensed practitioner offers therapeutic and cosmetic acupuncture, herbal and nutritional consulting, and Asian bodywork.

Visit the Synergy Medical Spa website or call 556-5140 for more information.



KATHRYN BORGENICHT, MD, EARNS AWARD FOR PROMOTING PAIN MANAGEMENT IMPROVEMENT



KATHRYN BORGENICHT, MD, of Bozeman Deaconess Internal Medicine Associates received the "Volunteer Leadership Award" for outstanding service in promoting pain management improvement in Montana at the 2nd Annual

Montana Pain Initiative Conference. Borgenicht, a board certified internist and geriatrician, is medical director of Bozeman Deaconess Hospice and Palliative Care. She has been involved in the Montana Pain Initiative (MTPI) from its inception and is currently medical director of the MTPI's Advisory Council Executive Committee. MTPI addresses issues of education, public policy and legislative action to improve pain management.