



HEALTH NEWS



Bozeman Deaconess
HOSPITAL

THE MARVELS OF MODERN MEDICINE

FEBRUARY ISSUE—2011



CELEBRATING A CENTURY OF COMMITMENT, CARING AND SERVICE

THE YEAR 2011 MARKS AN IMPORTANT MILESTONE FOR OUR NONPROFIT COMMUNITY HOSPITAL. Bozeman Deaconess Hospital is celebrating a century of commitment, caring, and service. What began as a 20-bed hospital with one doctor is now an 86 bed facility with over 160 physicians on medical staff representing 45 specialties.

Today Bozeman Deaconess Health Services is the largest private employer in Gallatin Valley with more than 1300 employees. We're Joint Commission accredited, a verified Level III Trauma Center and are five star rated for Community Value by Cleverley + Associates. Our Cardiac Services, Orthopedics and Gastroenterology are five star rated by HealthGrades. We're a designated Blue Distinction Center for Knee and Hip Replacement by Blue Cross and Blue Shield of Montana. Bozeman Deaconess Diabetes Center has been recognized by the National Committee for Quality Assurance (NCQA) for diabetes care. Bozeman Deaconess Cancer Center is fully accredited with commendation by the American College of Surgeons Commission on Cancer and is a member of the Seattle Cancer Care Alliance Network.

It never occurred to John Bozeman as he led settlers to the Gallatin Valley that he was making history. It also probably never occurred to Dr. Henry Foster when he built the Bozeman Sanitarium on the corner of Lamme and North Tracy that he, too, was making history. Centralized health care began in the Gallatin Valley with Dr. Foster's medical facility. After Dr. Foster died, his widow sold the Bozeman Sanitarium to Dr. J.F. Blair in 1902, and he renamed it the Blair Sanitarium. Blair initially leased his sanatorium to the Deaconesses and then offered to sell it for \$20,000.

In 1911, our hospital, Bozeman Deaconess, was born of a partnership between the community and the Methodist Church when each contributed \$10,000 to purchase the Bozeman Sanitarium from Dr. Blair. Once the sale was complete, the Sanitarium was renamed Bozeman Deaconess Hospital and was managed by Methodist deaconesses.

A "deaconess" was a woman who dedicated their lives to service. The deaconesses cared for patients, cleaned the hospital, and typically received a small stipend plus room and board.

By 1920, additional hospital facilities were needed, and in spite of pressing financial problems at the time, area citizens and the Methodist Church responded in support of a new hospital. The 50 bed hospital cost \$125,000 to complete. The Old Sanatorium was renovated to house the deaconess nurses. The population of Gallatin County at that time was 15,864.

By the 1940s, the last of the deaconesses in Bozeman had moved or retired, closing the era of the deaconess. In 1944, a west wing was constructed to serve as the nurses' dormitory. A few years later, this building was converted to patient services, and the capacity of the hospital was increased to 104 beds.

In 1956, the governing board and management at Bozeman Deaconess saw the growth that would come to the Bozeman area, and thus purchased 500 acres of land in the Hillcrest area. The need for a retirement community became obvious in the 1960s, and a portion of the site became Hillcrest Retirement Community. In 1969, an intensive care unit was built, which attached to the original buildings built in 1920 and 1944.

By 1980 the population in Gallatin Valley had grown to 42,865 and in 1983 the need was established for a modern acute care facility. In light of rapid changes in

healthcare and area population projections, trustees formulated a long range development plan to relocate and construct a new facility west of Highland Boulevard and north of the Hillcrest Retirement Community.

The 86-bed hospital opened in 1986 in an area that offered, and continues to offer, ample space for future expansion of services. At that time there were 60 physicians on medical staff. The 'new' Bozeman Deaconess was built on 90 acres, leaving 400 acres free for future use or sale. Trustees recognized that the land would appreciate and offer the

potential to lower health care costs in the future. In response to requests for office space by area physicians, attached medical office buildings were constructed. Highland Park 1 opened in early 1990. Highland Park 2 was fully occupied by July 1992. Highland Park 3 opened in 1998 for medical office space and also houses the Cancer Center, the Dialysis Center and Outpatient Services. Highland Park 4 completed in 2005.

Between 1996 and 2006 Gallatin County saw a 27% growth rate. Bozeman Deaconess has responded to meet growing community need to improve community health and quality

of life. A 10-bed emergency department opened in October 1999 and plans are underway to begin building a new 25 bed emergency department in 2011. The Cardiac Cath Lab opened in 2003 offering diagnostic catheterizations to 500 patients saving many from having to leave the Gallatin Valley for heart care.

Bozeman Deaconess Health Group began in 2005 as a partnership to support continued access to essential and expanded services to the community. Today, there are 48 employed physicians and 14 employed midlevel providers. A new surgery suite was constructed in 2005, and two new OR suites added, to meet the increased number of surgeries performed at Bozeman Deaconess Hospital.

Bozeman Deaconess Cancer Center was renovated in 2006 to offer fully integrated cancer care. The center is fully accredited with commendation by the

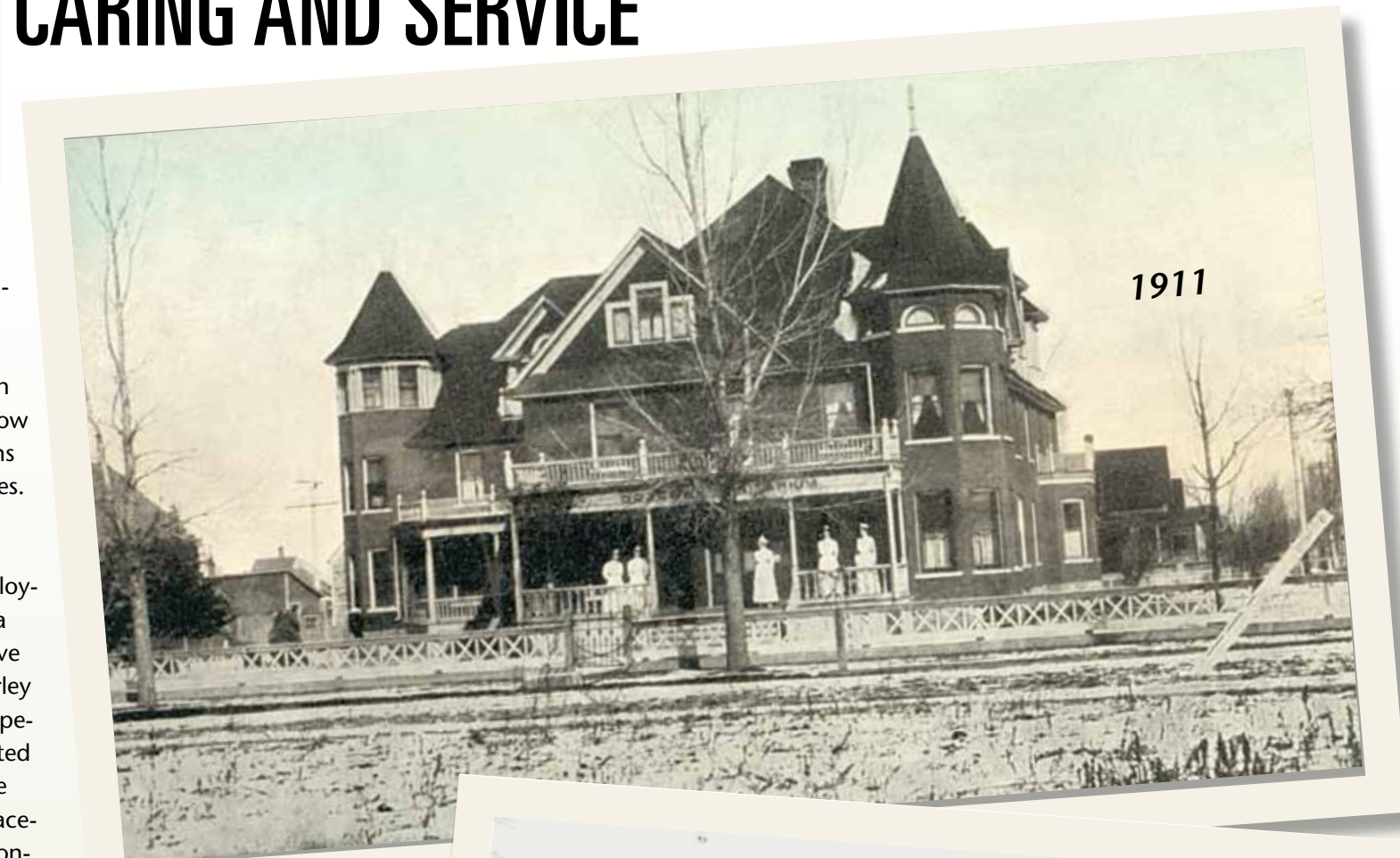
American College of Surgeons Commission on Cancer and a Member of Seattle Cancer Care Alliance Network. Also in 2006, Aspen Pointe added 32 new apartments.

In 2008-09 obstetric delivery rooms were renovated and remodeled and the nursery expanded. In 2009 Vascular Lab opened where radiologists and cardiologists offer minimally invasive procedures to treat vascular disease and blockages.

Other notable additions of new technologies, medical services and treatments new to the Gallatin Valley in the last few years:

- State-of-the-art Laboratory
- Interconnected Electronic Health Records System
- American Heart Association Training Center designation
- Bozeman Deaconess Diabetes Center NCQA Diabetes Management recognition
- Bozeman Deaconess Cancer Center Accreditation
- Blue Distinction Center for Knee and Hip Replacement
- Expanded Nursery and Labor and Delivery suite
- Advanced Clinical MRI, CT-PET scans
- Digital Mammography and Breast Care Coordination at Advanced Medical Imaging
- Expansion of the multispecialty Bozeman Deaconess Health Group to include primary care (family medicine, internal medicine and pediatrics), cardiology, otolaryngology, obstetrics and gynecology, gastroenterology, nephrology, rheumatology, urology, travel medicine, infectious disease, neurology, geriatrics, palliative medicine, oncology and pulmonary medicine and critical care.

Today Gallatin County is home to more than 90,000 people who, along with visitors, seek and receive topnotch medical care at Bozeman Deaconess Hospital. We're grateful to our community for allowing us the opportunity to care for you and grow with you. Please visit our website at bozemandeaconess.org to view Marvels of Modern Medicine available to you 24/7.



1911



1920

It probably never occurred to Dr. Henry Foster when he built the Bozeman Sanitarium on the corner of Lamme and North Tracy that he was making history.



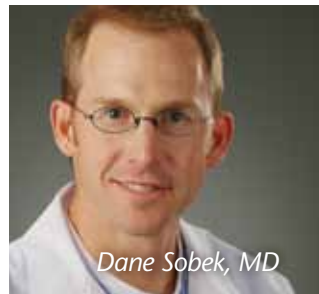
Heather Kjerstad, MD



David King, MD



Blair Erb, MD



Dane Sobek, MD



Hugh Hetherington, MD



James Cleary, MD

BOZEMAN DEACONESS HEALTH GROUP WELCOMES NEW ADDITIONS

physicians join us, bringing the total number of physicians in our multispecialty Health Group to 48." Dr. Loeffelholz says the partnerships between Bozeman Deaconess Health Group will ensure patients continue to receive the same, high quality care they've come to expect.

Patients of Bozeman Deaconess Health Group have convenient access to an array of providers in Bozeman Deaconess Highland Health Park and at several community locations. They also benefit from an interconnected electronic health record system that offers immediate access to a patient's medications, health history, allergies and lab/imaging results. The respective practices will remain in their current locations.

Bozeman Deaconess Belgrade Clinic board certified family medicine physicians James Cleary, MD, David King, MD, and Heather Kjerstad, MD, deliver a range of acute, chronic, and preventive medical care services. "Our patients will continue to interact with our office as in the past and our goal remains to provide the quality of care our patients have come to expect," said Dr. King, who started the family medicine practice as a solo practitioner in 1984. Patients may contact Bozeman Deaconess Belgrade Clinic by calling 388-3334; walk in patients are welcome.

Board-certified cardiologists Blair Erb, MD, and Dane Sobek, MD, of Cardiology Consultants of Bozeman diagnose, treat, and provide rehabilitation of patients with heart and blood vessel disease. "Integration with Bozeman Deaconess Hospital will allow Cardiology Consultants of Bozeman to continue to provide high quality cardiovascular care in an increasingly challenging healthcare environment," according to Drs. Sobek and Erb. "We are excited at the opportunity to create a seamless, unified, quality care plan for people with cardiovascular disease whether they present to the emergency department or to the outpatient clinic." This partnership emphasizes the commitment of both parties to

make Bozeman a premier cardiovascular care center for Southwest Montana. Patients can contact Bozeman Deaconess Cardiology Consultants by calling 522-3959.

Bozeman Deaconess Ear, Nose and Throat and Bozeman Deaconess Big Sky Cosmetic Surgery are staffed by board certified otolaryngologist Hugh Hetherington, MD who provides a full-spectrum of otolaryngology services. In addition, Dr. Hetherington has undergone additional advanced fellowship training in the areas of facial plastic and reconstruction surgery, head & neck cancer, and the treatment of nose and sinus disorders. According to Dr. Hetherington, "Integration will improve teamwork between physicians and streamline administrative processes for patients." Patients can contact Bozeman Deaconess Ear, Nose, and Throat by calling 587-5000 and Bozeman Deaconess Big Sky Cosmetic Surgery by calling 522-3770.

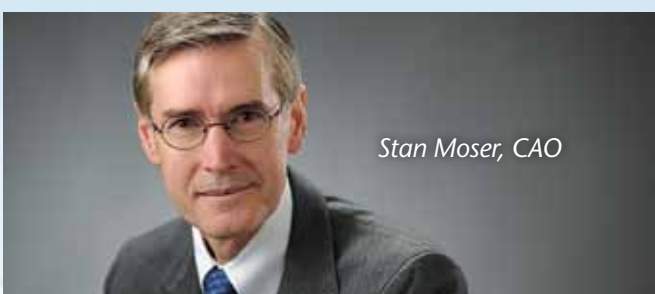
Formerly part of Big Sky Ear, Nose and Throat, Bozeman Deaconess Audiology is staffed by certified audiologist Trang Rogers, Au.D., and Shey Mayland, M.S., who provide state of the art diagnostic equipment and an extensive selection of hearing aids. Patients can contact Bozeman Deaconess Audiology by calling 587-5000.

Bozeman Deaconess Health Group employs more than 60 primary care, specialist physicians, and healthcare providers, offering patients the benefit of receiving coordinated care in multiple locations with timely and convenient access. The multispecialty group includes primary care (internal medicine, family medicine and pediatric) physicians, along with physicians who practice cardiology, diabetes care, gastroenterology, geriatrics, gynecology, infectious disease, medical oncology/hematology, nephrology, neurology, obstetrics, otolaryngology, palliative medicine, pulmonary disease and critical care, rheumatology, sleep medicine, travel medicine and urology.

Belgrade Clinic, Big Sky Cosmetic Surgery, Big Sky Ear, Nose & Throat and Cardiology Consultants of Bozeman joined the Bozeman Deaconess Health Group February 1. Bozeman Deaconess Health Group—a multispecialty group of physician clinics—cares for patients throughout Gallatin Valley. "We look forward to these physicians and their clinic staff joining the Bozeman Deaconess Health Group," says Bozeman Deaconess Health Group Vice President Bill Pfingsten. "Our primary goal continues to be providing excellent care to our patients."

"The addition of Belgrade Clinic is critical to providing continued access to medical care to patients in Belgrade, Manhattan and Three Forks," says James Loeffelholz, MD, president, Bozeman Deaconess Health Group. "We are fortunate to have these superb otolaryngology and cardiology

WELCOME TO BOZEMAN DEACONESS



Stan Moser, CAO

Stan Moser has joined Bozeman Deaconess Health Services as Chief Administrative Officer. Moser, who holds a master's in business administration from Idaho State University, has over 25 years healthcare finance experience. He was chief financial officer at non-profit hospitals in Gilroy, Tracy and San Jose, CA and at Providence Health Systems in Everett, WA. He spent five years as chief financial officer at Billings Clinic where he worked collaboratively with Bozeman Deaconess, Community Medical Center, St. Peter's Hospital, Benefis Healthcare and Northern Montana Healthcare along with New West Insurance, a provider-sponsored health plan, and 14 other Mountain States Hospitals to develop MSRRG which provides malpractice insurance to

Bozeman Deaconess Hospital, as well as over 20 hospitals in the Northwest. Since 2006 Moser has directed financial and risk management operations for a 240+ physician group, Mount Kisco Medical Group, north of New York City.

Moser, who will direct principal operations for Bozeman Deaconess, notes that the accomplishments in quality and safety here "are stunning to me. You usually find this kind of effort in 400 to 500 bed hospitals, not in facilities our size. Everyone has a tremendous amount to be proud of...Bozeman Deaconess is a gem."



Michael C. Maxwell, MD

Thoracic and vascular surgeon Michael C. Maxwell, MD has joined the

medical staff at Bozeman Deaconess Hospital and will travel to Bozeman from his Chandler, AZ practice three days a month. Dr. Maxwell, who is board certified in surgery and thoracic surgery, is a graduate of the Bowman Gray School of Medicine at Wake Forest University. He completed general surgery residency at Wake Forest University Medical Center where he also was a cardiothoracic surgery research fellow and resident.

Dr. Maxwell will team with Garth Olds, MD, Surgical Associates, to perform vascular and thoracic surgery at Bozeman Deaconess Hospital. Dr. Olds, who is board certified in surgery, has been a member of the Bozeman Deaconess Medical Staff since 2001.

Rob Lininger, PA-C, Alpine Orthopedics and Sports Medicine, has earned a master's of physician assistant studies at Rocky Mountain College and was first assistant in the OR for Orthopedics Specialists of Central Arizona before returning to Montana. Lininger has National Commission on Certification of Physician Assistants certification.

BOZEMAN DEACONESS HOSPITAL, COMMITTED TO SAFE CARE

NATIONWIDE, NEARLY 100,000 DEATHS OCCUR IN HOSPITALS EACH YEAR DUE TO MEDICAL ERRORS. That translates to one patient death every five minutes. This statistic is startling and Bozeman Deaconess is committed to doing all we can to eliminate risks to our patients. As our patient, your safety is our priority.

Bozeman Deaconess is making a concerted effort to teach employees very simple human error prevention strategies that can change the entire system for the better. Our goal is to eliminate serious safety events. "These training strategies have been used in other industries, and more recently in healthcare, to great effect. We want to use the same behavior-based approach to error prevention to drastically reduce the rate of preventable harm to our own patients," said Bill Robinson, MD, chief medical officer.

Bozeman Deaconess is implementing human error prevention strategies throughout the hospital—from nursing to nutrition services and environmental

services to pharmacy and radiology to rehabilitation services. Employees at Bozeman Deaconess realize that no matter where you work in a health system, you can impact patient safety. According to Dr. Robinson, "Real change won't happen until effective safety habits become second nature in our thoughts and practices. We're training employees to understand and acknowledge the behaviors that cause mistakes."

So what should you expect from Bozeman Deaconess?

We will continue to invest in technology that improves patient safety. For example, we utilize technology such as electronic health records. Numerous studies have demonstrated the efficacy of automating the electronic health record particularly as it relates to the reduction of medication errors.

Electronic health records also allow us to document interactions with patients, view medical histories and insurance information, make referrals, order

laboratory tests and view test results, send electronic prescription requests to pharmacies and flag potentially harmful drug interactions. One example of this technology in practice is our staff scans bar-codes on medications and matches them to patient identification bands to ensure that the medication that is about to be administered is correct.

We will ensure that the right patient receives the right care. We will do this by asking you for your full name and date of birth prior to initiating any type of treatment or service. Even though we might know you, it is important for us to use two patient identifiers to match your information with the order for your treatment or service. It may seem like a hassle to continually supply your name and birth date, but this is how we prevent error.

More recently, we introduced Five Safety Habits every employee should be aware of to prevent harm. They include: Paying Attention to Detail (focus on the task at hand to avoid unintended errors), Communicating Clearly (ensure we hear things correctly, understand accurately and say things clearly), Having a Questioning Attitude (think critically and follow expectations to ensure that our actions are the best), Speaking Up for Safety (be an advocate for you patient and your team members by identifying

We are implementing human error prevention strategies throughout the hospital—from nursing to nutrition services and environmental services to pharmacy and radiology to rehabilitation services.

unsafe practices) and Never Leaving Your Wingman (demonstrate a personal commitment to our team members and our patients).

When you visit Bozeman Deaconess Hospital, you'll notice that we implemented an organization-wide safety campaign in which employees are recognized for practicing these five safety habits. We applaud and appreciate our employees for taking the time to do the right thing and practicing these five critical safety habits.

We will continue to strive to improve our ability to deliver reliable safe healthcare to our patients and eliminate preventable harm entirely. Your safety is our first priority.

PREVENTIVE HEALTH CARE PRESCRIPTION:

Plan to attend Bozeman Deaconess Health Screening Day, Saturday, April 2, 7:00 am-1:00 pm, Conference Center.

HEART MONTH



BYSTANDERS TRAINED IN CPR SAVE LIVES



THE AMERICAN HEART ASSOCIATION CARDIOVASCULAR TRAINING CENTER AT BOZEMAN DEACONESS OFFERS FIRST AID AND CPR COURSES that will give you the confidence to respond in an emergency situation with skills that can save a life.

Programs are available for any age and can be tailored to the needs of specific groups and individuals. Whether you work with children, want training for employees, are a professional rescuer, or simply want to know how to help someone in an emergency, we have a program for you. Call the Bozeman Deaconess Health Information Center at 522-1644 for more information or to sign up for a course. Course listings are available at www.bozemandeaconess.org/communityprograms.



WARNING SIGNS OF HEART ATTACK, STROKE & CARDIAC ARREST

Heart Attack Warning Signs:

- **Chest Discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in Other Areas of the Upper Body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of Breath:** With or without discomfort.
- **Other Signs:** May include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to

experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Stroke Warning Signs:

- Numbness or weakness of the face, arm or leg, especially on one side of the body.
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

Cardiac Arrest Warning Signs:

- Sudden loss of responsiveness.
- No normal breathing

Heart attack and stroke are life-and-death emergencies—every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past.



For more information about Heart Month activities visit bozemandeaconess.org/events.

IMPORTANT INFORMATION FROM BOZEMAN DEACONESS HEART CENTER



IF YOU OR SOMEONE YOU LOVE SUFFERS FROM HEART OR VASCULAR DISEASE, BOZEMAN DEACONESS HEART CENTER IS HERE TO HELP. We have board-certified physicians, state-of-the-art technology and a full range of services to help you live a longer, healthier life.

Diagnosing ailments of the heart and circulatory system is more precise and accurate than ever before thanks to continuing developments and improvements in imaging technology. Cardiovascular specialists now have the ability to see and study the heart and blood vessels in amazing detail with several minimally invasive procedures.

Bozeman Deaconess Heart Center has a state-of-the-art cardiac and vascular lab where cardiologists and radiologists perform minimally invasive life-saving and life-improving endovascular procedures, using catheters inserted into blood vessels. The most common tools used by interventional cardiologists and radiologists are catheters, small balloons, stents, and filters.

- Tiny balloons push plaque aside
- Stents support artery walls and keep them open
- Occluders, delivered by catheter, seal heart defect
- Catheter instruments with rotating blades carve out and remove plaque
- Retrievable and permanent inferior vena cava filters trap clots
- Wire IVC filters are often placed before major surgeries—a lifesaving procedure that prevents pulmonary embolism.

The cardiac and vascular Lab features a new fully digital Philips AlluraXper FD20 fluoroscopy system that captures detailed images of a patient's vascular system. It provides crisp, virtually distortion-free visualization of small details to support endovascular procedures such as revascularizations and declottings. The imaging system is faster and more accurate in diagnosing and treating disease, exposing patients to less radiation. It is also equipped with a computer system that archives and displays animated, dynamic images.

Staying in Bozeman for heart attack care does not compromise patient outcome, in fact, it may improve outcomes. And, heart attack care in a rural non on-site surgery facility like Bozeman Deaconess results in significant cost savings compared to being flown to a nearby on-site surgery facility. That's because quick response to heart attack care is paramount, not necessarily the size of the facility the victim presents to. Patients who present to Bozeman Deaconess with acute heart attacks have outcomes that surpass national survival rates for this medical emergency.

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Medical Conditions Treated:

- Heart Attack (Myocardial Infarction—blockage of one or more major heart arteries)
- Coronary Artery Disease
- Peripheral Artery Disease (PAD)
- Embolism
- Prophylactic Pulmonary Embolism prevention
- Deep Vein Thrombosis
- Stroke
- Atrial Septal Defect (congenital condition that causes improper blood flow that can lead to enlarged or weakened heart)
- Patent Foramen Ovale ('Hole in the heart')



Interventional Procedures:

- Graft and Fistula evaluations and declottings
- Angioplasty
- Peripheral Angiograms and Venograms (including carotid and cerebral ateriography)
- Arterial Embolisms
- Arterial and Venous Thrombolysis
- Stent placement
- Leg Bypass Procedures
- Revascularizations
- Inferior Vena Cava Filter Placement and retrieval

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Do not ignore your symptoms or talk yourself out of calling 911 if you have chest pain. The longer you wait to call an ambulance, the more damage your heart will sustain.

- Three health factors to be aware of and control are triple threats to cardiovascular health: diabetes, elevated cholesterol and high blood pressure.
- Exercise is medicine. If exercise were given in a daily pill, it would be the single most beneficial medicine in the world.

Cardiovascular Rehabilitation Following a Heart Event

It's a standard of care for people who have any type of heart event or heart mending procedure to participate in cardiac rehabilitation. (Heart events include heart attacks and congestive heart failure and heart mending procedures such as bypass surgery, angio-

plasty, stent and valve surgeries.) Bozeman Deaconess Cardiac Rehabilitation is a multi-disciplinary American Association of Cardiovascular Pulmonary Rehabilitation

accredited program that offers medically supervised programs for people with diagnosed illness, heart, or breathing conditions, along with adults who have lifestyle risk factors like obesity, high blood pressure or sedentary lifestyles.

Blair Erb, MD, Bozeman Deaconess Cardiology Consultants, is medical director of the department. The rehab team, working closely with primary care physicians, tailors a program for each person. Everyone's rehabilitation program involves a combination of education, exercise, and intensive cardiovascular risk reduction.

A physician referral is required for all services and every person gets an individualized, medically supervised program.

Best Heart Medicine is Prevention

Terry Dutro, RN, BC, BSN, manages the Cardiac Pulmonary Rehabilitation department at Bozeman Deaconess Heart Center. She has 37 years' experience helping people regain their health and wellness following a heart event. She offers six excellent cardiovascular health tips:

- First and foremost: Know that Bozeman Deaconess Heart Center has the best medical team and technology, but if you don't get here we can't help you. Do not ignore your symptoms or talk yourself out of calling 911 if you have chest pain! The longer you wait to call an ambulance, the more damage your heart will sustain.
- Modest lifestyle and behavioral changes can improve your health and move you in the right direction. Those who make behavioral changes before developing any serious health risks can look forward to a better quality of life and move toward excellent heart health.
- Cardiovascular health is really about two basic components: Ideal health behaviors and ideal health factors. I recommend you follow Life's Simple Seven—lose weight, get active, control cholesterol, manage blood pressure, reduce blood sugar, quit smoking and eat better.
- "Knowing" is not the same thing as "doing." Four simple healthy behaviors are: Not smoking—smoking is as bad for your arteries as it is for your lungs. Maintaining a healthy weight, getting active and eating better.



Four simple healthy heart behaviors:

1. Not smoking
2. Maintaining a healthy weight
3. Getting and staying active
4. Eating healthy food

EXERCISING IN BITTER COLD



Robert Schoene, MD

By Robert Schoene, MD, Bozeman Deaconess Pulmonary Disease and Critical Care

ATHLETES LIVING IN THE GALLATIN VALLEY ARE FACED WITH SEVERAL COLD SNAPS WHICH POSE PROBLEMS BOTH FOR TRAINING AND COMPETITION. Sub-zero cold creates two problems for individuals who exercise in spite of the weather. Injuries can occur to the skin, hands, and feet as well as to the airways and lungs.

Relatively brief bouts of vigorous exercise of an hour or two can bring superficial cold injury to the face, fingers, and toes while more prolonged time with less intense exercise may lead to true frostbite. I will deal with the first scenario which more commonly encompasses workouts and competition.

All exposed skin is vulnerable to frostnip which is actual freezing of the superficial skin layers which upon warming becomes red and blistered and can end up with scarring upon healing. Furthermore, these injuries to the chin, cheeks, nose, or ears can insidiously occur without one's knowing it. Wearing a mask or balaclava hat is an easy way to cover these vulnerable areas.

Wearing such gear can also minimize irritation and even injury to the upper airway. Inhaled air is quickly warmed to body temperature by the mid-trachea, but very high rates of breathing from intense exercise can still expose the upper airway to cold air. Irritation of the upper airway can lead to irritating cough and even incite exercise-induced asthma which is not uncommon during exertion in cold, dry air which is common in Gallatin winters. Again, using some sort of non-constricting face mask can initiate the warming and humidifying process and minimize the effects of cold air in the sensitive airway.

Finally, following rules to decrease the chance of body cooling is essential to avoid shivering and hypothermia. Loss of body heat by convection (the wicking of temperature from the body by wind) and

evaporation (the vaporization of water from the skin) are the two most important ways to lose body heat in short, intense exercise bouts. Judicious layering of non-absorbent clothing that can wick sweat from the body surface will minimize loss of heat by evaporation while a breathable wind shell will decrease heat loss from convection. It would be unusual to become hypothermic during an hour ski or run, but loss of heat can occur rapidly upon stopping. Therefore, if one is to remain outside for a while after exercise, it is important to strip off sweaty

clothes, dry off, and quickly replace those clothes with similar dry garb and a wind shell remembering that the head needs to be covered as well. Modern technology has afforded us great advances from the days of cotton and wool which absorbed sweat and hung on the body as a cold layer.

There is no need to avoid exercise in the cold. Just be thoughtful and careful.

There is no need to avoid exercise in the cold. Just be thoughtful and careful.

Same Day Appointments Available!

WE'RE IN EARLY, LATE, AND WEEKENDS TO KEEP YOU HEALTHY

Life is complicated. Finding time to see a doctor when you need one can be a major inconvenience. That's why Bozeman Deaconess Internal Medicine, Family Medicine and Pediatrics have expanded hours and same day appointments. Call for an appointment with one of our healthcare professionals. We'll do our best to make it convenient.

<p>BOZEMAN DEACONESS INTERNAL MEDICINE</p> <p>BRIDGER INTERNAL MEDICINE Tel: 406-556-5506 Mon-Fri: 8 am-4:45 pm</p>	<p>HATHAWAY INTERNAL MEDICINE <i>Michael Spinelli, MD and Karen Izbicki, PA-C</i> Tel: 406-556-5533 Mon-Fri: 8:30 am-4:45 pm</p>	<p>INTERNAL MEDICINE ASSOCIATES Tel: 406-522-2400 Mon-Thurs: 8:00 am-7:00 pm Fri: 8:00 am-5:00 pm Sat: 8:00 am-12:00 pm</p>
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BOZEMAN DEACONESS FAMILY MEDICINE/PEDIATRICS

MEDICAL ASSOCIATES
Tel: 406-587-5123
Mon-Thurs: 8:00 am-7:00 pm
Friday: 8:00 am-6:00 pm
Saturday: 9:00 am-12:00 pm

Bozeman Deaconess HEALTH GROUP
www.bozemandeaconess.org/healthgroup



STUDY REVEALS BENEFITS OF EARLY PALLIATIVE CARE



Kathryn Borgenicht, MD

QUALITY OF LIFE IMPROVEMENT, HALF THE RATE OF DEPRESSION AND A LONGER LIFE. It's not a junk email pitch. It's what researchers learned about the benefits of early palliative care in patients with advanced lung cancer. Kathryn Borgenicht, MD, is medical director of Palliative Care at Bozeman Deaconess Hospital. She says patients who receive a diagnosis of serious illness often worry that if they begin palliative care they can no longer receive treatment. "This study, published in the *The New England Journal of Medicine*, is the first to show that the sooner we begin a team approach that focuses on managing pain, symptoms, and emotional distress the better for patients," Dr. Borgenicht states.

Researchers compared patients diagnosed with small cell lung cancer who received standard care with those who were given palliative care—in addition to standard care—right after diagnosis.

"The patients who received palliative care in addition to standard care had marked improve-

ment in quality of life, a 50 percent lower rate of depression and they lived 2.5 months longer than patients not receiving palliative care early. In this disease, two months is a significant amount of time. We were all surprised with the magnitude of the impact."—Study author Dr. Jennifer S. Temel, an assistant professor of medicine at Harvard Medical School and a thoracic oncologist at Massachusetts General Hospital in Boston.

Dr. Borgenicht says she anticipates, thanks to the study, more patients with serious illness will accept palliative measures early on in their illness rather than holding off, bearing pain and anxiety. "With palliative care, we can help patients focus on quality of life during the time they have to live—however long that may be," she says.

The study showed that patients in the palliative care group lived an average of 11.6 months, while those in the standard care group lived less than nine months. "This was true even though those people seen by palliative care tended to opt for less aggressive chemotherapy as their illnesses worsened and many more have orders that they not be resuscitated in a crisis," Dr. Borgenicht notes.

The Bozeman Deaconess Palliative Care consult service is in its 6th year and includes Dr. Borgenicht, nurse practitioners who specialize in palliative medicine, social workers, spiritual counselors, massage therapists and music therapist. Dr. Borgenicht is board certified in palliative medicine. "We work with patients who have serious illness and their families to help address symptoms that may not be controlled," she says. "The team often helps the patient understand the

nature of their disease and their preferences for treatment."

In addition to hospitalized patients, Dr. Borgenicht sees those who have serious illness and may need a palliative care evaluation in her Bozeman Deaconess Internal Medicine Associates clinical practice.



Rebecca Murphy, FNP-BC, is now in practice with Bozeman Deaconess Internal Medicine Associates. Murphy, a board certified nurse practitioner and hospice nurse at Bozeman Deaconess since 1989, earned her master's in nursing at Montana State University in May 2009. She works with Kathryn Borgenicht, MD providing geriatric and palliative care services including in-home and nursing home care.

REHABILITATIVE THERAPY FOR PEOPLE WITH PARKINSON'S

WHEN SOMEONE HAS PARKINSON'S DISEASE, EVERYTHING BECOMES SMALLER. The steps they take. Their reaction time. Even their voice. In addition to tremors and difficulty walking, eventually 100 percent of Parkinson's patients will develop a communication disorder. "Intensive LSVT LOUD speech exercise therapy improves both the voice and speech for up to two years following treatment," says Audra McAllen, MS, CCC-SLP, Bozeman Deaconess Rehabilitation Services speech-language pathologist. She recently became a certified LSVT clinician and is currently the only one to offer the intensive training treatment to patients with Parkinson's disease living within 200 miles of Bozeman.

Joshua Knappenberger, MD, of Bozeman Deaconess Neurology, endorses the therapy. "Clinically, I have been really pleased with LSVT therapy. The difference it can make in a patient's voice is really impressive, and I have seen it significantly improve the quality of life for Parkinson's disease patients," he states.

Intensity is a big variable in the treatment; prospective patients must commit



Intensive LSVT LOUD speech exercise therapy improves both the voice and speech for up to two years following treatment.

to four sessions a week for four weeks along with assigned homework practice. "LSVT is based on principles of motor learning," McAllen explains. "Exercising is as important as medication. It's a use it or lose it situation." She says because people who have Parkinson's disease perceive themselves as talking at a normal level—when others may only hear a whisper—they need to practice both talking

LOUD and it works because they say the phrases regularly and we practice saying them hundreds of time in treatment—loudly." The phrases, she says, might be 'good dog' or 'where's the remote?'

The aim is to make loud speech automatic without the need for verbal cues. Approximately 80% of patients maintain treatment improvements in their voice for up to 24 months post-treatment; follow up sessions are offered to recalibrate the way a person's brain perceives their own vocal loudness.

For more information on LSVT treatment for Parkinson's disease or to make an appointment with McAllen, contact Bozeman Deaconess Rehabilitation Services at 585-1002.

Audra McAllen, MS CCC-SLP, Bozeman Deaconess Rehabilitation Services, recently completed fellowship

training and successfully passed American Speech Language Hearing Association (ASHA) exams earning CCC-SLP certification. In November she completed clinical practicum training and became a certified LSVT LOUD therapy clinician. Her research paper "Speech and Manual Reaction Time as a Function of Dopaminergic Medication in Parkinson's Disease" was published in the September issue of the Journal of Medical Speech-Language Pathology.

and thinking LOUD. The treatment has proven effect on articulation and voice quality. It decreases monotone and can also be neuroprotective, slowing degeneration of speech.

"Patients become used to their smaller voice and the treatment teaches them to talk in a loud voice until it sounds normal to them," McAllen says. "We practice phrases they already use daily. These become the 'built-in' internal cue to be

Lee Silverman Voice Treatment (LSVT) is an innovative and clinically-proven method for improving voice and speech in individuals with Parkinson disease.

BOZEMAN DEACONESS DIABETES CENTER EARNS NATIONAL RECOGNITION FOR QUALITY ASSURANCE

BOZEMAN DEACONESS DIABETES CENTER HAS EARNED NATIONAL COMMITTEE FOR QUALITY ASSURANCE (NCQA) RECOGNITION FOR DIABETES CARE. According to Bozeman Deaconess Diabetes Center Medical Director Michael Vlases, MD, "Our Center earned three-year NCQA recognition through our overall high quality of diabetes care. Patients cared for at the Diabetes Center exceed standards for blood glucose control and surveillance for complications including nerve damage, eye damage, kidney damage, control of cholesterol and control of blood pressure."

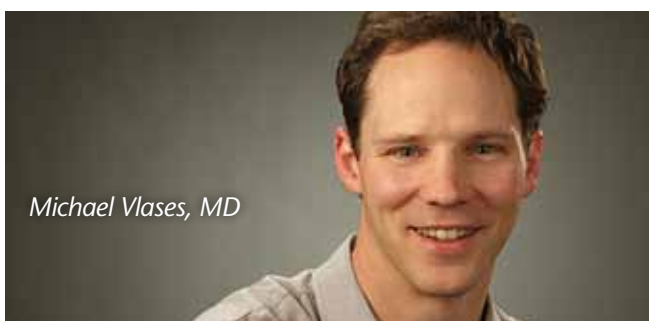
The Bozeman Deaconess Diabetes Center is a Bozeman Deaconess Health Group specialty referral clinic. "We are proud to be the first provider group in the state of Montana to earn NCQA recognition," says Bozeman

Deaconess Health Group President James Loeffelholz, MD FACP.

Bozeman Deaconess Diabetes Center also meets national standards as a Diabetes Self-Management Education Program and was awarded continued recognition from the American Diabetes Association. Bozeman Deaconess Diabetes Center provides comprehensive individualized diabetes care plans and services include diabetes self-management education, medical nutrition therapy, glucometer training and monitoring and physician-directed medication starts, titrations and monitoring.

The NCQA/ADA Diabetes Recognition Program is a voluntary effort to identify clinicians who provide diabetes care consistent with the comprehensive diabetes care

measures within the Healthcare Effectiveness Data and Information Set (HEDIS®), ADA's Standards of Medical Care and the Diabetes Quality Improvement Project.



Michael Vlases, MD



ACT NOW! DIABETES PREVENTION PROGRAM ACCEPTING REFERRALS

A new program that is proven to reduce the risk of developing diabetes and cardiovascular disease is now accepting patient referrals.

BOZEMAN DEACONESS DIABETES CENTER IS SPONSORING A 16-WEEK COURSE TARGETING PERSONS MOST AT RISK FOR DEVELOPING TYPE 2 DIABETES; this program will be open to 40 participants in 2011.

The ACT NOW! Your Actions Today Can Prevent Diabetes Tomorrow program, offered by Bozeman Deaconess Diabetes Center, is a program of nutrition education and counseling, and physical activity coaching for adults. Participants will be selected from those at risk for developing type 2 diabetes or heart disease. To be eligible, participants must have a referral from their physician, and be ready to commit to a 16-week series of classes and 6 monthly classes which include keeping a daily food intake and physical activity log. Participants must also meet certain eligibility criteria, such as being overweight, elevated blood sugar, elevated blood pressure, and history of gestational diabetes or lipid disorders. The first class will meet February 28 at 5:30 pm at Bozeman Deaconess Hospital.

The program is funded through a grant from the Montana Department of Public Health and Human Services and is offered at a cost of \$150 (\$50 will be refunded to participants who complete the full 16 week and 6 month follow-up program). ACT NOW! is based on

several studies that show intensive lifestyle changes reduce the incidence of diabetes in persons at risk of developing the disease.

People who lose seven percent of their body weight, maintain that weight loss, and integrate 150 minutes of moderate physical activity a week into their lives can reduce the risk of developing diabetes by 58 percent. Lindsey Kordick, registered dietitian and program lifestyle coach, says, "We will work closely with participants to help them make and maintain these changes in their lifestyle."

In Montana, the Centers for Disease Control (CDC) reports in 2005 roughly 44,000 (5.4 percent) of adults have been diagnosed with diabetes. About 60 percent of adult Montanans are overweight or obese, and 19 percent of Montana adults reported engaging in no leisure-time physical activity. Diabetes and heart disease can be prevented with healthier eating habits and becoming more active. The ACT NOW! program offers participants an opportunity to get coaching, education and support to develop and maintain lifelong healthy habits.

"We are excited to be able to offer this proven national program to our Bozeman community," says Paige Reddan, registered dietitian and Certified Diabetes Educator

at Bozeman Deaconess Diabetes Center. Class sessions will be held at Bozeman Deaconess Outpatient Services at N. 19th Avenue and a four month membership to The Ridge Athletic Club is included in the program. For the first grant period, February through June, 20 participants will participate in the program. The second grant period will begin in August with another 20 participants. Eligible participants will be enrolled on a first come first serve basis.

For more information about ACT NOW! contact Bozeman Deaconess Diabetes Center at 556-5331 or visit: www.bozemandeaconess.org/diabetescenter.

This project is funded, in part or in whole, under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department.

Diabetes and heart disease can be prevented with healthier eating habits and becoming more active. The ACT NOW! program offers participants an opportunity to get coaching, education and support to develop and maintain lifelong healthy habits.



ER Campaign Achieves Extraordinary Success in 2010; Foundation Looks Forward to Continued Generosity

BOZEMAN DEACONESS FOUNDATION WRAPPED UP 2010 WITH THE MOST PRODUCTIVE MONTH IN ITS 13 YEAR HISTORY. The Cornerstone Campaign to build a new Emergency Services Department received over \$1.7 million in December, bringing the total amount raised to \$7.4 million towards the \$9 million fund raising goal.



Bozeman Deaconess Hospital will break ground this spring on the project which will expand the ER from the 10 rooms it has today to 25 rooms. The foundation will continue to raise funds throughout the anticipated 18 month construction timeline with the intent of raising as much as possible toward the overall \$15 million need. Tax deductible donations can be made on-line at www.whatdoyouexpecttoday.com.

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100th Anniversary

SAVE THE DATE
Bozeman Deaconess Foundation's Hospitality 2011
Celebrating a Century of Commitment, Caring and Service
Saturday, the Thirtieth of April, Two Thousand Eleven
Six o'clock in the evening until midnight
\$125 per guest

For more information and to reserve your seat:
(406) 585-1085

Bozeman Deaconess
Foundation
bozemandeaconessfoundation.org

THE MARVELS OF MODERN MEDICINE

Bozeman Deaconess
HOSPITAL

HEALTH NEWS

Cardiologist Blair Erb, MD

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Committed to Safe Care: Bozeman Deaconess is making a concerted effort to teach employees very simple human error prevention strategies that can change the entire system for the better.

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February is Heart Month: Bozeman Deaconess Heart Center has a state-of-the-art cardiac and vascular lab where cardiologists and radiologists perform minimally invasive life-saving and life-improving procedures.

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Helping Parkinson's patients be heard through LSVT therapy: The treatment has proven effect on articulation and voice quality. It decreases monotone and can also be neuro-protective, slowing degeneration of speech.

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ACT NOW!: "Your Actions Today Can Prevent Diabetes Tomorrow" program is now accepting referrals on a first come first served basis.