



Bozeman Deaconess  
HOSPITAL



THE MARVELS OF MODERN MEDICINE

OCTOBER ISSUE—2011

## BOZEMAN DEACONESS ANNOUNCES RETIREMENT OF JOHN NORDWICK AND APPOINTMENT OF STAN MOSER AS NEW PRESIDENT AND CEO

BOZEMAN DEACONESS HEALTH SERVICES ANNOUNCED OCTOBER 5 THAT PRESIDENT AND CHIEF EXECUTIVE OFFICER (CEO) JOHN NORDWICK WILL RETIRE FROM THE ORGANIZATION AND THAT ITS BOARD OF DIRECTORS HAS APPOINTED STAN MOSER THE NEW PRESIDENT AND CEO, EFFECTIVE JANUARY 1, 2012.



John Nordwick

"Over the course of my tenure at Bozeman Deaconess Health Services, I have witnessed growth and expansion in the Gallatin Valley and in the healthcare services we provide," said John Nordwick. "We built a stronger, more diversified organization; most importantly, this was done with a renewed focus on quality and safety. For me, the most notable achievements coincide with the growth of the organization, such as the newly rebuilt Hillcrest Senior Living Community and the physician integration of the Bozeman Deaconess Health Group. I am particularly proud of the successful relationship we have maintained with medical staff at Bozeman Deaconess. I credit these achievements due in large part to the support of our employees, medical staff, past and present board of trustees, volunteers and our community, and I would like to take this opportunity to thank them. After 37 years in healthcare, 17 of which were spent at Bozeman Deaconess, now is an appropriate time for me to turn over the leadership of the organization to Stan Moser. We are very fortunate to have Stan as the next President and CEO—he will do an outstanding job."

"The board accepts John's decision to retire with understanding and enormous gratitude," said Terry Cunningham, Chair, Bozeman Deaconess Board of Trustees. "John's impact on the growth and success of Bozeman Deaconess Health Services cannot be overstated; he created a culture of excellence that challenged and inspired Bozeman Deaconess Health Services' employees and the Bozeman Deaconess Hospital medical staff to strive for ex-

cellence in patient care. John's commitment to quality and safety has manifested itself in the numerous awards and accreditations Bozeman Deaconess Hospital has earned on a national and state-wide basis including numerous quality achievement awards, five star ratings in Coronary, Orthopedics, Gastroenterology and Pulmonary Services from HealthGrades over the years, and recognition such as the recent NCQA Level III Medical Home certification, Level III Trauma Verification, and Joint Commission Accreditation."

"The real beneficiaries of John Nordwick's tenure are the residents of Southwest Montana," continues Cunningham. "As a result of John's leadership, the community has a top-rate health system that offers high-quality patient care over a broad range of medical disciplines, which means that patients can now be treated locally for the vast majority of their medical needs. John has positioned the organization so that it can meet the future health care needs of the community, regardless of the overall direction of the industry."



Stan Moser

Stan Moser was selected by the Board of Trustees as part of a nationwide recruitment process and joined Bozeman Deaconess Hospital in 2010 as Chief Administrative Officer. Moser has more than 25 years of experience in healthcare. Prior to joining Bozeman Deaconess, Moser directed financial and risk management operations for a 240+ physician group, Mount Kisco Medical Group, north of New York City since 2006. He spent five years as Chief Financial Officer at Billings Clinic where he worked collaboratively with other Montana hospitals 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. Moser was also Chief Financial Officer at non-profit hospitals in Gilroy, Tracy and San Jose, CA and at Providence

Health Systems in Everett, WA.

"The retirement of John Nordwick and the naming of Stan Moser as the new President and CEO is a significant milestone in the organization's history; one that takes place during the 100-year anniversary milestone that we have celebrated throughout 2011," said Cunningham. "Stan brings a unique skill set to Bozeman Deaconess Health Services; one that includes hospital administration, senior leadership of a large multi-specialty physician group and experience in the healthcare insurance field. He brings a robust, varied and distinguished resume to Bozeman Deaconess Health Services. We, the Board and John, are certain that Stan's experience, knowledge base and accomplishments are well-suited to the task of leading Bozeman Deaconess Health Services into the future."

"It gives me great pleasure that the Board of Directors has placed their confidence in me to lead this organization through the challenges of the coming decade," said Stan Moser. "In the face of massive health care reform, our ability to work together as a community will be paramount, and I look forward to that challenge. With every position comes responsibility, and I accept the charge of improving the health and quality of life in our community very seriously. I look forward to building on that trust that John has built over the past 17 years, and am thrilled to be able to take over from someone who has done such a great job in creating a firm footing for continued health care in southwest Montana. Serving as President and CEO of one of Bozeman's largest employers is an honor and a privilege, and one that I accept with joy and will execute with passion."

"It is great to be back in my mother's home state, and we are thrilled to be in Bozeman," said Moser. "Bozeman Deaconess Hospital is a strong community hospital, and I envision the team of physicians, employees, and volunteers that care for our patients will continue to push forward towards highly reliable, coordinated, exceptional care."

The not-for-profit Bozeman Deaconess Health Services is responsible for the operations of Bozeman Deaconess Hospital, Highland Park Medical Campus and Hillcrest Senior Living, and is governed by a community board of trustees. As one of the largest employers in Gallatin County (and currently the largest private employer) Bozeman Deaconess Health Services has over 1400 employees. Bozeman Deaconess Hospital offers comprehensive services designed to meet the diverse healthcare needs of the communities in the greater Gallatin Valley.

## BOZEMAN DEACONESS HOSPITAL HEALTH GROUP CLINICS EARN NATIONAL RECOGNITION FOR PATIENT-CENTERED CARE

Clinics are first in State of Montana to earn Level III Medical Home Recognition

patients and their personal clinicians, instead of treating patient care as the sum of several episodic office visits. Each patient's care is tended to by clinician-led care teams, who provide for all the patient's health care needs and coordinate treatments across the health care system. Medical home clinicians demonstrate the benchmarks of patient-centered care, including open scheduling, expanded hours and appropriate use of proven health information systems. Early evaluations of the PPC-PCMH have shown promising results in improving care quality and lowering costs by increasing access to more efficient, more coordinated care. By avoiding unnecessary hospitalizations and emergency room visits, these early results are producing savings for payers, purchasers and patients.

"The patient-centered medical home promises to improve health and health care," said Bill Pflugsten, Vice President of Bozeman Deaconess Health Group. "By following this model of care, we're able to focus on a patient-centered goal—keeping the patient healthy and preventing illness."

To receive recognition, which is valid for three years, Bozeman Deaconess demonstrated the ability to meet the program's key elements embodying characteristics of the medical home. The standards are aligned with the joint principles of the Patient-Centered Medical Home established with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics and the American Osteopathic Association.

To find primary care medical practices and clinicians affiliated with practice sites that have been recognized by the Physician Practice Connections—Patient-Centered Medical Home program please visit <http://recognition.ncqa.org>. For further information, contact NCQA Customer Support at (888) 275-7585.



THE NATIONAL COMMITTEE FOR QUALITY ASSURANCE (NCQA) ANNOUNCED THAT FOUR BOZEMAN DEACONESS HEALTH GROUP PRIMARY CARE PRACTICES HAVE RECEIVED RECOGNITION. Notably, the Bozeman Deaconess Health Group clinics are the first in the State of Montana to earn Level III Medical Home Recognition. Practices with electronic medical health records received recognition: Bozeman Deaconess Bridger Internal Medicine, Bozeman Deaconess Hathaway Internal Medicine, Bozeman Deaconess Internal Medicine Associates, and Bozeman Deaconess Family Medicine and Pediatrics, Medical Associates.

"This Level III Medical Home recognition is a significant accomplishment for Bozeman Deaconess Health Group and is another affirmation of an organization always focused on safe and high quality care to our patients and community," says Bozeman Deaconess Chief Administrative Officer Stan Moser.

The Patient-Centered Medical Home (PCMH) is a promising model of health care delivery that aims to improve the quality and efficiency of care. PPC-PCMH identifies practices that promote partnerships between individual

Bozeman Deaconess Health Group primary care clinics with electronic medical records met key program components in the following areas:

- Written standards for patient access and enhanced communications
- Appropriate use of charting tools to track patients and organize clinical information
- Responsive care management techniques with an emphasis on preventive care
- Adaptation to patient's cultural and linguistic needs
- Use of information technology for prescriptions and care management
- Use of evidence-based guidelines to treat chronic conditions
- Systematic tracking of referrals and test results
- Measurement and reporting of clinical and service performance

## MEDICARE'S ANNUAL WELLNESS VISIT— WHAT YOU SHOULD KNOW

MEDICARE NOW PROVIDES COVERAGE FOR AN ANNUAL WELLNESS VISIT. This benefit is designed to focus you and your provider on plans for prevention and wellness. This service will be valuable to you and we encourage you to learn more about it.

There are specific Medicare guidelines for the new Annual Wellness Visit—it is not what most people commonly think of as a yearly “physical exam.” Rather, it is a review of your health, plus education and counseling about preven-



tive services. This visit is designed to focus on health promotion and prevention planning. Because of this, it is difficult to address new or chronic conditions during this visit so your provider may ask you to schedule a separate visit to appropriately address those issues or your doctor may charge the usual Medicare fees for such services that are beyond the scope of the Annual Wellness Visit. If you would like to schedule an annual physical, including any lab work or other diagnostic testing, medication management, vaccinations, and other services, please understand that these services will be charged and covered according to Medicare's usual coverage guidelines.

At the Annual Wellness Visit, your provider will work with you to create

a personalized plan to help keep you at your best health over the next few years. To do this, your medical his-

At the Annual Wellness Visit, your provider will assist you in creating a plan to help you be at your best health over the next few years. It is a review of your health, plus education and counseling about preventive services.

tory will be updated, including a list of all your other health care providers. Your blood pressure, height and weight measurements will be taken, and there will be a screening for conditions related to cognitive impairments, depression, and functional status.

To expedite your Wellness Visit with your primary care provider please bring updated information on any new medicines and allergies, recent surgeries

and new health care providers you may be seeing.

This information will help guide your healthcare and provide you with advice to improve your overall health.

Bozeman Deaconess Belgrade Clinic  
406-388-3334  
33 W. Main St.  
Belgrade, MT 59714

Bozeman Deaconess Bridger Internal Medicine  
406-556-5506  
925 Highland Blvd, Suite 1100  
Bozeman, MT 59715

Bozeman Deaconess Family Practice, Medical Associates  
406-587-5123  
935 Highland Blvd, Suite 2200  
Bozeman, MT 59715

Bozeman Deaconess Hathaway Internal Medicine  
406-556-5533  
931 Highland Blvd, Suite 3210  
Bozeman, MT 59715

Bozeman Deaconess Internal Medicine Associates  
406-522-2400  
905 Highland Blvd, Suite 4500  
Bozeman, MT 59715

## BOZEMAN DEACONESS TRAUMA CENTER EARNS LEVEL III VERIFICATION

FOR THE FOURTH TIME, BOZEMAN DEACONESS HOSPITAL HAS EARNED LEVEL III TRAUMA CENTER VERIFICATION BY THE AMERICAN COLLEGE OF SURGEONS AS WELL AS MONTANA AREA TRAUMA FACILITY FROM THE STATE DEPARTMENT OF HEALTH AND HUMAN SERVICES. These achievements recognize the trauma center's dedication to providing optimal care for injured patients.

To qualify, hospitals must meet high trauma patient care, quality monitoring and case reporting standards. “Level III designation recognizes our trauma team's dedication to providing optimal care for injured patients,” says R. James Majxner, MD, Bozeman Deaconess Emergency Services Medical Director. “We have Level III designation because we have a highly trained ER staff, state-of-the-art equipment and anesthesiology, surgery, radiology, lab and blood banking capabilities available 24 hours a day,” says Majxner.

Response time is critical to saving the lives of trauma victims. The on-call trauma team consists of trauma surgeons, emergency physicians, anesthesiologists, radiologists, lab and x-ray technicians, OR and ER nurses, in-patient pharmacists and spiritual care person-

nel. The trauma team is activated from the field and assembled and ready prior to patient arrival. The team is available 24/7 and can be ready for multiple patients. Bozeman Deaconess also offers advanced emergency imaging and other state-of-the-art equipment to rapidly evaluate and treat trauma patients.

Garth Olds, MD is the Director of Trauma Services at Bozeman Deaconess. “We pride ourselves on the fact that we are a Level III trauma center,” he says. “Trauma centers offer better injury care, and have been shown to reduce mortality and morbidity as a result.” Trauma Coordinator Sam Miller, RN states, “we work closely with other trauma hospitals throughout the Northwest to ensure that our patients receive the most up-to-date care that is available at any part of the system.”

At the Bozeman Deaconess Trauma Center:

- Surgeons are on-call 24/7 and in the hospital within 30 minutes of notification that a critically injured patient is being transported to the emergency department.
- A helipad is available for patients needing transfer to tertiary trauma centers for specialized care such as neurosurgery or cardiac surgery. These patients will be stabilized by the trauma team prior to transport.
- The physicians and nursing staff take specialized trauma courses throughout the year, and the trauma program spends hundreds of hours

reviewing patient care with the goal of continuous improvement.

- State-of-the-art diagnostic and laboratory testing equipment are available.
- Family support is provided, including social work and spiritual care.
- The Emergency Department directs prehospital emergency medical services throughout the county, ensuring a consistent, high standard of care.
- Injury prevention and community outreach is provided to decrease injury frequency and severity.

The American College of Surgeons is a scientific and educational association of surgeons that was founded in 1913 to raise the standards of surgical education and practice and to improve the care of the surgical patient. The College has over 72,000 members and it is the largest association of surgeons in the world. Longstanding achievements have placed the ACS in the forefront of American surgery and have made it an important advocate for all surgical patients. Es-

tablished by the American College of Surgeons in 1987, the Committee on Trauma's Consultation/Verification Program for Hospitals promotes the development

of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients. This spectrum encompasses the prehospital phase through the rehabilitation process.

Level III designation recognizes our trauma team's dedication to providing optimal care for injured patients.



## FREE HYPERTENSION SCREENING

Bozeman Deaconess Internal Medicine Associates holds a free walk-in blood pressure screening on the first Friday of

each month from 8:00 am to 11:30 am. In addition to blood pressure readings, patients will receive literature on home

monitoring of blood pressure. High blood pressure or hypertension typically develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected and you can work with

your doctor to control it.

Bozeman Deaconess Internal Medicine Associates is located in Highland Park 4, Suite 4500. For more information call the Bozeman Deaconess Health Information Center at 522-1644.

# RESPIRATORY HEALTH

Answers from Anders Persson, MD, PhD

## WHAT IS A PULMONOLOGIST?

PULMONOLOGISTS ARE PHYSICIANS WHO SPECIALIZE IN INTERNAL MEDICINE AND HAVE ADDITIONAL YEARS OF TRAINING IN THE SUBSPECIALTY OF LUNG DISEASES. A pulmonologist diagnoses and treats diseases of the airways and lungs, including pneumonia and bronchitis, respiratory distress syndrome, asthma, chronic obstructive lung disease (COPD), cystic fibrosis, interstitial lung diseases, pulmonary hypertension, cancers involving the lungs, occupational and toxic lung disorders. Appropriate diagnosis and treatment of acute lung diseases can be the key to survival, and the appropriate treatment of chronic lung diseases can prolong the time before difficulty breathing limits daily activities or progresses to respiratory failure.

Pulmonologists are trained to care for critically ill patients and are frequently also board certified in critical care, managing life support systems, and coordinating the medical and surgical services necessary for survival.

## WHAT IS CRITICAL CARE?

CRITICAL CARE SERVICES—FOR PATIENTS NEEDING INTENSIVE MONITORING AND TREATMENT—ARE OFFERED IN THE EIGHT-BED INTENSIVE CARE UNIT (ICU) AT BOZEMAN DEACONESS. A team of primary care physicians and specialists including pulmonologists, cardiologists, surgeons, anesthesiologists, neurologists, nephrologist, rheumatologist, hematologist, palliative care nurses, and diabetes support staff, supervise round-the-clock individualized care. Radiologists offer specialized imaging and interventional skills essential to critically ill patients. Bozeman Deaconess Hospital has a remarkable breadth of resources for patients who require intensive monitoring and treatment for life threatening disease, extensive trauma, and those with little chance of recovery.

Our staff includes nurses who have specialized advanced clinical training in critical care. Specially trained respiratory therapists, speech and physical therapists, pharmacists and radiology technicians also assist in patient evaluation and treatment in the ICU. Patients are often admitted to the ICU from the Emergency department, others are transferred from the hospital's medical or surgical floor if they become critically ill. The ICU team is also capable of facilitating rapid transfer to tertiary care hospitals for problems beyond the technical resources of our hospital.

### Bozeman Deaconess Pulmonary Disease & Critical Care

905 Highland Blvd., Suite 4500  
Bozeman, MT 59715 Tel: 406-522-2400

## PULMONARY DISEASE & CRITICAL CARE

RESPIRATORY HEALTH OUGHT TO BE AS EASY AS INHALING AND EXHALING IN TURN. But respiratory health requires the proper function of a complex system of many parts working together. The Pulmonary Disease & Critical Care specialists at Bozeman Deaconess Health Group are here to help your body do just that with a full line of respiratory services and treatments.

Drs. Kimberley Marquis, Anders Persson and Robert Schoene diagnose and treat interstitial lung diseases, asthma, emphysema, bronchitis, pneumonia, cystic fibrosis, tuberculosis, dyspnea evaluations, pulmonary hypertension and other conditions affecting the lungs and respiratory tract.

### Medical Staff:



Robert Schoene, MD

Robert 'Brownie' Schoene, MD, who specializes in exercise and high altitude physiology, respiratory diseases and critical care medicine, is a graduate of the Columbia College of Physicians and Surgeons. He completed residency in internal medicine and a fellowship in the division of respiratory diseases at the University of Washington where he later was professor in the division of pulmonary and critical care medicine. He was a member of the 1981 American Medical Research Expedition to Mt. Everest and is a past president of the Wilderness Medical Society. Before joining the medical staff at Bozeman Deaconess in 2008, Dr. Schoene was program director, department of medicine residency training program, and clinical professor in the division of pulmonary and critical care medicine and physiology at the University of California-San Diego. Dr. Schoene is board certified in internal medicine, pulmonary disease and critical care medicine.



Kimberley A. Marquis, MD

Kimberley A. Marquis, MD, specializes in pulmonary and critical care medicine and is a graduate of Duke University School of Medicine. She completed residency in internal medicine followed by a fellowship in pulmonary and critical care medicine at the University of Washington. Dr. Marquis is board certified in pulmonary disease and critical care medicine. She joined the medical staff at Bozeman Deaconess in 2008. Before moving to Bozeman Dr. Marquis practiced in Seattle and San Diego.



Anders V. Persson, MD

Anders V. Persson, PhD, MD, is board certified in pulmonary disease, critical care medicine, sleep medicine and internal medicine. He completed a doctorate in biochemistry from the University of Colorado, is a graduate of the University of Miami School of Medicine, and completed internship and residency in internal medicine at University of Texas Southwestern Medical School. He was fellowship trained in pulmonary medicine, critical care medicine and sleep disorders at the Jewish Hospital of St. Louis/Washington University School of Medicine program, St. Louis, MO. Dr. Persson has practiced in Bozeman since 1997.

## GREAT AMERICAN SMOKEOUT: NOVEMBER 17

The American Cancer Society is marking the 36th Great American Smokeout on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important

step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

## THINKING ABOUT QUITTING SMOKING OR CHEWING?

### Why quit?

The average smoker spends around \$3,000

each year on cigarettes. Half of all lifetime smokers will die early as a result of their tobacco use.

THE MONTANA TOBACCO QUIT LINE IS THE PLACE TO START! Call 1-800-Quit-Now or 1-800-784-8669 to learn about the free program that helps you quit smoking or using smokeless tobacco.

#### The program offers:

- Free phone coaching and support
- 2 free weeks of Nicotine Replacement Therapy (patches, gum and lozenges)
- 3 months, Chantix, \$50 co-pay per month
- 3 months Bupropion, \$5 co-pay per month

For more information, visit the Gallatin County Tobacco Use Prevention Program at [www.tobaccofreegallatin.org](http://www.tobaccofreegallatin.org).



## WHAT IS COPD?

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) IS ONE OF THE MOST COMMON LUNG DISEASES. It is a progressive disease that over time makes it difficult to breathe. COPD is caused by inhaling pollutants such as smoking cigarettes, and is a term used to describe progressive lung diseases such as:

- Chronic bronchitis, which involves a long-term cough with mucus
- Emphysema, which involves destruction of the lungs over time
- Refractory asthma

#### COPD risk factors:

- Smoking is the most common cause of COPD and accounts for as many as nine out of ten COPD-related deaths.
- Environmental factors—Long-term exposure to other lung irritants like secondhand smoke, air pollution, chemical fumes.
- Genetics—People with a family history of COPD are more likely to develop the disease.

#### COPD prevention:

- The vast majority of cases are related to cigarette smoking, never smoke or quit if you do
- Occupational exposure—protect yourself using personal protective equipment while at work

## EVALUATING LUNG PERFORMANCE

IF YOU'RE EXPERIENCING EXERCISE LIMITATIONS DUE TO HEART OR LUNG DISEASE, OR YOU'RE AN ATHLETE OF ANY LEVEL INTERESTED IN EVALUATING YOUR AEROBIC CAPACITY AND TRAINING PROGRAMS, OUR PULMONARY FUNCTION LAB CAN HELP YOU STAY FIT. According to Dr. Robert 'Brownie' Schoene, measuring the body's response to exercise unveils a fingerprint of an individual's underlying health and disease. The pulmonologists at Bozeman Deaconess perform state-of-the-art cardiopulmonary exercise tests.

### Who may benefit from the test?

People with unexplained shortness of breath with exertion, decreased exercise tolerance, possible exercise-induced asthma/bronchospasm, evaluation of occupational disability and all types of athletes, young and old, recreational or competitive who are interested in training thresholds and guidance in training.



Bozeman Deaconess Hospital has a computerized cardiopulmonary exercise system from Medical Graphics Corporation that makes precise, instantaneous measurements during exercise. This system allows the physician to make breath-by-breath measurements of metabolic responses, for example, oxygen consumption, carbon dioxide production, minute ventilation, ventilatory pattern, ventilatory efficiency, anaerobic or ventilatory threshold. At the same time, the system makes measurements of cardiac response (EKG, blood pressure, etc.) identical to the stress test administered by cardiologists.

*The Bozeman Deaconess Pulmonary Function Laboratory is located in Respiratory Services on the second floor of Highland Park 4. For more information about cardiopulmonary exercise tests or to schedule a test, call Bozeman Deaconess Pulmonary Disease and Critical Care Medicine at 522-2410.*

## WHAT IS ASTHMA?

ASTHMA IS A CHRONIC (LONG-TERM) LUNG DISEASE THAT INFLAMES AND NARROWS THE AIRWAYS.

It causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing, which often occurs at night or early in the morning.

### The causes:

- Asthma is the most common long-term disease in children
- There is no known cause of asthma. It is an inherited tendency to develop allergies or certain respiratory infection during childhood

### Can asthma be controlled; can a person learn to live with asthma?

- Avoid having an asthma attack by learning what triggers an attack.
- Taking control of your asthma will improve your quality of life.

Asthma control depends on two things: being able to get medical care and having good asthma management skills.

## OCTOBER IS NATIONAL HEALTHY LUNG MONTH

THE AVERAGE ADULT TAKES 15 TO 20 BREATHS A MINUTE—OVER 20,000 BREATHS A DAY. Your respiratory system brings air into the body when you breathe. The oxygen from each breath is transferred to the bloodstream and sent to all the body's cells as life-sustaining fuel. Anything you breathe in can affect

your lungs. Germs, tobacco smoke and other harmful substances can cause damage to your airways and threaten the lungs ability to work properly.

Your body has a natural defense system designed to protect the lungs. This works very well most of the time to keep out dirt and fight off germs. But there

are some important things you can do to reduce your risk of lung disease.

- Don't smoke
  - Avoid exposure to pollutants that can damage your lungs
  - Prevent infection; a cold or other respiratory infection can sometimes become very serious
  - Get regular health care checkups
- Healthy lungs help ensure a healthy lifestyle.

## LIVING A LIFE WITH HOME OXYGEN

By Merle Phipps, Manager, Bozeman Deaconess Home Oxygen

MORE AND MORE PEOPLE ARE USING OXYGEN THERAPY OUTSIDE THE HOSPITAL, PERMITTING THEM TO LEAD ACTIVE, PRODUCTIVE LIVES. People with asthma, emphysema, chronic bronchitis, occupational lung disease, lung cancer, cystic fibrosis, or congestive heart failure may use oxygen therapy at home. Bozeman Deaconess Home Oxygen provides supplemental oxygen in the home for all types and ages of patients who receive



### Home Respiratory Equipment And Services

- Respiratory Therapy Equipment
- Oxygen Concentrators
- Portable Oxygen Systems
- Liquid Oxygen Systems
- Oxygen Tanks and Refills
- Oxygen Conserving Devices
- BIPAP/CPAP Units, Masks and Accessories
- Nebulizer Machines
- Aerosol Compressors
- Pulse Oximeters

this prescription from their physician.

Each home oxygen patient requires individual services for their unique needs. Beyond basic setup, Bozeman Deaconess Home Oxygen works one-on-one with you and your family to answer questions, give individualized instructions, and review procedures and care tips related to your specific equipment. This comprehensive approach to home oxygen often involves follow-up documentation and reporting, which can be submitted to your referring physician.

Because we are a service of Bozeman Deaconess Hospital, we are able to continue the quality care you receive as a patient when you return home from the hospital. The qualified staff works closely with you and your referring physician to ensure your individual needs are met. Our continued dedication to your respiratory well-being gives you and your family reassurance and peace of mind.

## BETTER BREATHING SCREENING, NOVEMBER 15!

BOZEMAN DEACONESS HOSPITAL PULMONARY FUNCTION TECHNOLOGISTS WILL OFFER FREE PULMONARY FUNCTION TESTING AND PULSE OXIMETRY TO EVALUATE BASIC LUNG FUNCTION AND THE AMOUNT OF OXYGEN IN YOUR BLOOD. For those who wish to take advantage of these free health screenings we request you refrain from smoking for at least 4 hours before the test and wear loose nonrestrictive clothes.

**Bozeman Deaconess Pulmonary Function Laboratory**  
905 Highland Blvd., Bozeman

**Call 585-5058 to schedule your appointment. Appointments available during the following times: Tuesday, November 15 from 9:00 am to 4:00 pm**

## BOZEMAN DEACONESS MEDICAL TEAM DESIGNS PULMONARY HYPERTENSION PROTOCOL

DRS. ROBERT 'BROWNIE' SCHOENE AND KIM MARQUIS, BOZEMAN DEACONESS PULMONARY DISEASE AND CRITICAL CARE, AND DANE SOBEK, BOZEMAN DEACONESS CARDIOLOGY CONSULTANTS, HAVE DESIGNED A PROTOCOL FOR PATIENTS WITH SUSPECTED PULMONARY HYPERTENSION. "We are doing right-heart catheterizations and exercising patients with suspected pulmonary hypertension," says Dr. Schoene, noting that southwest Montana has the largest collection of patients with pulmonary hypertension in our region other than university medical centers.

Pulmonary hypertension is high blood pressure in the arteries of the lungs. When these vessels constrict, pressure builds. The right side of the heart has to work harder against the pressure to transport blood through the lungs where it picks up oxygen. Over time, the strain on the right heart and reduced blood flow to the lungs can lead to heart failure.

Patients with pulmonary hypertension experience shortness of breath, chest pain, dizziness, fatigue and weakness. The illness, which has no cure, becomes worse over time and can be fatal.

What causes pulmonary hypertension? It may be from blood clots to the lung, congestive heart failure, heart defects, and lung diseases like chronic obstructive pulmonary disease (COPD) or pulmonary fibrosis. Chronic low oxygen levels, obstructive sleep apnea, heart valve disease, HIV and certain medications also can increase pulmonary arterial pressures causing pulmonary hypertension.

Dr. Schoene presented the data at the October Keystone Science Center that featured studies on effects of moderate altitude and the relevance of that factor for patients and practitioners.

"If detected, pulmonary hypertension can be treated with medication that can lower the pres-

ures on the right-side of the heart. Our studies have shown that in most patients treatment leads to improved exercise performance," Dr. Schoene reports.



Robert Schoene, MD



Kim Marquis, MD



Dane Sobek, MD

## MEN, DON'T IGNORE THE WARNING SIGNS

We encourage all men to learn more about prostate health.

ALTHOUGH PROSTATE CANCER IS ONE OF THE MOST PREVALENT FORMS OF CANCER AMONG AMERICAN MEN, IT IS ALSO ONE OF THE MOST TREATABLE. We're encouraging men to learn more about prostate health.

Over 80 percent of men know little to nothing about prostate health—a startling statistic considering the various prostate problems a man can experience. While cancer is one potential prostate health concern, other important issues to watch for include:

- Benign prostatic hyperplasia: a noncancerous en-

- largement of the prostate that can cause difficulty urinating
- Prostatitis: an inflammation of the prostate gland
- Erectile dysfunction: the inability to achieve and/or maintain an erection
- Urinary incontinence: the inability to control urination

Today, prostate cancer is the second leading cause of cancer death in men. Bozeman Deaconess Hospital and The Cancer Support Community are encouraging men to take the lead in their health and get informed. There's often no way to detect prostate cancer in its early stages except through a Prostate Specific Antigen (PSA) blood test and/or a digital rectal exam (DRE) done by a trained professional. These tests are used to look for warning signs of prostate cancer. If you are over the age of 45, talk with your physician about this important screening.



## WELCOME NEW MEDICAL STAFF

Kevin M. Duwe, MD



BOARD CERTIFIED INTERVENTIONAL RADIOLOGIST KEVIN M. DUWE, MD, INTERCITY RADIOLOGY, PC. Dr. Duwe is an honors graduate of the Columbia University College of Physicians and Surgeons. He completed residency (chief resident) in diagnostic radiology and fellowship in interventional radiology at New York Presbyterian Hospital/ Columbia Presbyterian Hospital Campus, Columbia University. He has been a partner with Desert Endovascular Center, Associated Radiologists, Ltd and East Valley Diagnostic Imaging in Mesa, AZ.

Martin Gelbke, MD

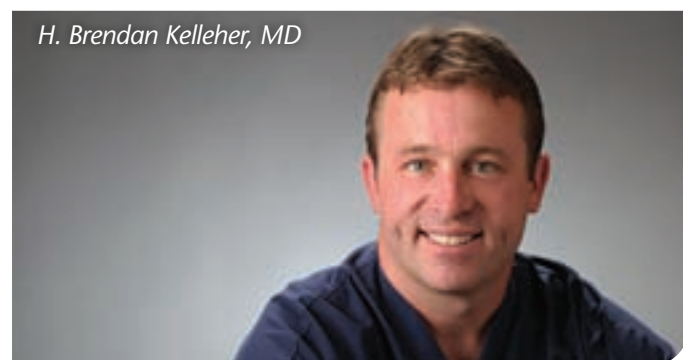


MARTIN GELBKE, MD, BRIDGER ORTHOPEDIC AND SPORTS MEDICINE. Dr. Gelbke, who specializes in joint replacement and both adult and pediatric trauma surgery, received his medical degree at the University of Virginia School of Medicine. He completed residency in orthopedic surgery at University of Michigan and fellowships in orthopedic traumatology and adult reconstruction at Florida Orthopedic Institute. He is board eligible in orthopedic surgery.

BOARD CERTIFIED PSYCHIATRIST THOMAS HERIZA, MD, GALLATIN MENTAL HEALTH CENTER. He graduated with honors from Creighton University School of Medicine and completed residency in psychiatry at the University of Washington. He was named resident of the year and was chief resident for the Spokane advanced clinician track. Dr. Heriza recently was consulting inpatient psychiatrist for an acute 40-bed unit in Wellington, New Zealand and clinical lecturer for the University of Otago, New Zealand. Prior to that Dr. Heriza was a staff psychiatrist for regional community mental health clinics in Baker City and Ontario, OR.

ALEXANDER P. KNAPIK, MD, BOARD CERTIFIED RADIOLOGIST, JOINED INTERCITY RADIOLOGY, PC. He is a graduate of the State University of New York Upstate Medical University and completed residency (chief resident) in radiology at Santa Barbara Cottage Hospital. Dr. Knapik has a special interest in liver, biliary and pancreatic pathology. Following fellowship training in body imaging at the University of Washington in 2010, Dr. Knapik has had faculty affiliations at Newport Hospital and Portsmouth Imaging Center and was in practice with Aquidneck Radiologists in Newport, RI.

H. Brendan Kelleher, MD



H. BRENDAN KELLEHER, MD, BOARD-CERTIFIED EMERGENCY MEDICINE PHYSICIAN, ABSAROKA EMERGENCY PHYSICIANS. He is a graduate of Keck School of Medicine at the University of Southern California where he won the 2004 Medical Student Dean's Excellence Award in Emergency Medicine. Following medical school, Dr. Kelleher, who is fluent in medical Spanish, completed residency at the Los Angeles County and USC Medical Center which hosts one of the busiest emergency rooms in the world. He was voted chief resident during his senior year and subsequently joined the faculty of LAC/USC where he served as clinical assistant professor of emergency medicine and as assistant residency director.

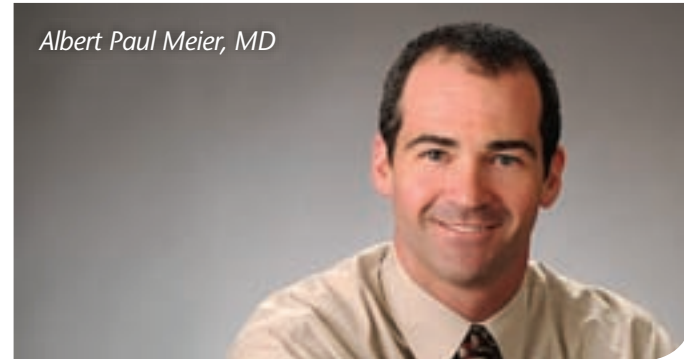
John McCahan, MD



JOHN MCCAHAN, MD, MS, BOZEMAN DEACONESS RHEUMATOLOGY. Dr. McCahan holds a master's in applied immunology from the University of Southern Maine and is a graduate of Temple University Medical School. He completed residency in internal medicine at Boston

University Medical Center (BUMC) and was clinical attending physician there until he began his clinical rheumatology fellowship, also at BUMC. Dr. McCahan is boarded in internal medicine and prepared in rheumatology with advanced training in musculoskeletal ultrasound.

Albert Paul Meier, MD



ALBERT PAUL MEIER, MD, BOARD CERTIFIED RADIOLOGIST, INTERCITY RADIOLOGY, PC. Dr. Meier, an honors graduate of the University of New Mexico School of Medicine, completed residency in diagnostic radiology at University of Utah. In July this year he completed musculoskeletal radiology fellowship training at the University of Wisconsin.

Gene Slocum, MD



GENE SLOCUM, MD, BRIDGER ORTHOPEDIC AND SPORTS MEDICINE. Dr. Slocum, who specializes in non-operative spine care, neck and back pain and interventional pain medicine, is a graduate of St. George's University School of Medicine. He completed residency in physical medicine and rehabilitation and a fellowship in interventional pain management at State University of New York Upstate Medical University. He is board certified in physical medicine and rehabilitation and was in practice in Casper, WY between residency and fellowship training.

## BOZEMAN DEACONESS HOSPITAL EARNS TOP QUALITY AWARD

BOZEMAN DEACONESS HOSPITAL IS ONE OF EIGHT MONTANA HOSPITALS TO RECEIVE MOUNTAIN-PACIFIC'S PRESTIGIOUS QUALITY AWARD AND ONE OF ONLY FIVE HOSPITALS TO WIN ITS HIGHEST HONOR—THE QUALITY ACHIEVEMENT AWARD.

The awards recognize hospitals for their dedication to ensuring that patients receive high-quality care in the areas of heart attack, heart failure, pneumonia and surgical infection prevention. While hospitals applying for either award are required to meet certain stringent criteria, the Quality Achievement Award requires a higher performance rate on the clinical measures.

This year's award ceremony took place during the MHA Annual Convention, held September 22 in Billings. All Montana hospitals are eligible to apply for Hospital Quality Awards. Award-winning hospitals range from small rural hospitals to large urban hospitals.



## SAVE THE DATE!

Bozeman Deaconess  
Health Screening Day  
Saturday, March 31, 2012

Includes free health screenings and laboratory screenings at a greatly reduced price.

More information to come!

# SIGNS OF DEPRESSION

DEPRESSION STRIKES ONE IN FOUR WOMEN AND ONE IN EIGHT MEN SOMETIME DURING THEIR LIFETIMES. Yet most don't seek treatment. Are you one of them? You might be depressed if you feel:

- Tired all the time
  - Sad most of the time
  - Guilty
  - Worthless
  - Unable to think clearly or make decisions
  - Hungry all the time
- Or if you have:
- No enjoyment in what used to be fun
  - Repeated thoughts of death or suicide

- No appetite
  - Trouble sleeping (too little or too much)
- If you notice any of these in your daily life, tell your doctor. The problems could stem from depression or other illnesses.

### A common illness—not a personal weakness

If you think you're depressed, here's what you should know: At least 20 million American adults suffer from depression and it is on the rise—especially among the elderly. Depression can come from chemical imbalances in the brain, hormonal changes, medications, or things going on in your life. It

At least 20 million American adults suffer from depression and it is on the rise—especially among the elderly.

is not a passing blue mood that can be wished away. Your doctor can help you find out why you are feeling this way.

### A treatable illness

If you think you or a family member might be depressed, ask your doctor about it. There are many effective antidepressant medications—old and new. Should you need one of them, you and your doctor will work together to choose the best

medication for you.

### What you need to know about anti-depressant medication:

- Tell your doctor about any store-bought medications or herbal products you are taking
- Take your prescribed pills daily
- Most pills take 3-4 weeks to take effect
- Continue your pills even when feeling better
- Some pills require regular blood checks

- Do not stop the pills without checking with your physician
- Ask your physician if you have any questions about your treatment



## MARK D. WINTON, MD, COMPLETES HYPERBARIC MEDICINE CERTIFICATION



Doctor Mark D. Winton

Dr. Jon Robinson in the Hyperbaric Medicine Program at Bozeman Deaconess Hospital.

Hyperbaric oxygen therapy is given in the hospital's monoplace hyperbaric chamber, located in Perioperative Services. The most common condi-

MARK D. WINTON, MD, INFECTIOUS DISEASE/TRAVEL MEDICINE SPECIALIST AT BOZEMAN DEACONESS INTERNAL MEDICINE ASSOCIATES, RECENTLY COMPLETED PHYSICIAN CERTIFICATION IN HYPERBARIC MEDICINE at the Baromedical Research Foundation and became a member of the Undersea and Hyperbaric Medical Society. Dr. Winton joins Dr. Bill Robinson and

tions treated with hyperbaric oxygen are diabetic foot ulcers, certain life-threatening tissue infections, bone infections, traumatic crushing injuries, tissue damage cause by radiation, and support for skin grafts. Patients with exposure to carbon monoxide poisoning and divers with decompression illness are also treated with hyperbaric oxygen therapy.

## CORNERSTONE CAMPAIGN IN FINAL STRETCH WITH NEARLY \$8.4 MILLION COMMITTED

LAST FALL, BOZEMAN DEACONESS FOUNDATION ANNOUNCED ITS UNPRECEDENTED \$9 MILLION GOAL TO HELP FUND THE \$15 MILLION

EMERGENCY SERVICES DEPARTMENT EXPANSION PROJECT AT BOZEMAN DEACONESS HOSPITAL.

Today, the foundation is in the home stretch of this extraordinarily successful capital campaign. The Cornerstone Campaign...Realizing the Vision for Bozeman Deaconess Hospital has near-

ly \$8.1 million committed and another \$300,000 structured as a top off grant that will be paid when the campaign reaches \$8.7 million.

Contributions can be made by contacting Bozeman Deaconess Foundation at (406) 585-1085 or bozemandeaconess-foundation.org.



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Bozeman, MT 59715



**Bozeman Deaconess**  
HOSPITAL



# HEALTH NEWS



**page 1**  
**Bozeman Deaconess Announces Retirement of John Nordwick & Appointment of Stan Moser as CEO**



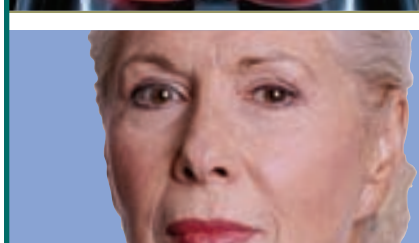
**page 2**  
**For the fourth time, Bozeman Deaconess Hospital has earned Level III Trauma Center verification**



**page 3**  
**Are you ready to call it quits? We've got reasons and resources to help you stop smoking.**



**page 3**  
**All about pulmonary disease and critical care. Just what is a pulmonologist anyway?**



**page 6**  
**Depression: It's more common than you think. Read the symptoms and what to do if you are depressed.**

1911-2011  
**100**  
YEARS

*Keep mom & dad safe and independent*  
**WITHOUT THE NEED FOR A SECURITY GUARD**

Bozeman Deaconess Lifeline is here to help your parents and loved ones maintain independence without compromising safety.

With just the push of a button worn as a pendant or wristband, Bozeman Deaconess Lifeline can respond to an emergent need anytime, day or night 365 days a year. Within seconds, a certified Lifeline monitor will respond, assess

the situation and summon appropriate help, whether it is a neighbor, relative or ambulance.

Bozeman Deaconess Lifeline is simple, fast, effective and safe. That's why more than 65,000 healthcare professionals recommend Lifeline. Live confidently knowing we've got your loved ones protected.

And, the best part is, no security guard is needed.

**Bozeman Deaconess**  
LIFELINE

Outpatient Services at North 19th  
Bozeman, MT | (406) 522-4622 | bozemandeaconess.org/lifeline