



HEALTH NEWS



Bozeman Deaconess
HOSPITAL

THE MARVELS OF MODERN MEDICINE

AUGUST ISSUE—2009

BOZEMAN DEACONESS HOSPITAL'S COMMUNITY BENEFIT REPORT

FOR NEARLY 100 YEARS, Bozeman Deaconess Hospital has been deeply committed to providing healthcare as an essential community service for our residents. As a non-profit hospital, our investment in our community also means that any net income is reinvested into facilities, technology, and health care services to ensure our facilities are up-to-date and our equipment and services are state-of-the-art. This, too, is an investment in the health of our community.

But most importantly, we provide medically necessary health care services for all patients, regardless of their financial ability to pay. As a non-profit, tax-exempt hospital, it is our obligation to provide care for all who come to us, including providing financial assistance, if needed. Financial assistance is provided when a patient's financial resources are not sufficient to pay for the health-care services they received. The amount of financial assistance provided in 2008, together with unreimbursed costs (Medicaid) totaled more than \$3 million.

In addition to the financial assistance provided to individuals, we also provide financial support to Community Health Partners Gallatin Community Clinic and partner with The Wellness Community cancer support program. The Gallatin Community Clinic provides services to patients who might not seek treatment until their condition has worsened. Offering healthcare services in an affordable, convenient location improves the overall health of our community.

Additionally, our Health Information Center provides free health education to the community, providing information, education and support on an array of topics, such as wellness and prevention,

disease, and general health-related issues.

Our commitment does not stop there. Bozeman Deaconess Hospital is one of the largest corporate contributors to the Greater Gallatin United Way. The hospital donated five acres of land to the Western Montana Mental Health Center, and supports the Mental Health Crisis Response Team's work both in the hospital and in the community. And every year, we provide support and sponsorship to other non-profit organizations through our community benefit program. All of these efforts support the hospital's mission of improving health and quality of life.

We also sponsored American Cancer Society's Relay for Life and Daffodil Days, Muscular Dystrophy Association, Big Brothers/Big Sisters of Gallatin County, Gallatin Empire Lions Club, March of Dimes, and National Cancer Survivor's Day.

Community benefit distributions went to Cancer Family Network, Childcare Connections, Community Health Partners, Inc., Gallatin County Council on Aging, Greater Gallatin United Way General Fund, Greater Gallatin United Way Born Learning Campaign, Juvenile Diabetes Research, SHARE: Pregnancy and Infant Loss, St. Jude Children's Research, Streamline Bus, Thrive/Girls for a Change, and The Wellness Community—Montana.

Adding up all community benefits provided in 2008—financial assistance and unreimbursed costs, community health improvement services and community benefit operation, health professions education, subsidized health services, research, and cash and in-kind contributions to community groups—totals an impressive \$13.1 million dollars, over \$1.5 million more than in 2007.

SAVE THE DATE!
BOZEMAN DEACONESS HEALTH SCREENING DAY
OCTOBER 24th - CHECK OUR WEBSITE AT
bozemandeaconess.org/events FOR MORE INFORMATION



CARDIAC PULMONARY REHAB AND ADULT HEALTH & WELLNESS EARNS RECERTIFICATION

BOZEMAN DEACONESS CARDIAC Pulmonary Rehabilitation and Adult Health & Wellness Program has, for the second time, earned certification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

According to Terry Dutro, RN, BC, BSN, department manager, program certification by the AACVPR is viewed as the gold standard for programs that meet the highest guidelines for state-of-the-art care, rehabilitation, and lifestyle management set forth by the AACVPR for Cardiac and Pulmonary Rehabilitation.

AACVPR is dedicated to improv-

ing the quality of life for patients and their families. Its mission: to reduce morbidity, mortality, and disability from cardiovascular and pulmonary diseases through education, prevention, rehabilitation, research, and aggressive disease management.

ENCOURAGING HEALTHY LIFESTYLES

Cardiovascular disease is the leading cause of death and disability in the U.S., says Dutro. And, deaths from chronic obstructive pulmonary disease (COPD) now rank fourth. The statistics for Americans with cardiovascular disease, stroke, and heart failure continue to be staggering. Dutro says these numbers, combined with the nationwide epidemic of obesity and physical inactivity, further solidify the role of cardiac rehabilitation programs in identifying persons at risk and the importance of instituting programs to reduce risk.

The Cardiac and Pulmonary Rehabilitation and Adult Health & Wellness program 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 a sedentary lifestyle.

Evidence-based clinical practice guidelines for prevention intervention involve the development and refinement of lifestyle skills. They remain

the foundation of risk factor intervention. Lifestyle changes are difficult to make. So, for people at high risk for cardiovascular disease—those who are overweight, have high blood pressure or are smokers—a behavior-based wellness program can make a life saving difference.

"Our team focuses on people's wellness and how they can better manage their cardiac or pulmonary condition," said Dutro. The department tracks individual and program outcomes, getting high marks for clinical, behavioral, quality of life and customer service outcomes.

CARDIAC REHABILITATION

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 include bypass surgery, angioplasty stent and valve surgeries.] Rehabilitation at this point, according to Dutro, is really secondary prevention. "After a cardiac intervention, a person has an opportunity to prevent further disease progression and possibly reverse cardiovascular disease. Metabolic and psychological benefits of rehabilitation further reduce the risk of future cardiovascular events and/or death."

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

PULMONARY REHABILITATION

For those with chronic lung disease—bronchitis, asthma and emphysema—pulmonary rehabilitation improves perceived breathing capacity, increases strength and endurance and helps people learn to manage the stress and anxiety caused by breathing problems. Medically supervised individual programs provide the tools, knowledge, and support needed to deal with chronic lung disease.

Collaboration and professional partnerships with hospital services such as the Diabetes Center, Physical Rehabilitation, Sleep Disorders Center and pharmacy also factor into the department's success.

For more information about the Bozeman Deaconess Cardiac Pulmonary Rehabilitation and Adult Health & Wellness program call 585-5040.



FALLS: THE LEADING CAUSE OF INJURY DEATHS FOR ADULTS OVER 65

By Sam Miller, RN, CEN, CCRN, Bozeman Deaconess Trauma Coordinator

AS A LEVEL III TRAUMA CENTER, Bozeman Deaconess Hospital keeps statistics on all of our trauma patients. These statistics mirror nationwide trends of falls among older adults being a significant contributor to hospital trauma registries. Falls are the leading cause of injury deaths for adults over age 65, according to the Centers for Disease Control. There are multiple factors that contribute to falls for older adults, here are a few of them.

- Changes in vision can make it very hard to negotiate the environment. Make sure to have your eyes checked regularly and wear corrective lenses as prescribed. Always keep the walking areas in your home well lit.
- Lack of physical activity will result in poor muscle tone, poor coordination, and lack of

bone and muscle mass. Exercising three to four times a week, for as little as 15 minutes each time can help alleviate these age-related changes.

- Many medications have side effects that can include dizziness or changes in blood pressure precipitating a fall. Know the side effects of your medications and let your healthcare provider know if you are having problems with your medications.
- The home environment can have many potential hazards that can increase your chances of a fall. Make sure to secure or remove all loose rugs, and never run electrical cords across a walking surface. Consider installing handrails on both sides of your stairwells.

These are just a few of the factors that can contribute to a fall. Many online resources are available for more information, including the

American Academy of Family Physicians, Centers for Disease Control as well as the Health Library on the Bozeman Deaconess website at bozemandeaconess.org/healthlibrary.

Always let your healthcare provider know if you've had recent falls. Statistics have shown that two-thirds of people who have fallen, will have a second fall within six months.



SAVE THE DATE!
MONDAY AUGUST 24TH

SAVE THE DATE! MONDAY, AUG. 24, 6:00 P.M. AT BOZEMAN DEACONESS HOSPITAL COMMUNITY EDUCATION PRESENTATION ON HEALTHCARE REFORM AND THE POTENTIAL LOCAL IMPACT.

FIND OUT WHAT YOUR LOCAL HEALTHCARE DELIVERY SYSTEM—BOZEMAN DEACONESS HEALTH SERVICES—IS DOING NOW TO EMBRACE AN EVOLVING FRAMEWORK FOR A HEALTHIER COMMUNITY.

PLEASE CHECK OUR WEBSITE AT BOZEMANDEACONESS.ORG/EVENTS FOR SPECIFIC PROGRAM DETAILS.

WOMEN'S HEALTH ISSUES TREATED AT BOZEMAN DEACONESS PHYSICAL THERAPY AT THE RIDGE DOWNTOWN

Physical therapists have a unique role in the treatment of women's rehabilitation needs. Musculoskeletal disorders, pelvic and low back pain and incontinence, post-mastectomy, osteoporosis and pre- and post-partum pelvic disorders are just a few of the issues that can negatively affect all aspects of a woman's life. Bozeman Deaconess Physical Therapy at The Ridge Downtown now specializes in the treatment for these issues.

According to physical therapist Beth Martinson, DPT, "A majority of the women we treat didn't realize treatment for their specific condition was available. They had resigned themselves to the realiza-

tion that their condition may last a lifetime." Martinson has specialty training in women's health and is committed to helping her clients regain an active, healthy lifestyle as quickly as possible.

Physical therapy can benefit patients with functional limitations from pregnancy, childbirth and menopause by reducing pain and improving function through evaluation, hands-on treatment, exercise and patient education.

To make an appointment with Beth, contact her at Bozeman Deaconess Physical Therapy at The Ridge Downtown by calling 522-1736.

VLASES TO DIRECT HOSPITAL MEDICINE PROGRAM AND DIABETES CENTER



Michael Vlases, MD

MICHAEL VLASES, MD, a physician in internal medicine and diabetes, joined the Bozeman Deaconess Hospital Medicine program. In addition to treating the complex needs of hospitalized patients and those with diabetes, Vlases serves as medical director of the Bozeman Deaconess

Hospital Medicine Program and the Bozeman Deaconess Diabetes Center.

Vlases, who is board certified in internal medicine, is a graduate of the University of Washington School of Medicine (Montana WWAMI). He completed residency in internal medicine at Providence Portland Medical Center in Portland, OR. Vlases first joined the medical staff at Bozeman Deaconess in 2004 and was a primary care physician with Bozeman Deaconess Internal Medicine Associates.

DIABETES CENTER RELOCATES TO BOZEMAN DEACONESS CAMPUS

THE BOZEMAN DEACONESS DIABETES CENTER is moving to the Bozeman Deaconess campus in September. The move facilitates integration of outpatient and inpatient diabetes care and will expedite care for all our patients. The Bozeman Deaconess Diabetes Center will be located in Highland Park 1, Suite 1120 (next door to Bozeman Deaconess Bridger Internal Medicine).

The Diabetes Center will continue to provide a comprehensive program of educational services to individuals both newly diagnosed or managing long-term diabetes. Diabetes education is essential to successfully managing type 1 and type 2 diabetes and maintaining good health.

BOZEMAN DEACONESS LABORATORY EARNS COLLEGE OF AMERICAN PATHOLOGISTS ACCREDITATION

BOZEMAN DEACONESS LABORATORY SERVICES was awarded accreditation by the College of American Pathologists (CAP), based on results of a recent onsite inspection.

During the accreditation process, College of American Pathologists Laboratory Accreditation Program inspectors examine the laboratory's records and quality control of procedures for the

preceding two years. They also examine the entire staff's qualifications, the laboratory's equipment, facilities, safety program and record and the overall management of the laboratory.

Participation in the program is considered the 'gold standard' in laboratory accreditation, ensuring the highest standard of care for laboratory patients.

HEALTH GROUP NOTES



JAMES LOEFFELHOLZ, MD, named president, Bozeman Deaconess Health Group



J. BRUCE ROBERTSON, MD, named chair of the Bozeman Deaconess Health Group Governing Executive Committee



Diamonds really are a girl's best friend.



Using a state-of-the-art handpiece with medical-grade diamond treatment heads, SilkPeel will leave you with fresher feeling and better looking skin.

A breakthrough treatment that combines non-invasive exfoliation with infusion of skin-specific solutions,

SilkPeel will improve and revitalize your skin.

Treatments are administered by a licensed, experienced aesthetician under a doctor's direction.

SilkPeel's wet exfoliation leaves your skin silky smooth, hydrated and bright with a youthful, healthy glow.



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EXERCISE TESTING UNVEILS UNDERLYING HEALTH AND DISEASE



Robert Schoene, MD

"The ability to carry out vigorous physical activity is essential for the survival of all species. Can one imagine a slow antelope or a clumsy mountain goat being successful in surviving the perilous niches of the natural world in which they find themselves? Modern day humans, on the other hand, have evolved in a way that allows them to engage in an astounding amount of inactivity and still survive. Social adaptation and modern medical science have permitted this lifestyle to emerge, but the prices of this inactivity—obesity, cardiovascular disease, musculo-skeletal fragility, psychological dependence—have led to a high price on personal quality of lives and an increasing financial cost to families and to our society."

—Robert Schoene, MD

ROBERT SCHOENE, MD, is a world-renowned exercise physiologist and high altitude medicine expert/author and member of the medical advisory committee to the U.S. Olympics committee. He joined Bozeman Deaconess Health Group Pulmonary Disease and Critical Care in 2008. From his perspective as a clinician and physiologist, he explains the benefits of exercise testing.

"Measuring the body's response to exercise unveils the fingerprint of an individual's underlying health and disease," says Schoene. "From these data, one can gain insight into a subject's inherent athleticism, state of training, potential rehabilita-

tion, and/or severity of heart, lung, or muscle disease. In other words, making accurate measurements and being able to interpret them are relevant to athletes, 'weekend warriors' and patients."

Bozeman Deaconess Hospital recently purchased a state-of-the-art 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.

"I've had a long-standing research and clinical interest in exercise physiology in many populations of people, including inhabitants and sojourners to moderate or extreme altitude in such places as Mt. Everest and the Andes, elite athletes in the Pacific Northwest and Southern California, and a multitude of patients with heart, lung, and muscle disease,"

Schoene explains. Before moving to Bozeman in 2008, he was director of the Pulmonary Function and Exercise Laboratory at Harborview Medical Center and the Exercise Training Center at the Roosevelt Clinic, both at the University of Washington in Seattle. He hopes to continue similar work at Bozeman Deaconess. "This is not sidewalk sport medicine," Schoene notes. Rather, it is top-of-the-line testing that looks at the whole chain of events of oxygen delivery to the muscle.

Appropriate patients for exercise testing include individuals with unexplained shortness of breath with exertion, decreased exercise tolerance, possible exercise-induced asthma/bronchospasm and evaluation

of occupational disability. Schoene also performs cardio-pulmonary exercise tests (or CPET for short) and counsels all types of athletes, young and old, recreational or competitive who are interested in training thresholds and guidance.

Schoene is convinced that "being active and fit will help everyone endure and enjoy a healthy and more active life."

The Bozeman Deaconess Exercise Laboratory is located in the Sleep Disorders Center 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 522-2400.



FROM THE BOZEMAN DEACONESS HOSPITAL MAILBAG

ON MAY 16, I discovered a lump on the back of my neck while visiting my parents in California. I had a flight to Bozeman with plans to drive to Sun Valley Tuesday morning. I had just met Dr. Connie Hahn socially and so I called her at home on the weekend. She volunteered to see me early Tuesday morning on my way home to Idaho [primary residence]. She scheduled an early ultrasound appointment for me and also arranged for Dr. Frank Rembert to be available to review the ultrasound and do a biopsy if one was needed. This was the beginning of a great experience with your team of healthcare professionals in your beautiful facility because a couple of your physicians were gracious enough to accommodate my schedule.

After it was agreed that scheduling removal of the mass was the next step, Dr. Hahn personally walked me to the offices of Surgical Associates of Bozeman to introduce me to Dr. Andrew Grace, who later removed the mass that turned out to be benign. Everything connected to that procedure was so well done—the pre-op call from the nurse, the registration process, the prepping for the procedure, the surgical crew's humor, warmth and professionalism, the post-op care, the follow-up phone call the next day, and the pathology report before the weekend.

I spent years in hospital and physician practice

administration and consulting and I do not take any of these things for granted. You should be ever so proud of being associated with the remarkable organization of people and the fine facilities. I did years of physician recruitment: Drs. Hahn, Rembert and Grace would be at the top of any-

one's list. The Gallatin Valley is so fortunate to have this place of healing and health-care...kudos to your board, medical staff, donors and volunteers, employees and partners for a job very well done.

Juli Miller
Livingston, MT

On February 16, I found myself in an unusual and frightening position: that of a trauma patient. I had a major ski accident at Big Sky, result-

ing in a serious femur fracture, as well as a fractured wrist. In this time of increasing challenges to all healthcare providers, in an atmosphere of seemingly never-ending criticism, words seem inadequate to express the high level of compassionate, skilled care I received at your fine hospital.

The emergency room team, led by Dr. James Majxner, was superb. The orthopedic surgeon on call that day was Dr. Richard Vinglas. He explained the surgery I needed in detail and provided a truly informed consent. Most important of all, my smooth recovery is a testament to his surgical

skill. While I am extremely grateful to have been cared for by terrific physicians, I must especially commend the nursing and other ancillary staff at Bozeman Deaconess. From the moment I arrived I was treated with caring compassion.

When the staff made sure I had a complete copy of the relevant hospital records, including CDs of all my radiology studies to facilitate my care back in New York, I thought that was the last in a long line of terrific things they had done for me. Two weeks after I got home the phone rang and it was my physical therapist, calling to see how I was doing. That small gesture was like a bolus of encouragement at what was still a very rough time. Then a few weeks later I received a call from my nurse, Janie Sukut, asking how things were going. Bozeman Deaconess gets a standing ovation. Thank you so much.

Jacqueline B. Stein, Esq.
Senior Counsel and Executive Claims Counsel
New York City Health & Hospitals Corporation
New York City, NY

Thank you for your outstanding kindness and care during my recent short stay in the hospital. I so appreciated your patience and cheerful countenances. Too often, we complain when things go wrong and don't sing your praises when things go right. Thanks for all you do.

Laure Cysewski
Belgrade, MT



BOZEMAN DEACONESS OPENS VASCULAR INTERVENTION LAB



Daniel Alderman, MD

THE PUBLIC IS INVITED TO A PRESENTATION by interventional radiologist Daniel Alderman, MD, and a tour of the new lab on August 20.

Bozeman Deaconess Hospital opened a new state-of-the-art Vascular Intervention Lab where cardiologists and radiologists perform minimally invasive endovascular procedures.

The facility features a new fully digital Philips Allura Xper 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. It's faster and more accurate in diagnosing and treating disease, exposes patients to less radiation, elevating the high level of cardiac and vascular care already available at Bozeman Deaconess Hospital.

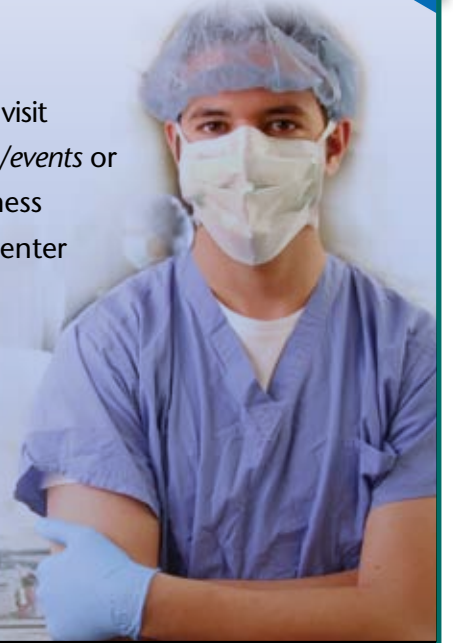
The vascular specialists provide a number of life-saving and life-improving procedures—many of which, thanks to advanced technology, can be provided with catheters inserted into blood vessels meaning some patients no longer require open invasive surgery and hospitalization.

Join Daniel Alderman, MD, board certified interventional radiologist, Intercity Radiology PC, at the Bozeman Deaconess Health and Wellness Forum "Peripheral Vascular Disease and Interventional Radiology" at 5:30 pm on August 20 in the Bitter-

root Room, Bozeman Deaconess Conference Center. The presentation, free and open to the public, will be followed by a tour of the new Vascular Intervention Lab.

For more information, visit bozemandeaconess.org/events or call Bozeman Deaconess Health Information Center at 522-1644.

PRESENTATION & OPEN HOUSE
AUGUST 20TH, 5:30 P.M.



BOZEMAN DEACONESS HEALTH INFORMATION CENTER



William Robinson, MD,
Chief Medical Officer

Q: I have a lot of questions about health and wellness. Where can I get reliable information?

A: While there is no substitute for a continuing relationship with a personal physician, when it

comes to understanding and evaluating health and medical information, an informed patient is better equipped to ask the right questions and talk about treatment options.

The Bozeman Deaconess Health Information Center provides free patient health education and information. The staff of the Center is trained to research and locate information on topics such as wellness

and prevention, disease and general health-related issues.

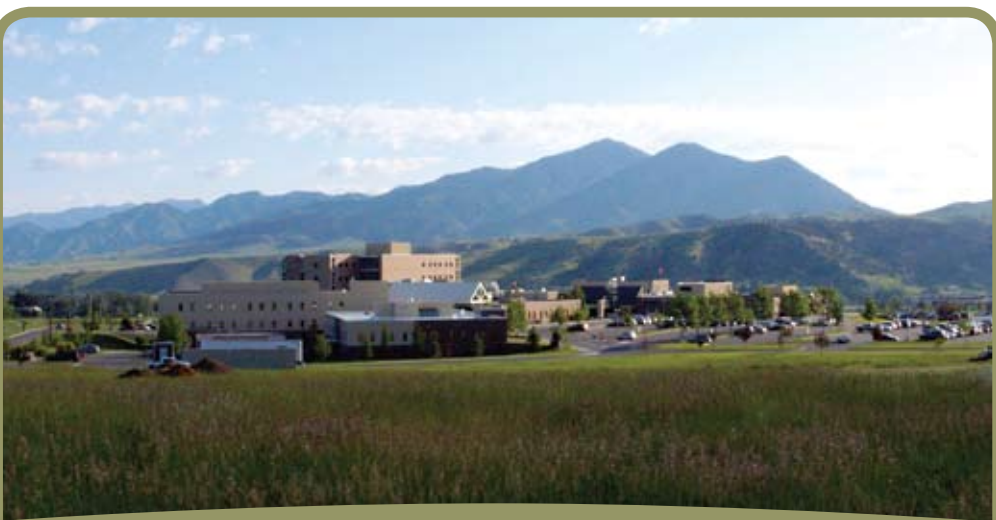
The newly renovated Health Information Center, funded through an endowment to the Bozeman Deaconess Foundation, is open from 8:00 am to 4:30 pm Monday–Friday. It's located in the Atrium in Highland Park 2.

It is important to note that information you receive from Bozeman Deaconess Health Information Center is not to be considered as a substitute for medical advice received from your healthcare professional. Your healthcare provider is your most reliable source for information related to your personal health issues.

You may also access our Health Library on our website, www.bozemandeaconess.org/healthlibrary or call 522-1644.

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MAKE YOUR OPINION COUNT.

Bozeman Deaconess Hospital has commissioned an independent, anonymous survey to help assess the healthcare needs and service gaps in our community.

This survey was recently mailed to random households in Gallatin County. If you did not receive the survey but would still like to participate, Bozeman Deaconess is making the same survey available to everyone. Your opinion matters.

Surveys are available beginning Monday, August 10 through Friday, August 21 at various locations throughout the Bozeman Deaconess

campus including Health Information Center, Pharmacy, Cafeteria and all Bozeman Deaconess Health Group clinics.

Surveys are also available at County Health Department (Bozeman & Belgrade), Gallatin Community Clinic and Community Health Partners (Belgrade), and Gallatin Valley Food Bank (Bozeman & Three Forks) and the Bozeman Deaconess Pharmacy at Big Sky and West Yellowstone Social Services Center.

If you have questions regarding the survey, please contact the survey firm at 586-9586.

Bozeman Deaconess
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www.bozemandeaconess.org



HEALTH NEWS



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The public is invited to a presentation by interventional radiologist Daniel Alderman, MD, and a tour of the new lab on August 20.



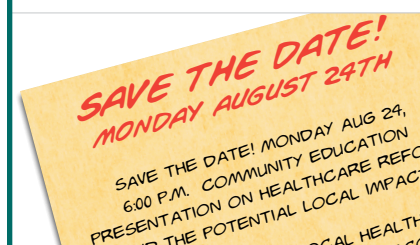
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Bozeman Deaconess Health Information Center. The Bozeman Deaconess Health Information Center provides free patient health education and information.



page 3

Bozeman Deaconess Hospital's Commitment to our Community. For nearly 100 years, Bozeman Deaconess Hospital has been deeply committed to providing healthcare as an essential community service for our residents.



page 4

Save The Date! Monday August 24, 6:00 PM Community education presentation on healthcare reform and the potential local impact.



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Exercise Testing Unveils Underlying Health and Disease. Robert Schoene, MD, is a world-renowned exercise physiologist and high altitude medicine expert/author and member of the medical advisory committee to the U.S. Olympics committee.