



# HEALTH NEWS

  
Bozeman Deaconess  
HOSPITAL

THE MARVELS OF MODERN MEDICINE

JUNE ISSUE—2010

## LIFENET UPGRADED TO SAVE MORE LIVES



IN 2006, Bozeman Deaconess Hospital, American Medical Response, Big Sky Fire Department, and Central Valley Fire Department teamed up to bring LifeNet to Gallatin Valley, the first such service in Montana. This technologically advanced system allows paramedics in the field to transmit electrocardiogram readings to the Emergency Department, expediting treatment of heart attack patients.

While the system has been success-

ful, recent technological upgrades—primarily a switch from cell-phone to faster web-based transmission—make LifeNet available to more patients. “This LifeNet upgrade offers better reception on rural roads, is more reliable and the information is accessible to more places in the hospital,” says James Majxner, MD and Emergency Services medical director.

The “heart” of LifeNet remains the same. Patients with certain kinds of heart

attacks are diagnosed even before they reach the hospital. They bypass the Emergency Department and are admitted directly to the Vascular Lab for lifesaving angioplasty or other interventional procedures. This saves time, which saves heart muscle and function—and saves lives.

The American Heart Association and the American College of Cardiology recommend treatment in 90 minutes or less for best results. With LifeNet, Bozeman Deaconess Hospital is able to beat the clock, so to speak, in almost every case.



Now, an improved system will lead to even better results for more heart attack patients. The \$30,000 LifeNet upgrade was made possible through charitable contributions to the Bozeman Deaconess Foundation.



## KEEPING BRAINS HEALTHY AT ROCKY MOUNTAIN NEUROPSYCHOLOGY



Jeffrey Cory, PhD

Jeffrey Cory, PhD is a licensed psychologist and clinical neuropsychologist in practice in Bozeman for four years. For more information: [www.rockymountainneuropsychology.com](http://www.rockymountainneuropsychology.com)

THE HUMAN BRAIN IS COMPLEX. Its function is evident in behavior, emotions, and thinking ability, all of which depend on the health of brain structure and systems.

“Effective treatment of cognitive, behavioral, and emotional symptoms is driven by effective differential diagnosis,” says Jeffrey Cory, PhD, licensed psychologist and clinical neuropsychologist at Rocky Mountain Neuropsychology. Reaching that diagnosis involves scientific evaluation tools, a clinical interview, and a review of medical records.

Brain disorders are often described as “invisible injuries,” Dr. Cory says, because they are difficult to comprehend through simply looking at a person. But the changes in thinking abilities, personality, emotions, and behavior that such disorders cause patients and their families are very real. “A neuropsychological evaluation helps us understand what has happened or is happening to the

patient and then offer the best treatment recommendations.” Rocky Mountain Neuropsychology evaluates patients with dementia, traumatic brain injury, stroke, learning disabilities, attention deficit-hyperactive disorder, infectious diseases affecting the brain, and other brain and psychiatric disorders, and offers diagnosis, treatment and rehabilitation recommendations, as well as advice on education or workplace accommodations.

Some patients over age 50 suffer memory problems and fear the onset of dementia. “Fortunately, there are things you can do to protect against the onset and severity of dementia,” Dr. Cory says. “Exercise, eat right, engage socially, and exercise the brain.” Dr. Cory also says that, sometimes, memory loss can in

whole or part be a retrieval problem (i.e., “it’s in there but I can’t get it out”), not Alzheimer’s dementia, and can be aided with cues and reminders to help retrieve memories.

With clinical privileges at Bozeman Deaconess Hospital, Dr. Cory is often involved in discharge planning for patients who have experienced life-saving brain treatments and need help restoring optimal brain function. Rocky Mountain Neuropsychology also offers Workers Compensation and other psychological evaluations. Assessment in English and Spanish is available.

## HOSPICE OF SOUTHWEST MONTANA OFFERS ENHANCED SERVICES

BOZEMAN DEACONESS HOSPITAL and Frontier Home Health and Hospice have partnered to provide enhanced hospice services to patients in the Gallatin Valley region. The newly formed company—Hospice of Southwest Montana—began caring for hospice patients on April 11. Hospice of Southwest Montana will continue to provide the same quality services patients of Bozeman Deaconess Hospice have come to know and trust. In addition, Hospice of Southwest Montana retained all employees currently providing hospice services.

Hospice provides support for people facing a life threatening illness and shortened life expectancy so that they might live as fully and comfortably as possible. Hospice care is provided by a team of skilled professionals including physicians, nurses, an aide, social workers, therapists, chaplains, volunteers, and bereavement specialists. The Hospice team is specially trained to provide the care and services needed to address the challenges and opportunities that arise during the final stages of illness and dying. Hospice of Southwest Montana nursing employees are available 24 hours a day, seven days a week to support patients and their families in this comfort directed care.

Hospice of Southwest Montana offices are located in the Legacy Building at 1600 Ellis St., Suite 3A, in Bozeman. For more information, contact Steve Janes, Branch Director for Hospice of Southwest Montana at 585-1089.

**SAVE THE DATE! FRIDAY, JULY 30, FROM 8 AM - 12 PM**

Bozeman Deaconess Pharmacy at Big Sky is turning 5 years old and we’re celebrating in style!

Join us Friday, July 30, from 8 am–12 pm, for health screenings, a sidewalk sale, and treats. More details to come!



**WE’D LIKE TO GIVE YOU SOMETHING FOR THAT UPSET STOMACH.**

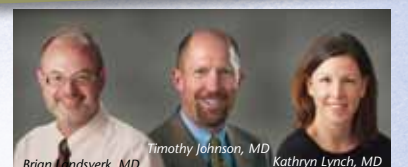


How about three board-certified specialists in gastroenterology?

Brian Landsverk, MD, Timothy Johnson, MD, and Kathryn Lynch, MD, are highly educated, well trained, and experienced in treating gastrointestinal disease.

So if acid reflux, heartburn, stomach upset, or any other intestinal issues are troubling you, the doctors at Bozeman Deaconess GI Clinic will help you find relief.

Participating Insurance Companies:  
Alliance | Blue Cross Blue Shield | Interwest Health | Medicare  
Montana Medicaid | New West Health | United Healthcare



  
**Bozeman Deaconess**  
HEALTH GROUP  
GASTROENTEROLOGY

GI CLINIC  
Tel: 406 556 5336  
931 Highland Boulevard, Suite 3350  
[www.bozemandeaconess.org/healthgroup](http://www.bozemandeaconess.org/healthgroup)

## WHAT INTERNATIONAL TRAVELERS NEED TO KNOW— A Q&A WITH MARK D. WINTON, MD, INFECTIOUS DISEASE SPECIALIST



Mark D. Winton, MD

SUMMER IS NEARING and that means it's time for vacation. We asked Dr. Mark Winton, an infectious disease specialist with Bozeman Deaconess Internal Medicine Associates, what travelers should know before embarking on their next vacation outside of the country.

### What is "Travel Medicine"?

*Dr. Winton: Emporiatrics, or Travel Medicine, deals with the prevention of diseases that can occur while traveling internationally. It is important to investigate your need for immunizations before traveling abroad. Although they may not be required, some immunizations are prudent for protection.*

### Why should travelers see a physician before they leave?

*Dr. Winton: Consider a travel clinic appointment whatever your reason for travel—study abroad, business, vacation, mission trip or Peace Corps.*

*Travelers should see a physician if they are going to developing countries, going off the usual tourist routes, or if they have chronic diseases that could be affected by travel. Some foreign countries require certain*

*vaccinations before they will allow the traveler to enter the country.*

*All travelers need to be up-to-date on routine vaccines they would normally get if they were not traveling (for example, an annual influenza vaccination if indicated). No vaccinations are required for re-entry into the United States for foreign travelers.*

### What vaccines or prevention strategies do you recommend?

*Dr. Winton: Using insect repellent and wearing permethrin-coated clothing can reduce the risk of malaria, yellow fever and other diseases contracted from insects. Routine immunizations such as tetanus, measles, mumps and rubella, and influenza should be updated if necessary before you embark on the trip.*

*Anyone eating in restaurants should be considered for Hepatitis A immunization. Many countries have endemic Hepatitis A, and it's not considered a problem because locals are immune. It can be quite serious for an adult traveler to get Hepatitis A. There's really no reason not to get Hepatitis A immunization except the cost factor of the vaccine. Eventually it will be a childhood vaccine, probably given at the same time as the Hepatitis B series. There is a combination Hepatitis A and Hepatitis B vaccine now called TwinRix. It's two vaccines in one injection.*

*Typhoid vaccination should be considered for travelers going to developing countries.*

*Yellow fever immunization is indicated for travelers going to endemic areas of*

*South America and Africa. And malaria prophylaxis with chloroquine is indicated for travelers going to Mexico and Central America.*

### Is that standard for everyone?

*Dr. Winton: Travel health boils down to risk/benefit analysis. I look at the type of travel and the individual's health history and tailor a disease prevention plan that matches their needs. The Centers for Disease Control travelers' health website covers the gamut and some people won't need all that's recommended. For example, missionaries generally need more immunizations than do business travelers. And, vacationers are somewhere in the middle in terms of what protection is needed.*

### What is safe to eat and drink while traveling?

*Dr. Winton: In general, it's best not to drink tap water in a developing country. Ice is not safe and freezing water does not destroy most bacteria or 'germs'. Boiled water and drinks made from boiled water (tea) are usually safe, as well as alcohol such as beer and wine. Carbonated bottled water or sodas are usually safe. Uncarbonated water may be safe, but be aware that even bottled water*

*may be filled up from the local tap water source.*

*In general, foods that you peel yourself (bananas) are safe. Hot, well-cooked foods are usually safe. Spices do not kill bacteria. Food can be so spicy that it burns your mouth and still cause traveler's diarrhea or more serious diseases.*

### Thanks for the information! Anything else we should know?

*Dr. Winton: It's a good idea to make a travel clinic appointment 4–6 weeks before departure. That's because you may need a series of immunizations or the recommended vaccine does not take effect immediately.*

**To make an appointment with Dr. Winton before your next journey, contact Bozeman Deaconess Internal Medicine Associates at 406-522-2400.**



## SPECIAL SERVICES AVAILABLE JUST FOR NEW MOMS AND MOMS-TO-BE AT SYNERGY MEDICAL SPA



ARE YOU EXPECTING? Bozeman Deaconess Synergy Medical Spa offers a full menu of massage services and pregnancy products. At Synergy, each treatment is created to alleviate discomfort in pregnancy, during labor and afterward.

Pregnancy-trained therapists offer services to increase skin elasticity, ease tired and sore muscles, reduce water retention, increase circulation and treat dry, stretched and aggravated skin. And labor massage will help to decrease pain in all stages of labor, while positively reinforcing breathing and relaxation techniques.

Using one of the best pregnancy products on the market today, Synergy offers Mama Mio's pregnancy products. Mama Mio is about improving and maintaining the tone and elasticity of your skin. Each product is packed with the very best ingredients science and nature have to offer you and your baby to make you feel good.

Each session uses specially designed pillows for comfortable positioning, then lets you float away to a relaxed state that is beneficial for you and baby.

Below are just some of the services available.

### Lighten Up

Created to help when your legs feel tired and swollen, this is a 30 minute lower leg treatment to reduce water

retention and increase circulation.

### Free Your Mind.

A 45 minute heavenly treatment for upper back and neck tension with a lovely scalp massage to ease your mind. Exactly what you need to beat pre-baby stress.

### Free Loader

Specific muscles in your lower back compensate for the weight of your bump. This 45 minute massage treatment is designed to ease the strain and help your back relax.

### Mellow Mama

An hour-long complete body massage using specific prenatal techniques to relax, renew, and rejuvenate. Allow yourself to indulge taking a well-deserved moment to dream of baby.

### Tummy Tone-up

A 60 minute, radically active facial peel for your tummy! Intensive exfoliation followed with triple application of potent cell regenerating concentrates and a rich mask—firming and contouring while pushing the actives deep into the skin.

### Shrink to Fit

A 75 minute treatment specially designed to restore elasticity, reduce water retention, reverse spongy skin and the appearance of cellulite. This treatment includes

full body exfoliation, circulation boosting massage and full-body mask.

### The Yummy Tummy

A glorious facial for your tummy! Mega-moisture and nourishment for your tight-as-a-drum skin; will help build elasticity, ease itchy belly syndrome, and get you a gentle massage...45 minutes of pure bliss!

### 4th Trimester Healing Hour

Up to four months after birth, your body is still behaving as though it is pregnant—this massage helps alleviate your physical and mental stress. New motherhood can be exhausting and sometimes it's you who needs the mothering.

### The Smoothie

Whether you're growing or shrinking, you'll have 75 minutes of gentle exfoliation and massage treatment to maximize the effectiveness of skin care and help increase skin strength and elasticity. You'll float home chilled out with gorgeous, glowing skin!

To learn more, visit our website at [synergymedicalspa-bozeman.com](http://synergymedicalspa-bozeman.com) or call today at 556-5140.

## BOZEMAN DEACONESS PHARMACY AT HIGHLAND PARK: PRESCRIPTIONS AND PEACE OF MIND

What sets the outpatient Bozeman Deaconess Pharmacy at Highland Park apart from retail pharmacies? Not the price of medicines—they match the prices of local retail outlets and many other pharmacies. And, not the long wait—they take clinic and hospital patients along with regular customers on a first come, first served basis and the average wait is only 15 minutes. And, like retail pharmacies, the Pharmacy at Highland Park bills all major insurance companies.

The real difference, says Alan Brayton, PharmD, who manages the outpatient pharmacy at Bozeman Deaconess, is availability of access to electronic health records, intravenous/injectable medications, patient education, research capabilities and quality patient care.

"If your doctor has NextGen—the community wide electronic health record system—prescriptions can be written and

sent electronically. And, we can double check medication interactions, helping to ensure patient safety. We also have access to extensive research databases and, as a community service, spend an average of two hours a day answering patient and physician specific questions," says Brayton. "Someone is always available to help with dosing and medication questions."

According to Brayton, misconceptions about the cost of medications and insurance coverage can have

unintended consequences. "People are going to their doctor more often due to not taking their medications," he said. "As example, it can end up costing more to go the Emergency department for an asthma attack, than buying Advair to prevent breathing problems."

The pharmacy staff at Bozeman Deaconess Highland Park can advise patients on costs of medications and, if a patient can tolerate it, will switch out a prescription to a lower cost generic brand. Bozeman

Deaconess Pharmacy at Highland Park can assist in finding any coupons or discounts for expensive medications. "The patient always makes the final choice," Brayton notes.

Bozeman Deaconess Pharmacy at Highland Park stocks vitamins, creams, ointments and bandages and will special order for anyone. Two new lines—Nature's Bliss Skin Care and Mueller Sports Care products—are available.

All medications come from one source, McKesson, a company with a worldwide reputation that only purchases from reputable manufacturers. All orders arrive the next business day. Another benefit of the outpatient pharmacy is affiliation with the University of Montana School of Pharmacy. Pharmacy students regularly do clinical rotations with Bozeman Deaconess Pharmacy at Highland Park.



# MEN'S HEALTH

JUNE IS NATIONAL MEN'S HEALTH MONTH

## MEN'S GUIDE TO SUMMER HEALTH AND SAFETY

SUMMER IS A GREAT TIME to build up your fitness program, enjoy fresh fruits and vegetables, take a vacation, and have fun. It's also a time to pay attention to your health and safety. Below are tips to help you stay safe and healthy this summer and all year long.

### BE WATER SAVVY.

In 2006, males were three times more likely than females to die from unintentional drownings in the United States. Alcohol use is involved in up to half of adolescent and adult deaths associated with water recreation.

#### Tips:

- Learn how to swim. Never swim alone.
- Wear your life jacket while boating.
- Avoid alcoholic beverages while boating.
- Watch children in and around water.
- If you have a swimming pool at your home, install a four-sided isolation pool fence.

### KEEP YOUR COOL IN THE SUN.

Sun protection is important all year round, not just during the summer or at the beach. Take steps to help prevent skin cancer and other conditions. Heat-related deaths and illness are preventable, yet many people succumb to extreme heat each year. Take steps to lower your risk for heat-related illness.

#### Tips:

- When possible, avoid outdoor activities during midday, when the sun's rays are strongest.
- Cover up with clothing and a wide-brimmed hat to protect exposed skin.
- Drink plenty of cool, non-alcoholic fluids.
- Seek shade.
- Wear sunscreen and lip screen with a sun protective factor (SPF) of 15 or higher. Remember to reapply it as needed.

### LEAVE FIREWORKS TO THE PROFESSIONALS.

Males are injured by fireworks about three times as often as females. About 47% (nearly half) of persons injured from fireworks are young people under twenty years of age. Injuries are most commonly associated with fire-crackers, sparklers, and bottle rockets.

#### Tips:

- Leave firework displays to trained professionals.
- Never allow children to play with or ignite fireworks.
- If using fireworks, have a fire extinguisher nearby in case of a fire.
- Be sure other people are out of range before lighting fireworks.

### BE SAFE.

Males are at increased risk for some injuries and conditions. Motor vehicle traffic, poisonings, drownings, and falls are the leading causes of unintentional injury deaths for males ages 15-44. Males take their own lives at nearly four times the rate of females and represent 79% of all U.S. suicides.

In 2006, the motor vehicle death rate for male drivers and passengers ages 15 to 19 was two times that of their female counterparts. About 38% of male drivers ages 15-20 who were involved in fatal crashes were speeding at the time of the crash, and 24% were drinking. Male high school students were more likely than female students to rarely or never wear seat belts. Males are about twice as likely as females to sustain a traumatic brain injury.

Drivers and passengers can cut their risk of dying in a crash by half simply by buckling up. Child safety seats reduce the risk of death in passenger cars by 71% for infants, and by 54% for toddlers ages 1 to 4 years. For children 4 to 7 years, booster seats reduce injury risk by 59% compared to safety belts alone.

#### Tips:

- Wear a safety belt every time you drive or ride in a motor vehicle.
- Buckle your child using a child safety seat, booster seat, or safety belt appropriate for his/her age and size.
- Never drive while under the influence of alcohol or drugs and never let someone under the influence drive either.
- Wear a helmet when riding a bike or motorcycle, skating, or playing in contact sports.

### FIGHT THE BITE.

To lower your risk for West Nile Virus, avoid mosquito bites when you spend time outside working or playing. The risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.

#### Tips:

- Use mosquito repellent.
- Install or repair window and door screens.
- Eliminate mosquito breeding sites.

### PRACTICE PROPER PET CARE.

Your relationship with your pet enriches your life. However, there are a few important tips to keep in mind when you own a pet. Some animals can carry germs that may be transmitted to people.

#### Tips:

- Pick the right pet for your family.
- Wash your hands thoroughly after petting your pet.
- Get your pet early, regular, and life-long veterinary care.
- Prevent rabies.
- Teach children how to properly care for pets.
- Spay and neuter your pets.
- Keep wildlife wild.

### PREVENT SEXUALLY TRANSMITTED INFECTIONS.

Sexually transmitted infections, including HIV and AIDS, remain a major challenge in the United States. In 2005, almost three quarters of HIV/AIDS diagnoses were for male adolescents and adults.

#### Tips:

- The surest way to avoid transmission is to abstain from sexual intercourse.
- Be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected.
- Use latex condoms. Latex condoms, when used consistently and correctly, can reduce the risk of transmission of certain diseases.
- Get tested.

### EAT HEALTHY AND SAFE FOODS.

Whether you plan to grill on the patio or picnic in the park, be sure to eat balanced meals with plenty of fruits and vegetables. Fruits and vegetables have important vitamins, minerals, and fiber that may help protect you from some chronic diseases.

Foodborne disease is caused by consuming contaminated foods or beverages. An estimated 76 million cases of foodborne disease occur each year in the United States. Most of these cases are mild and cause symptoms for a day or two, but some cases are more serious and require hospitalization.

#### Tips:

- Eat plenty fruits and vegetables daily.
- Wash your hands before eating or preparing food.
- Cook all foods to the proper temperatures.
- Refrigerate foods promptly.
- Handle and prepare food safely.

### BE PHYSICALLY ACTIVE.

The summer is a great time to play outdoor games, garden, or walk. Start a new routine that combines fun and physical activity. Active people are less likely than inactive people to be obese or to have high blood pressure, diabetes, osteoporosis, coronary artery disease and stroke, depression, colon cancer, and premature death.

#### Tips:

- Adults should get 30 minutes of moderate-intensity physical activity most, preferably all, days of the week.
- Children and adolescents should participate in at least 60 minutes of moderate-intensity physical activity most, preferably all, days of the week.
- Start at an easy pace and increase time and distance gradually.
- Don't overdo it. Prevent injuries.

### BE PREPARED.

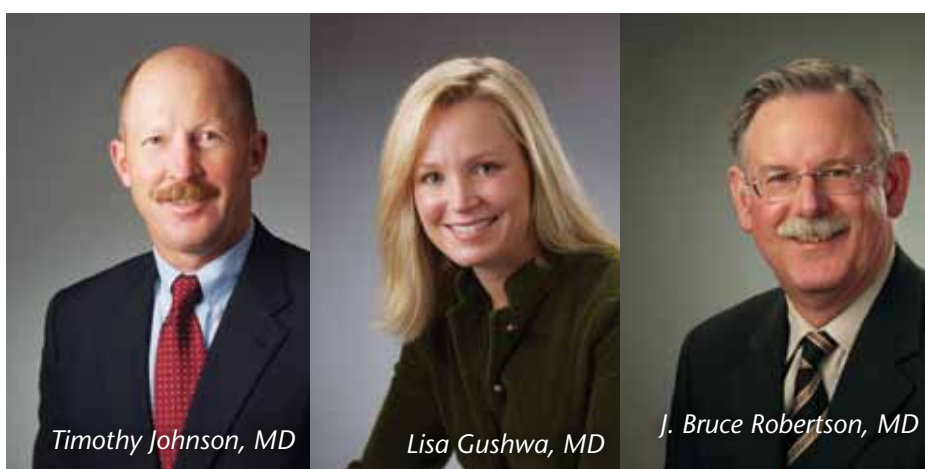
Take steps to prepare yourself and your family for severe weather and natural disasters before they happen. Learn how to cope and recover when disaster strikes.

#### Tips:

- Make an emergency plan and stock supplies ahead of time. Review your options.
- Learn about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.
- Identify potential home hazards, and know how to secure or protect them before a disaster strikes.
- Know beforehand what common reactions may occur to help your ability to cope. Accept your own reactions and those of people around you.
- Locate and secure your important papers, including insurance policies, wills, licenses, passports, and birth certificates.

Source: Centers for Disease Control and Prevention, www.CDC.gov

## A SPECIAL WELLNESS FORUM FOR MEN (AND THE WOMEN THAT LOVE THEM!)



Timothy Johnson, MD

Lisa Gushwa, MD

J. Bruce Robertson, MD

Thursday, June 17 at 5:30 pm, Bitterroot Room, Bozeman Deaconess Hospital.  
Featuring Family Practitioner Lisa Gushwa, MD,  
Gastroenterologist Timothy Johnson, MD, and Urologist J. Bruce Robertson, MD

### Take Action to Improve Your Health

**Attention all men!** Have you been avoiding the doctor simply because you feel fine? Well, more than likely you are fine, but sometimes, there are certain diseases and conditions that do not always show symptoms. Regular check-ups, completing timely screenings and tests, and reviewing your family's health history are simple steps you can take to live a healthier life.

Join Drs. Lisa Gushwa of Bozeman Deaconess Medical Associates, Timothy Johnson, of Bozeman Deaconess GI Clinic, and J. Bruce Robertson, of Bozeman Deaconess Urological Associates as they outline a guide to healthy living for men. Ladies, do you have questions regarding the health of the men in your life? If so, please come—all are welcome.

# MEN'S HEALTH

JUNE IS NATIONAL MEN'S HEALTH MONTH



## URINARY INCONTINENCE IN MEN

URINARY INCONTINENCE is the accidental release of urine. It's not a disease. It's a symptom of a problem with a man's urinary tract. Incontinence can happen for many reasons:

- If your bladder squeezes at the wrong time, or if it squeezes too hard, urine may leak out.
- If the muscles around the urethra are damaged or weak, urine can leak out even if you don't have a problem with your bladder squeezing at the wrong time.
- You can also have incontinence if your bladder doesn't empty when it should. This leaves too much urine in the bladder. If the bladder gets too full, urine will leak out when you don't want it to.
- If something is blocking your urethra, urine can build up in the bladder and cause leaking.

Urinary incontinence happens more often in older men than in young men, but it's not a normal part of aging.

Urinary incontinence can be short-term or long lasting (chronic). Short-term incontinence is often caused by other health problems or treatments. The most common sign of urinary incontinence is leaking urine from the bladder. Other signs will depend on the type of

urinary incontinence you have.

- **Stress incontinence:** You release a small amount of urine when you cough, strain, lift something, or change position.
- **Urge incontinence:** The need to urinate is so strong that you can't reach



J. Bruce Robertson, MD

Derrick Rowe, PA-C

J. Bruce Robertson, MD and Derrick Rowe, PA-C  
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- the toilet in time.
- **Overflow incontinence:** You have the urge to urinate, but you can only release a small amount. And you can't control the constant dribbling of urine. In men, incontinence is often related to prostate problems or treatments. Drinking alcohol can make urinary incontinence worse. Taking prescription or over-the-counter drugs such as diuretics, antidepressants, sedatives, narcotics, or

non-prescription cold and diet medicines can also affect your symptoms.

Your doctor will do a physical exam, ask questions about your symptoms and past health, and test your urine. Often this is enough to help the doctor find the cause of the incontinence. You may

need other tests if the incontinence is caused by more than one problem or if the cause is unclear.

Treatments are different for each person. They depend on the type of incontinence you have and how much it affects your life. After your doctor knows what has caused the incontinence, your treatment may include medicines, simple exercises, or both. A few men need surgery, but most do not. There are also

some things you can do at home. In many cases, these lifestyle changes can be enough to control incontinence.

- Cut back on caffeine drinks, such as coffee and tea. Also cut back on fizzy drinks like soda pop. And don't drink more than one alcoholic drink a day.
- Eat foods high in fiber to help avoid constipation.
- Don't smoke. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Stay at a healthy weight.
- Try simple pelvic-floor exercises like Kegels.
- Go to the bathroom at several set times each day, and wear clothes that you can remove easily. Make your path to the bathroom as clear and quick as you can.
- When you urinate, practice double voiding. This means going as much as you can, relaxing for a moment, and then going again.

If you have symptoms of urinary incontinence, don't be embarrassed to tell your doctor. Most people with incontinence can be helped or cured. *Source: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health of the U.S. Department of Health and Human Services*

## Q & A WITH DR. ROBERTSON

KIDNEY STONES are one of the most common disorders of the urinary tract. But did you know men are more prone to kidney stones than women? Below, Dr. J. Bruce Robertson of Bozeman Deaconess Urological Associates discusses kidney stones and their treatment.

### What are kidney stones?

**Dr. Robertson:** One in five people will likely have problems with kidney stones at least once in their life. Kidney stones are usually made of calcium oxalate but they can be made of uric acid, calcium phosphate, cystine, etc. Stones usually form in the kidney and may stay there many years without causing problems. When stones (even very tiny ones) move out of the kidney, they must travel through a very small tube called the ureter on the way to the bladder. This often blocks the flow of urine from the kidney and causes severe pain until the stone passes into the bladder and out in the urine. Stones that are too large to pass require treatment.

Sometimes we diagnose kidney stones when we do x-rays for another reason. More often, people first become aware of a stone when they experience the sudden onset of severe pain in one flank (side) or the other. This is often accompanied by nausea and vomiting and usually prompts people to come to the hospital emergency department.

Most small stones pass on their own. We use shock wave lithotripsy—a non-invasive technique using shock waves to break stones into tiny pieces

that then pass. Some stones are best approached using ureteroscopy where a small fiberoptic "scope" is passed into the ureter and the stone is fragmented using a laser. Large stones in the kidney sometimes require more aggressive therapy.

For most healthy people who have had a single stone made of calcium, the best preventive measure is to drink lots of water and real lemonade. For people who have had multiple stones or who have other medical problems such as bowel disease, cancer, metabolic disorders, etc., it is often a good idea to do blood and urine studies to determine if there is another reason other than fluid intake to explain stone formation. These studies are easy to do and there are often simple treatments that can eliminate or reduce stone formation.

### Call a doctor if you have any of these symptoms:

- **Extreme pain in your back or side that will not go away**
- **Blood in your urine making it look pink**
- **Fever and chills**
- **Vomiting**
- **Urine that smells bad or looks cloudy**
- **A burning feeling when you urinate**

## DEPRESSION IN MEN IS SERIOUS BUT TREATABLE

DEPRESSION IS A SERIOUS but treatable medical condition that can strike anyone, including men. In America alone, more than 6 million men have depression each year.

Whether you're a company executive, a construction worker, a writer, a police officer, or a student; whether you are rich or poor; surrounded by loved ones or alone; you are not immune to depression. Some factors, however, such as family history, undue stress, the loss of a loved one, or serious illnesses can make you more vulnerable.

If left untreated, depression can lead to personal, family, and financial difficulties. With appropriate diagnosis and treatment, however, most people recover. The darkness disappears, hope for the future returns, and energy and interest in life becomes stronger than ever.

### SIGNS AND SYMPTOMS

*Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms; some people suffer many. The severity of symptoms varies among individuals and also over time.*

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning

- awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms

If these signs and symptoms describe you or a man that you care about, talk to your healthcare provider.

Understand that depression is a treatable illness. The majority of people with depressive disorders improve when they receive appropriate treatment. The first step to getting treatment is a physical examination by a doctor to rule out other possible causes for the symptoms. Next the doctor should conduct a diagnostic evaluation for depression or refer the patient to a mental health professional for this evaluation. Depending on the type of depression that you may be suffering, various treatments are available, including medication and psychotherapy.

*Source: The National Institute of Mental Health (NIMH), part of the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services.*



## MEN'S FERTILITY

LOTS OF COUPLES have trouble conceiving a child. About 40 percent of the time, the cause of infertility is traced entirely or in part to the man.

The male fertility process involves making mature sperm and getting the sperm to reach and fertilize the egg. For this process to happen, a man must be able to have and sustain an erection, have enough sperm, have enough semen to carry the sperm to the egg, and have

sperm that are the right shape and move in the right way. A problem in any part of this process can lead to problems conceiving.

### Many factors can affect male fertility.

#### Some include:

- Age
- Stress
- Smoking, drugs, and alcohol
- Undescended testicles or damage to the testicles

- Wearing tight underwear
- Medications
- Environmental toxins
- Genetic conditions
- Other health problems

If your partner has not become pregnant after 1 year of frequent sex without birth control (or after 6 months if your partner is 35 or older), talk to your doctor. A semen analysis can be a good first step for couples facing fertility problems because it

is much easier and costs less than tests that look at female fertility. The test looks at a man's semen and sperm. Many couples with fertility problems go on to have healthy pregnancies and babies. In some cases, the cause for infertility in the man or woman cannot be found or cannot be treated.

*Source: U.S. Dept of Health & Human Services*

## EVALUATING THE AUTHENTICITY OF HEALTH INFORMATION YOU RECEIVE

NEWSPAPERS AND WEBSITES often publish summaries of recent medical studies that claim to have found new ways to lower your risk for cancer. You need to know if this information is accurate. Learning how to analyze what you read will better equip you to judge the accuracy and reliability of the information.

It is important to analyze what you read in the paper, see on television, hear on the radio, or find on the Internet. A good analysis will help you determine whether the information is likely to be accurate. Below is a list of questions to consider when you hear about new cancer research studies.

### Who is reporting the results?

Is the newspaper, radio or TV station, or website a reliable source of medical news? You might want to talk to your healthcare provider to help you judge the reliability of the source.

### Was the study based in the laboratory, on animals, or on people?

The results of research on people are

more likely to be meaningful to you.

### How large is the study?

In general, when it comes to understanding medical risks, the larger the study the more valid the data will be for the general population.

### Does it include people like you?

Check to see if some of the people in the study were the same age, sex, ethnic background, income group as yourself and had the same health concerns.

### Are the results presented in an easy-to-understand way?

They should use absolute risk, relative risk, or some other easy-to-understand number.

### Does the report clearly tell what behavior or medical treatment was studied?

Information about the study should include what behavior or medical treatment was being studied. It should also include what outcomes, such as lower cancer risk or increased detection, were measured in the study.

### What are other possible explanations for the study results?

Researchers should discuss other possible explanations for the results. These may include other risk factors or problems with the research.

### Where was the research done?

Scientists at a medical school or large hospital, for example, might be better able to conduct complex experiments or have more experience.

### Has the study been published in a peer-reviewed journal?

Medical journals use a peer review process to help ensure the quality of the research. (Peer review is an appraisal of research against accepted standards by professionals in the field.)

If you're unsure of the source of health information, contact the Bozeman

Deaconess Health Information Center. We provide free and reputable patient and 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. It is important to note that information received from Bozeman Deaconess Health Information Center is not to be considered as a substitute for medical advice received from your healthcare professional.

Bozeman Deaconess Health Information Center: 406-522-1644  
bozemandeaconess.org/healthinformationcenter

## ONLINE HEALTH INFORMATION RELIABILITY

**HEALTH & WELLNESS FORUM,**  
Thursday, July 15, 5:30 pm, Bitterroot Room,  
Bozeman Deaconess Hospital

There are thousands of health-related websites on the Internet. Some of the information on these websites is reliable and can be trusted. Some of it is not. Some of the information is current. Some of it is not. Choosing which website to trust for your health information is worth thinking about. Join our Health Information Coordinator Jan Davis as she discusses how to find reliable health information online and what to know when performing health searches. She'll also discuss the services available at the Health Information Center.

Your only locally owned OB/GYN Group

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At Bozeman Deaconess Women's Specialists, we offer NovaSure, a quick, safe and simple one-time treatment that can control your bleeding so you can get on with your active life.

And, when you choose Women's Specialists, you're choosing a locally owned and operated medical practice. Rest assured that your medical services and diagnostic procedures are coordinated locally through Bozeman Deaconess.

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## SCREENING FOR BREAST CANCER...BE INFORMED Should women under 50 still get a mammogram?

ANNUAL SCREENING MAMMOGRAPHY for women 40 and older is one of the major healthcare advances over the past 40 years. The goal of breast cancer screening is to reduce the number of deaths by detecting breast cancer early when treatment is more effective and less harmful.

But in November of 2009, the U.S. Preventive Services Task Force (USPSTF) issued a change in their recommendations for breast cancer screening. Their recommendation—widely denounced since November—has discouraged women under 50 from obtaining regular mammograms. And many women here in the Gallatin Valley likely remain confused.

The Task Force made the recommendation against routine screening mammography in women ages 40-49 and women over 75, against self-breast exams and even clinical breast examinations. This recommendation was made even though since the onset of regular mam-

mography screening in 1990, the death rate from breast cancer (which had been unchanged for the preceding 50 years), has decreased by 30%-40%. The Task Force took this stance with the rationale that the "harms" of mammography

**In just one week this spring, we detected breast cancer in four women under the age of 50. Twenty-three percent of all breast cancers detected at Advanced Medical Imaging were found in women under the age of 50. These statistics are not simply numbers or percentages, but the lives of real women in our community. Every year and every life saved by the early detection of breast cancer is priceless.**

—Dr. Jay Jutzy, Radiologist, Bozeman Deaconess Hospital

including discomfort, anxiety and possible overtreatment outweigh the marked reduction in the death rate resulting from regular screening.

The American Cancer Society responded to the recommendation controversy by stating, "USPSTF is essentially telling women that mammography at age 40 to

49 saves lives; just not enough of them."

The breast care experts at Bozeman Deaconess believe that every year and every life saved by the early detection of breast cancer is priceless. While digital mammography is not perfect, it remains

the best tool available today to detect breast cancer. We continue to advise annual mammograms for women beginning at age 40.

Bozeman Deaconess Hospital and Intercity Radiology, P.C., through their joint venture, Advanced Medical Imaging (AMI), provide digital mammography and

women's imaging. In the past five years, from the total number of breast cancers discovered, 45 percent were diagnosed from screening mammography in women who were not experiencing any problems or symptoms at the time of their mammogram. Almost a quarter of all breast cancers were found in women under the age of 50. These statistics are not simply numbers or percentages, but the lives of real women in our community. Breast cancer is a life altering diagnosis; however with early detection, treatment can be more successful, less extensive and less disruptive to the patient's life. Early detection is still your best protection.

Advanced Medical Imaging and Bozeman Deaconess Hospital urge you to investigate this information on your own. Call us. Ask your doctor. Get the facts so you can make an informed decision based on your personal health history.

## BREAST CARE PROGRAM UPDATE WITH CINDY CARTER, PA-C



Cindy Carter, PA-C

A LITTLE OVER A YEAR AGO I joined Advanced Medical Imaging as a breast care specialist. My role is to enhance the level of care and support we offer to all of our patients by providing personalized, compassionate and timely services.

As a physician assistant, I facilitate exams, procedures, and treatment options to smoothly walk you through the breast health and breast cancer care process. I provide education, support and help en-

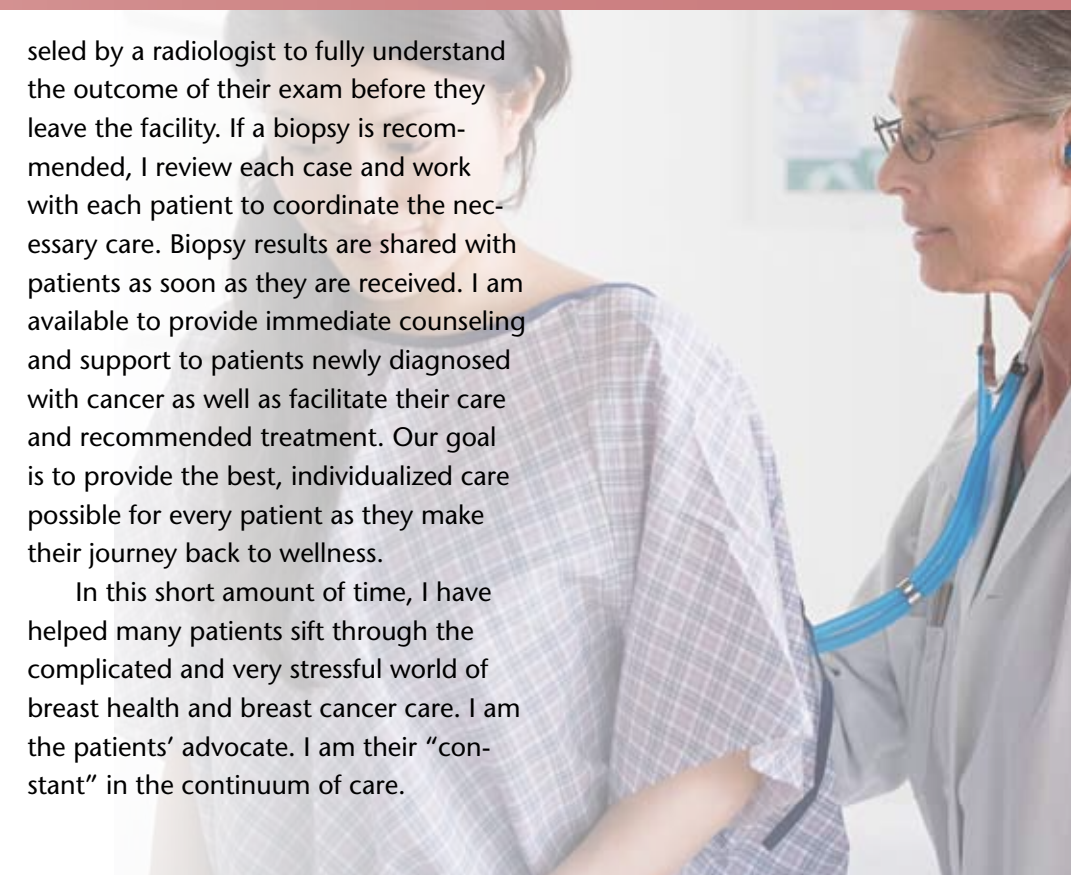
sure care is provided within days—rather than weeks or months. I make sure you are informed, your questions answered and your wishes followed. I am here to listen to your concerns and fears.

At the center of our program is a Breast Care Pathway that provides guidelines that facilitate moving quickly through diagnostic and interventional procedures, referrals to specialists, and treatment options. The Breast Care Pathway helps you move seamlessly from your primary care provider to specialists and the follow up care that best meets your needs.

Each year over 9,000 women come to Advanced Medical Imaging for breast evaluation. Every patient who is recommended for additional imaging receives personal attention to facilitate a diagnostic visit. At that visit, every patient is coun-

seled by a radiologist to fully understand the outcome of their exam before they leave the facility. If a biopsy is recommended, I review each case and work with each patient to coordinate the necessary care. Biopsy results are shared with patients as soon as they are received. I am available to provide immediate counseling and support to patients newly diagnosed with cancer as well as facilitate their care and recommended treatment. Our goal is to provide the best, individualized care possible for every patient as they make their journey back to wellness.

In this short amount of time, I have helped many patients sift through the complicated and very stressful world of breast health and breast cancer care. I am the patients' advocate. I am their "constant" in the continuum of care.





# Thank You.

Bozeman Deaconess Foundation is proud to recognize the many generous contributors and volunteers who made Hospitality 2010 a tremendous success. Over \$150,000 was raised to support Emergency Services.

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## NEW HEALTHCARE PROFESSIONALS



**Rebecca Murphy, FNP, CRNH,** joins the Bozeman Deaconess Palliative Care team. She earned a BSN at St. Olaf College,

Northfield, MN, and master's in nursing from Montana State University in 2009. A certified hospice registered nurse, she has worked at Bozeman Deaconess Hospice since 1992. Palliative care is a team approach that specializes in the relief of the pain, symptoms, and stress of serious illness. The goal of Palliative Care is to prevent and ease suffering and to offer patients and their families the best possible quality of life.



**Les Jones, PA-C, RD,** joins Bozeman Deaconess Diabetes Center. She is a 1997 graduate of Rocky Mountain College's physician assistant program. She is

also a registered dietitian and was the clinical dietitian and diabetes educator at Bozeman Deaconess from 1989-1997. She returns to Bozeman Deaconess as the newest member of the Diabetes Center team. For the past 10 years, she has specialized in bariatric and obesity-related co-morbidities including type 2 diabetes.

## GREAT VOLUNTEERS MAKE A DIFFERENCE IN PATIENTS' LIVES



**BOZEMAN DEACONESS Cancer Center** has terrific volunteers, says patient care coordinator Maureen Riemersma, and Ross Leake is a great example of such. While scheduling a patient's weekly treatment, the patient requested Thursdays because, "there is a volunteer [Ross] who is there on Thursdays and he takes really good care of us."

Ross Leake, a retired claims adjuster, began volunteering on Thursdays at Bozeman Deaconess Cancer Center a

year-and-a-half ago. Leake is an outstanding volunteer, says volunteer coordinator Jena Silverness, and "he means the world to our patients." Ross offers comfort in the form of warm blankets, visits and support. He makes sure the coffee pot is fresh, keeps the waiting room clean and helps nursing staff stock supplies and information packets.

In addition to his three-hour weekly shift at Bozeman Deaconess Cancer Center, Leake is an American Cancer Society Road to Recovery volunteer. His advice to other volunteers is "don't be afraid to step out of your comfort zone to engage people. You get more back than you can give."

For information on volunteering, contact Silverness at 556-5173 or visit [www.bozemandeaconess.org/volunteer](http://www.bozemandeaconess.org/volunteer).

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**page 1**

**LifeNet Upgraded to Save More Lives:** This technologically advanced system allows paramedics in the field to transmit electrocardiogram readings to computers at the hospital, expediting treatment of heart attack patients.



**page 2**

**What International Travelers Need to Know—a Q&A with Mark D. Winton, MD, Infectious Disease Specialist:** Summer is nearing and that means it's time for vacation.



**page 3**

**Men's Summer Health and Safety:** Summer is a great time to build up your fitness program, enjoy fresh fruits and vegetables, take a vacation, and have fun. It's also a time to pay attention to your health and safety.



**page 4**

**Urinary Incontinence in Men:** Urinary incontinence happens more often in older men than in young men, but it's not a normal part of aging.



**page 6**

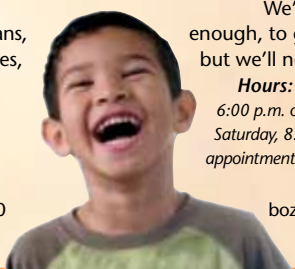
**New Healthcare Professionals:** Rebecca Murphy, FNP, CRNH, and Les Jones, PA-C, RD, join staff at Bozeman Deaconess Hospital



*They call it goofing around.*  
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comfortable, even joking around and goofing off, their love for little ones shows. Call Medical Associates.

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