

New Stretta Procedure Brings Relief to Reflux Sufferers

If you suffer from reflux you know just how much it can impact your quality of life. Maybe you have terrible bouts of heartburn that keep you from eating the foods you enjoy. You could be experiencing a burning sensation in your chest and throat. Maybe you are taking antacids or anti-reflux medication but you still suffer.

Your doctor may have diagnosed you with GERD or gastroesophageal reflux disease. GERD is common, affecting 1 in 3 Americans.

Do you have:

- Significant heartburn?
- Acid-indigestion requiring antacids more than 2-3 times a month?
- Sour taste in your mouth?
- Non-cardiac-related chest pain?
- Difficulty swallowing?

“GERD is usually caused by a weakness in the lower esophageal sphincter (LES). Essentially, it is a one-way valve that relaxes when we eat and swallow, then clamps back up when we are done. It can stop working for various reasons,” said Dr. Jeff Womble, general surgeon with TMH.

The Memorial Hospital is thrilled to offer a new solution for GERD that’s producing great results. It’s called Stretta. It’s a highly effective and minimally-invasive procedure that offers an

stretta®

Relieve chronic heartburn.
Reduce or eliminate medication.
Avoid invasive surgery.

alternative to invasive surgery or implants. Stretta Therapy uses radiofrequency (RF) energy to strengthen and improve the function of the LES to prevent regurgitation or reflux.

“Most people with reflux symptoms are a candidate for Stretta. It can mean ending symptoms and getting off medicines,” Womble added.

To learn more about Stretta, talk with your doctor about receiving a referral to one of our general surgeons to discuss whether it’s a good fit for you. Dr. Driggs and Dr. Womble can be reached at (970) 826-2420.

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Introducing our CEO, Andy Daniels!

“Since coming to TMH I have been impressed with the excellent team of employees we have

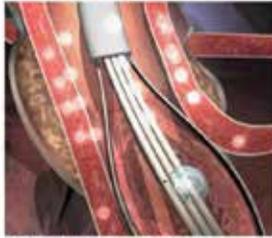
here. I’m proud to be part of this team and part of continuing to bring high quality healthcare to our community.”

– Andy Daniels, CEO

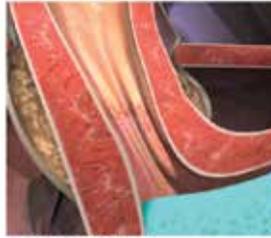
About the Stretta Procedure



REFLUX - A WEAK MUSCLE ALLOWS STOMACH CONTENTS TO REFLUX INTO THE ESOPHAGUS

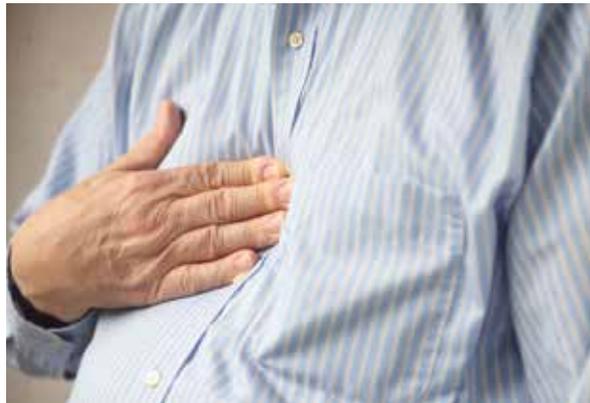


STRETТА THERAPY - TREATS THE MUSCLE WITH RADIOFREQUENCY ENERGY



POST STRETТА - THE REGENERATED, THICKER, MUSCLE PREVENTS REFLUX.

Stretta is a minimally invasive, outpatient procedure that takes approximately 60 minutes to perform. Patients receive conscious sedation and an instrument is passed through the mouth, so there are no visible cuts



or scars that result from the procedure. Patients typically go home 1-2 hours after the procedure. Most patients are able to return to work and their normal activities a few days after treatment.

Stretta is by far the most widely studied of any new treatment option for GERD, with a patient satisfaction rating of 93%. Clinical studies show that 86% of patients are still off their daily proton pump inhibitors after 4 years. Most patients experience a significant improvement in GERD symptoms lasting from 4-10 years, as well as a decrease in esophageal acid exposure and medication requirements.

General Surgeries at TMH

Several surgical procedures are available at The Memorial Hospital from our two surgeons, Dr. Jeff Womble, Board Certified General Surgeon and Fellow of the American College of Surgery (FACS), and Dr. X. Alexis Driggs, Board Certified General Surgeon. Common



Jeff Womble, MD



Alexis Driggs, MD

surgeries and treated conditions include:

- Colon, skin and breast cancer
- Port placement for infusions
- Hernia repairs - open and laparoscopic
- Advanced laparoscopic surgery
- Stretta and anti-reflux surgery
- Diagnostic and therapeutic endoscopy
- Wound care
- Hemorrhoids
- Thyroid surgery
- Pacemaker placement
- Gallbladder surgery

Welcome Kevin Monahan



Kevin is our new pediatric physician assistant with TMH Medical Clinic. We're thrilled to add him to our pediatric team!

Holiday Hours

To give our dedicated employees time to be with their families during the holidays, the TMH Medical Clinic will have shortened holiday hours:

- Wednesday, November 23rd – 2:00 pm closure
- Thursday, November 24th – closed
- Friday, November 25th – closed
- Friday, December 23rd – Noon closure
- Monday, December 26th – closed
- Friday, December 30th – 2:00 pm closure
- Monday, January 1st – closed

The Memorial Hospital Emergency Department is open 24/7 to care for your emergent needs.



RUN GLOW WALK

THE MEMORIAL HOSPITAL AT CRAIG



Glow Run Shines!



Nothing's better than dressing up and running around at night. Add a glow stick and a big crowd dressed in pink and it adds up to a ton of fun. That's what the 150 participants in the Memorial Hospital's third annual 5k Glow Walk/Run thought, anyways! Funds raised from the October 8 event were donated to the Moffat County Cancer Society and the TMH Foundation.

Women's Health Celebrated at TMH



Fall is a busy time at TMH. In honor of **Breast Cancer Awareness Month** we have annual events centered around keeping women healthy, both physically and emotionally. That's why we offered **reduced cost mammograms** during the entire month of October. We provided 10 reduced cost mammograms to women who may not have had this important screening exam because of financial hardship. We also held our annual **luncheon for breast cancer survivors**. Our hope was to bring them some relief from any worries of reoccurrence and connect them with other survivors in our community. Twenty women attended.



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Holiday Eating Tips

It's easy to gain a few pounds over the holidays. This will help:

- **Consider your carbs**

If you love mashed potatoes, limit the bread or pie, or visa versa

- **Choose walking over talking**

Break up visits on the couch with trips around the block

- **Drink slowly**

Cheers the day, but pace yourself with sugary drinks and alcohol



The Foundation Makes a Difference In Your Community

When planning your end-of-year gifts, don't forget The Memorial Hospital Foundation. The Foundation plays an integral role in purchasing special equipment for the hospital and funding health programs in our community. For more information and to download a pledge form, visit www.thememorialhospital.com/community/foundation or call (970) 826-2424. *Together, we can make a difference.*

Upcoming Events

Medicare Part D Open Enrollment

October 15 - December 7

Craig @ Bell Tower Computer Lab

Now is the time to determine if the prescription drug plan you are on now is still the best plan for you. Plan deductibles and formularies can change and/or your medications may have changed since you enrolled in a Part D plan. The SHIP (State Health Insurance Assistance Program) volunteer counselor program can help. The next open enrollment session:

November 22, 2016 10:30 am – 3:00 pm

Appointments requested, walk-ins welcome.

Call (970) 819-6401 for more information.

Hablo Espanol?

NOSOTROS TAMBIÉN!

Busca una nueva médica? La Dra. Elise Sullivan y nuestra Physician Assistant Maggie Anderson, hablan español y esperan poder servirles en la clínica TMH.

(970) 826-2400



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