



memorial regional
health

LIVING WELL

Improving the quality of life for the communities we serve

Summer 2017



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CEO Update



These are exciting times for Memorial Regional Health! To remain flexible and nimble to the changes in healthcare, we have been busy perfecting our strategic plan which involves expanding our brand, growing our services by adding physicians and clinics, and are considering building a new medical office building to better serve our patients.

In January, the Board of Trustees voted to adopt a new system name, Memorial Regional Health (MRH), to unify our expanding clinics and centers under one name, and allow for future growth. Through our strategic planning process, we realized that our current name and vision statement were not inclusive of who we are today or what we hope to be. We are more than just a hospital. We want to be a force for healthcare in our region. The names of the hospital and clinics have stayed the same.

Last fall, the Board of Trustees began a lengthy Master Site Planning process that involved all of the buildings and properties owned and operated by Memorial Regional Health, including our Medical Clinic. After review of the current medical clinic it became crystal clear that it has reached the end of its life. The costs to make repairs, bring it up to code, and make it efficient far exceed the cost to build something new. After much consideration, the Board decided to explore building a new Medical Office Building (MOB) adjacent to the hospital. They have authorized contracting with an architect to begin the process of designing a 3-story MOB, two stories for our physician practices and the third story for future growth. There are many steps to complete before we know whether this will be financially feasible, and the design phase will take several months. If all goes well, we will have a final, approved design by November so the project can be put out to bid in January 2018.

It's important to note that this new venture will be paid for out of the health system's general operating budget, and through a proposed USDA loan. No new tax mills or bonds are being considered for the project. If you have any questions on happenings at Memorial Regional Health, please don't hesitate to contact me.

Best regards,

Andrew J. Daniels, MHA, FACHE
Chief Executive Officer



Schematic of the proposed MOB

New MRH Board Members

We are pleased to welcome these new members to our Board of Trustees. They bring fresh ideas and valued insights.

Terry Carwile retired from Trapper Mine and has served on numerous boards including Craig City Council as a councilman and as mayor. Dr. Kelly Hepworth owns Bear Creek Animal Hospital and has been involved in our community including serving on the Moffat County Fair Board.



Terry Carwile



Kelly Hepworth, DVM

MRH Board of Trustees

Todd Jourgensen, Chair

Cathrine Blevins, Chair Elect

Alman Nicodemus
Secretary/Treasurer

Terry Carwile

Kelly Hepworth

Forrest Luke

Don Myers

Cover photo: Kevin Monahan, PA-C, and Kacey Lyons with son Chason and daughter, Kodi.

The Connection Between Diabetes and Heart Disease

Did you know that adults with diabetes are two to four times more likely to die from heart disease than their non-diabetic counterparts? According to the American Heart Association, nearly 68% of adults over age 65 with diabetes die as a result of heart disease.

The good news is that people who achieve consistent glucose control can lower their risk for heart attacks and stroke. If you have diabetes, it's important that you get your heart checked regularly, and that you maintain acceptable blood pressure readings and cholesterol numbers.

"Diabetics can develop silent heart disease. That's because the diabetic state in some ways numbs the heart. Therefore, these individuals don't feel early warning signs like patients without diabetes do," said Dr. Gerald Myers, cardiologist and internal medicine specialist with Memorial Regional Health.

It's strange, but the extent of a heart attack doesn't always match the severity of its symptoms. In other words, you can feel slightly weak and fatigued and think you might just be under the weather, and in reality, you're having a sizeable heart attack. This is especially true for diabetics, who can have a heart attack and not even know they had one.

If you suspect a heart attack, get yourself to the emergency room immediately. From those first symptoms, you have typically four hours before permanent damage to the heart muscle occurs. It's a relief to know that if you are experiencing a heart attack, the hospital's emergency room doctors can administer a clot-busting medicine called TPA, that essentially stops the clock.

"We can't treat interventionally here in Craig," Myers commented, "but we can, and do, save lives by giving TPA. TPA dissolves clots that are plugging up the narrowed area in the coronary arteries, allowing blood to once again reach the heart and keep it pumping. It buys critical time."

Dr. Myers splits his time between internal medicine and cardiology. As an internist, he sees several patients for diabetes and helps them manage their disease.



Dr. Gerald Myers



SYMPTOMS ALERT: Heart Attack



- Pain, pressure, fullness, squeezing in center of chest (typical symptoms experienced more by men than women)
- Pain, discomfort in other parts of the body: arms, back, neck, jaw, stomach
- Shortness of breath
- Cold sweat, nausea, lightheadedness

Source: American Heart Association

Is it Time for a Hip Replacement?

Is your hip starting to get sore after a hike, or is it feeling more and more stiff in the mornings? Is pain in your hip joint affecting your sleep? If so, you may eventually need a hip replacement.

“The first signs that a joint is wearing out are pain and stiffness. As the cartilage in the joint deteriorates, the symptoms may become more bothersome,” said Dr. Kevin Borchard, orthopaedic surgeon with Memorial Regional Health.

According to the Centers for Disease Control, 1 in 4 people may develop painful hip arthritis in their lifetime. The rate is higher for people who are obese.

“The most common reason joints wear out is osteoarthritis, with other less common causes being traumatic injuries, rheumatoid arthritis or osteonecrosis,” Borchard said.

Signs that a hip joint is wearing out include aching followed by periods of relief, pain after use, stiffness after rest, disturbed sleep and an increase of discomfort when the weather is humid.

“The cartilage in our joints is like tread on a tire that can wear out over time. Unfortunately, there isn’t a great way to regenerate the cartilage once it wears out. For treatment, we first try non-surgical techniques such as low impact exercises, weight loss, physical therapy, bracing, anti-inflammatory medications and injections,” Borchard stated.

When pain becomes debilitating, many people opt for hip replacement surgery. They’ve become popular due to their high success rate – 90% who get an artificial joint placed experience improvement.



Orthopaedic surgeon Dr. Kevin Borchard talks with a patient prior to surgery.

SYMPTOMS ALERT: Osteoarthritis



- Sore or stiff joints after inactivity or overuse
- Limited range of motion or stiffness relieved by movement
- Clicking or cracking sound when bending joint
- Mild swelling around joint
- Pain that worsens late in day or after activity
- With hips, pain in groin area or buttocks, sometimes in thigh and inside of knee
- With knees, a scraping or grating sensation with movement

Source: Arthritis Foundation

What to Consider with Knee Surgery



When researching knee surgery, find a surgeon who has mastered a minimally invasive method, which means less pain and a faster recovery for you. You may need a total knee replacement or a partial knee replacement, depending on whether the arthritis is localized in one area of the knee or not. When osteoarthritis and rheumatoid arthritis is especially advanced, surgery in both knees may be required.

“The approach I use for knee replacement surgery is called the subvastus approach. In this approach I avoid cutting into the quadriceps tendon. The subvastus approach has been shown to have a more rapid recovery, better pain scores, less blood loss and better knee range of motion at one year when compared to more traditional approaches,” Borchard said.

In addition to the approach, a surgeon has to correctly place the components for the knee to function correctly. Dr. Borchard has used many different techniques to perform knee replacement surgeries and believes the gap-balancing technique is the best for giving patients a reliable, stable and more natural feeling knee replacement.

Recovery from knee surgery takes typically six weeks. At Memorial Regional Health, patients can expect to receive physical therapy before surgery as well as after—a current best practice.

MRH Orthopaedic Services

Advanced total joint replacements and revisions

Minimally invasive surgical techniques

Arthroscopic shoulder, knee and ankle procedures

Specialized treatment for carpal tunnel

Sports Medicine

Treatment for bone and joint injuries

Scopes for tears and fractures



COMING SOON New Coumadin Clinic

Memorial Regional Health will soon be offering an anticoagulation clinic, or Coumadin Clinic. Pharmacists in the Coumadin Clinic will monitor your warfarin (Coumadin) therapy, educate you on drug interactions, perform blood tests to monitor warfarin and keep your provider informed of your visits and outcomes from the Coumadin Clinic. As a patient, your provider may refer you to the Coumadin Clinic through a referral process or you can request this referral from your healthcare provider.



**Karen Sweeney,
Pharmacist**

Women's Health & OB/GYN Services Gain New Space at Hospital



Women who are used to going to The Medical Clinic on Russell to visit their OB/GYN physician are in for a nice surprise—a new, bright, large space dedicated solely to women and their health needs. The new space is more than aesthetically pleasing, it also provides a better, more efficient, effective way to care for patients.

In the spring, you may have noticed that the south end of the hospital was under construction. The new clinic opened its doors in May, offering a space that's much larger, including four exam rooms, an ultrasound room, a procedure room, two physician offices, a nurse/medical assistant station, bathrooms, and a dedicated check-in/check-out area and lobby.

"The new area is more like a women's clinic, bringing all of our services closer together. We are near labor and delivery which will make it easy to go back and forth between seeing clinic patients and visiting our moms who are in labor. It not only saves steps for us and makes us less stressed, it provides more face time with our patients and a better continuity with other services, like lab and imaging," said Dr. Scott Ellis, OB/GYN for Memorial Regional Health.

The health system's CEO, Andy Daniels, understood that providing a new space for Women's Health &



Dr. Scott Ellis talks with his patient Jessica Scott about her pregnancy.

OB/GYN was greatly needed, and he was willing to do whatever it took to make that happen—including giving up his office space. The Medical Clinic – OB/GYN is located where the old administrative offices were, in a completely reconfigured space. The new construction creates a better floor plan for providing care.

"The new space was a long time coming. Fortunately, our CEO saw the benefits and was kind enough to let us take over the administrative space, so hats off to him," Ellis added.

With the new space comes better privacy for patients with dedicated rooms for procedures, ultrasounds, patient visits and exams, complete with new equipment such as exam tables and wash stations. The new lobby is bright and inviting with new furniture and decor, and creates a pleasing, comfortable place for patients.

In addition, the larger space allows for the health system to expand Women's Health & OB/GYN as needed. Leaders are gearing up to accommodate a nurse midwife in the future.

"There are so many pluses I can't even name them all," concluded Ellis.

Women's Health Has Moved!

Your OB/GYN doctors have moved from the Medical Clinic! You'll find them in a new and improved space in the old administrative offices at The Memorial Hospital. Main floor, just past the cafeteria in the southeast corner of the hospital.



MRH offers Gentle C-Sections

The Memorial Hospital is pleased to join a growing movement in the United States to make C-sections less like major surgery and more like natural birth. The result is what's known as a gentle C-section, or family-centered cesarean. TMH is the only hospital in the region that offers family-centered C-sections.

During a typical C-section, babies are often removed for care rather than given a chance to have skin-to-skin time with mom. A solid curtain is placed across mom, blocking her view. In some hospitals, her hands are sometimes strapped down, making holding her baby impossible.

The hospital made little adjustments, such as replacing a regular drape with a clear one so mom can see the birth, and moving equipment to allow the baby to be placed on the mother's chest immediately after birth, enabling her to hold her baby and even start breastfeeding.

"Moms tell me it's wonderful, especially those who have had a traditional C-section in the past. They really appreciate the chance for early bonding with their baby. Many studies show that skin-to-skin time right after delivery improves bonding and breastfeeding success," says Dr. Eileen Joyce, OB/GYN with the hospital.

Simply put, it makes the birth less of a surgical procedure and more of what it should be—bringing a new baby into the world.



Dr. Eileen Joyce finishes up surgery while patient Elizabeth Arsenault and her husband Aaron enjoy their first moments with baby Violet in 2016.

The hospital made little adjustments, such as replacing a regular drape with a clear one so mom can see the birth, and moving equipment to allow the baby to be placed on the mother's chest immediately after birth, enabling her to hold her baby and even start breastfeeding.

MRH OB/GYN physicians are pleased to join this relatively new movement to ensure a pleasant birthing experience for moms in the region. Talk to Dr. Ellis or Dr. Joyce about whether this option is right for you.

MRH OB/GYN • 750 Hospital Loop • 970-826-8230

Well Child Visits Keep Parents and Providers in the Know

Local mom Kacey Lyons appreciates having primary care providers that know her kids. She has seen Dr. Yarmer, and now Kevin Monahan, PA, since her oldest child, Kodi (2.5 years), was born. She recently brought her youngest, Chason (3 months), for a well child visit.

“I like having the same providers for my kids because they really know my kids, and my kids are comfortable with them. That’s what matters,” said Lyons.

Early on, well child exams are especially important to pinpoint developmental delays and resolve any concerns as soon as possible. Babies receive several visits in the first year, and after age three kids are seen once a year.

“It’s important for kids to receive well child checks. It’s an opportunity to make sure your child is growing and developing normally,” said Dr. Kristie Yarmer, board-certified pediatrician with Memorial Regional Health’s Medical Clinic.



Chason Lyons receives a check-up from Physician Assistant Kevin Monahan and his big sister Kodi, while mom, Kacey, assists.

Well child visits help doctors pinpoint potential concerns early on and provide treatment to lessen possible delays.

treatment to lessen possible delays. One of the most common referrals made is speech therapy. If a child isn’t hearing appropriately, they can be extremely delayed in their speech milestones. Vision problems can show up as a delay in fine motor skills, and neurological or muscle problems can cause a delay in walking.

“I enjoy well child visits. Dr. Yarmer and Kevin are so kind and they really listen and respect our questions and opinions. I like to see how my kids are growing and

notice the differences between them,” Kacey said.

Now is a good time to set up a well child visit. When you align the visit with the start of school you can check three items off your to-do list: an annual exam for your child plus immunizations and sports screenings required for school. To schedule an appointment with our pediatric team, call 970-826-2480.

MRH Medical Clinic • 785 Russell Street
970-826-2400 Family Medicine • 970-826-2480 Pediatrics

MRH Specialty Clinic • 600 Russell Street • 970-824-3252

MRH MEDICAL CLINIC PROVIDERS

Family Medicine

Dr. Elise Sullivan
Dr. Larry Kipe
Dr. Cynthia Reed
Carol Bolt, PA-C
Neilene Folks, PA-C
Jennifer Schmitt, PA-C
Maggie Schoeberl, PA-C
Tracey Wall, PA-C
Jim Zimmerman, PA-C

Pediatrics

Dr. Kristie Yarmer
Kevin Monahan, CHA/
PA-C

ED or Walk-in Clinic?



You know that Memorial Regional Health has you covered 24/7 in its Emergency Department, but did you know the Walk-in Clinic also offers evening and weekend appointments? Now you have an option when it comes to getting care fast after hours. Here's a short list to help you decide which choice is right for your needs. Never hesitate to call 911.

ED – When you need care NOW

- Accidents, falls
- Coughing up blood
- Difficulty breathing
- Emotional distress that's severe
- Heart attack or stroke signs
- Injury, head injury
- Loss of consciousness
- Paralysis
- Poisoning, drug overdose
- Severe burns



Walk-In Clinic – When you need care TODAY

- Cold, flu, stomach flu
- Earache
- High fever
- Pink eye
- Sinus infection
- Sore throat that's severe
- Urinary tract infection



Weekend or Late Night Need? No Problem!

MRH Walk-in Clinic hours have greatly expanded.

Mondays and Saturdays, now open until 10 pm!

Monday: 8 am – 10 pm
Tuesday – Friday: 8 am – 7 pm
Saturday: 10 am – 10 pm

Child Diagnosed with Asthma? We Can Help

If it seems like your child always has a cold or cough, or tends to cough at night, it just might be asthma. The same is true for shortness of breath, wheezing and a tight feeling in the chest. Ask your doctor to evaluate for asthma, and remember once controlled your child can live an active, healthy life with asthma.

“The best way to control asthma is knowing your triggers and actively avoiding them—as well as using prescribed medicines regularly, even if you start feeling better, keep taking them as scheduled,” said Respiratory Therapist Anessa Kopsa, CPFT, AE-C.

Asthma and allergies can work hand-in-hand to trigger asthma symptoms—dust, pollen, smoke and pet dander can trigger asthma. For some people, food allergies can also set off asthma symptoms.

“For kids with asthma, treatment is a team effort that involves the physician, parents, child and a specialist if needed. At The Memorial Hospital we have respiratory therapists who are certified asthma educators. They help teach parents about asthma, the signs of an asthma exacerbation, and how to use medications and equipment prescribed by their physician,” said Dr. Kristie Yarmer, pediatrician.

Asthma educators create an “Asthma Action Plan” for each patient—adults and children alike. The plan includes how to recognize symptoms, use medications, how to monitor breathing and what to do at each stage of symptoms. For children with asthma, Kopsa recommends including your child in the management of his or her own symptoms for the best outcome.

“We offer one-on-one asthma education for any patient with a prescription from a doctor. When well managed, kids and adults can lead a very normal and active life. Some Olympic athletes even have asthma,” Kopsa said.

MRH Respiratory Therapy • 970-826-2210

SYMPTOMS ALERT: Asthma Attack



- Shortness of breath
- Continual, uncontrolled coughing
- Tight, heavy chest
- Wheezing
- Symptoms set off by exercise, illness, or allergies

Source: Asthma.net

Did you know we offer Direct-to-Consumer Lab Testing?

Lab Direct allows you to receive basic diagnostic laboratory tests without needing an order from your healthcare provider. All laboratory tests are collected and processed at our CLIA-certified laboratory.

No appointment is necessary to take advantage of the Direct-to-Consumer Lab Testing. Just come into the main entrance of the hospital and let the front desk know you're there for Lab Direct. Payment is due at the time of service. Insurance will not be billed, but prices are reasonable with an additional \$12 draw fee. You will receive your lab results in the mail or you can elect to pick them up. They will not be sent to your doctor or provider.

Lab Direct Tests Include:

- Cardiac Risk Test (Cholesterol Panel): \$20
- High Sensitivity C-Reactive Protein (hsCRP): \$15
- Complete Blood Count (CBC) without Differential (Hemogram): \$15
- Comprehensive Metabolic Panel: \$20
- Prostatic Specific Antigen (PSA): \$20
- Thyroid Stimulating Hormone (TSH): \$25
- Hemoglobin A1C: \$20
- Serum Iron, Total Iron Binding Capacity: \$20
- Ferritin: \$40
- Blood Type: \$20
- Uric Acid: \$15
- Serum Pregnancy: \$25
- Vitamin D: \$40
- Colon Cancer Screening Kit: \$25
- Urine Drug Screen: \$35



Catherine Andress working in the Direct-to-Consumer Lab.

3-D Mammograms Offer Better Clarity, Less Callbacks

When you receive a mammogram, you want to know that your results provide the clearest picture possible. No one wants to get the call that you need to go in for a second look—even if most callbacks do not result in cancer. 3D technology, or tomosynthesis, has many advantages over its standard counterparts. Described as a CAT scan of the breast, it takes several X-rays at different angles to create a 3D image.

Benefits include:

- Higher quality, more precise images
- Catches aggressive cancers earlier over standard mammography
- Generates fewer callbacks and false alarms than the standard version
- Improves view of dense breast tissue and fibrocystic breasts
- Ensures that women receive the lowest dose of radiation possible

Memorial Regional Health is proud to offer women in the community this superior option for breast cancer detection.



MRH Diagnostic Imaging Services

Bone Densitometry

CT Scan, 64-Slice

Diagnostic X-Ray

Digital Mammography with 3D Technology

MRI

Nuclear Medicine

Ultrasound

Physical Therapy Helps Toddler Walk and Play

At 20 weeks pregnant, Airdrie Anderson's mom Jordan, learned her baby had a "spot on her brain," which further testing proved to be Dandy Walker Malformation, a separation of the cerebellar hemispheres in her brain and an absence of the connective tissue between the two spheres. The doctor told Jordan and her husband Mark that Airdrie, "may be slightly handicapped, or may not survive" at all.

Today, Airdrie is walking, jumping and playing—sometimes with difficulty, but always with joy.

Soon after the family moved to Craig in the summer of 2015, Airdrie started receiving regular physical therapy at Memorial Regional Health's Rehabilitation Services.

"When we started physical therapy in November, Airdrie wasn't walking, but by the end of December she took her first step. It was a miracle. We went from not knowing if she'd live to seeing her do regular toddler things," said Jordan.

"We went from not knowing if she'd live to seeing her do regular toddler things."

Jordan says that physical therapy is the only thing that's effective in restoring Airdrie's balance and movement. Airdrie is also receiving occupational therapy, speech therapy and visual therapy to help her overcome challenges from her malformation.

"We see Carol Sitlington, who is phenomenal. The whole PT team is great. They are very professional, but at the same time very personal, too," Jordan concluded.



Airdrie Anderson works with Carol Sitlington, PT, weekly to improve her large motor skills in rehabilitation at MRH.

Cancer Rehab Promotes Long Term Healing



Danika Jost, PT, DPT, CLT, uses physical therapy to help patients recover after cancer treatments, preventing or lessening unwanted side effects, including lymphedema.

The effects of cancer are not over once the cancer is removed or radiation and chemotherapy treatments end. Often, people are left dealing with the after effects of treatments, including scar tissue, compromised muscles, swelling in their arms and legs, numbness, fatigue, weakness, balance issues and even cognitive changes.

The Memorial Hospital cancer rehabilitation program helps cancer patients of all types regain physical and social abilities through physical and occupational therapy.

“If you’ve been diagnosed with cancer or are in the process of receiving treatments for cancer, ask your doctor about how you can be aware of risk factors, signs and symptoms of lymphedema,” said Danika Jost, PT, DPT, CLT, Lymphedema Specialist with Memorial Regional Health’s Cancer Rehab Services.

According to the Mayo Clinic, lymphedema is most commonly caused by the removal of lymph nodes during cancer treatment—a customary practice to stage cancer. It can also be caused by direct damage to lymph nodes due to radiation treatment.

“Once you have lymphedema, it can’t be cured. You’ll have to manage it the rest of your life—and it will progress if left untreated. However, with lymphedema therapy the effects of lymphedema can be greatly reduced,” said Jost

Memorial Regional Health’s Rehabilitation Department offers other cancer rehabilitation services to its patients. The program helps cancer patients of all types regain physical and social abilities through physical and occupational therapy.

We offer services before, during and after surgery. Every cancer is unique, and every person is unique, so we individualize plans to meet the specific needs of patients.

BENEFITS OF CANCER REHAB

Fights fatigue and nausea due to treatments

Provides pain control

Avoids or improves lymphedema (swelling in limbs)

Improves muscle strength

Relieves nerve damage

Improves range of motion

Retrains vital skills, including swallowing, speech

Extreme Heartburn? Could be GERD

stretta®

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

Everyone has a little heartburn now and then, but imagine having it every day? Approximately 30 percent of the adult population suffers from some type of GERD, or gastroesophageal reflux disease.

GERD is a chronic condition that develops when gastric contents in the stomach reflux back into the esophagus causing typical symptoms of heartburn or acid regurgitation. Sometimes it manifests with other atypical symptoms including laryngitis, chronic cough, bronchitis, recurring pneumonia, sleep apnea, acid erosion on teeth, chest pain and abnormal heart rate or rhythm.

“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 MRH.

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

“Most people with reflux symptoms are a candidate for Stretta. It can mean ending symptoms and getting off medicines,” said Dr. Jeff Womble, general surgeon.

If you are suffering from GERD, consider a visit with an MRH general surgeon to see if Stretta is a fit for you.

SYMPTOMS ALERT: GERD



- Heartburn
- Acid indigestion
- A sour taste in your mouth
- Difficulty swallowing
- Chest pain not associated with a heart condition

Tests Now Available to Confirm GERD

Memorial Regional Health is pleased to offer new outpatient tests that help identify problems with the esophagus. The tests are used to help diagnose GERD, and to determine if you are a good candidate for anti-reflux surgery, including Stretta.

The esophageal manometry test helps doctors measure how well your esophagus moves food and liquid into your stomach and whether or not your upper and lower esophageal sphincters are working correctly. The test is helpful for identifying the cause of heartburn, reflux, difficulty swallowing or non-cardiac chest pain. The nurse passes a thin tube down your nose, through your esophagus, and into the stomach. Then you swallow some liquid and each swallow is measured. MRH general surgeons, Dr. Womble or Dr. Driggs, evaluate the data to determine your diagnosis. The test lasts just 30 to 40 minutes.

Another test, called Bravo-pH monitoring, compliments the manometry test by checking acid levels in your esophagus while you go about your normal daily activities. If you have low pH levels in your esophagus, it may indicate that your LES valve is not working properly, and may be allowing stomach acid to flow into your esophagus, causing acid reflux.





Gallstones? Gallbladder Surgery is a Common Solution

Dr. Jeff Womble, right, regularly performs gallbladder surgery at The Memorial Hospital.

MRH General Surgeries

Advanced
laparoscopic surgery

Laparoscopic and
open abdominal and
bowel surgeries

Breast surgeries
including biopsies and
mastectomies

Diagnostic and
therapeutic endoscopy

Gallbladder surgery

Hemorrhoid removal
and repair

Hernia repairs - open
and laparoscopic

Pacemaker placement

Port placement for
infusions

Stretta and anti-reflux
surgery

Thyroid surgery

Trauma surgeries

Wound care

The gallbladder sits directly below the liver and stores bile, a fluid secreted by the liver to help with digestion of fats. When the makeup of the bile gets out of balance, gallstones can form. When large enough, gallstones can block the bile ducts, causing a gallbladder attack.

Gallstones are hardened masses in the gallbladder, which can cause deep, attention-getting pain in the upper right side of the abdomen or back that can cause people to double over in pain. They've also been described as a dull yet intense ache with nausea.

Gallbladder removal surgery is common when gallstones are present that cause symptoms. It's one of the three most common surgeries performed at The Memorial Hospital. The other two are appendectomies and hernia surgeries.

SYMPTOMS ALERT: Gallbladder Attack



- **Abdominal pain, high in abdomen and often on right side; may spread to back**
- **A steady pain or comes and goes**
- **Worsening pain with high-fat meals**
- **Unexplained belching, gas, nausea or lowered appetite**

Source: Harvard Health

“Our general surgeons are some of the best I’ve ever worked with. They perform most of these surgeries laparoscopically, so recovery is faster,” said Annette Saylor, CRNFA, director of surgical services.

Ankle Surgery, Minimized

Dr. Derek Harper is the only podiatrist in the region and performs a variety of foot and ankle surgeries at The Memorial Hospital.

The idea of surgery on your ankle may seem daunting. For a long time, open ankle surgery was your only choice. It demands a large incision and was known to sometimes put patients at risk for vein or nerve damage. It's good to know a less invasive surgery is available.

At first, ankle arthroscopy was used to only diagnose problems. Today, it's successfully used for many surgeries and procedures. Ankle arthroscopy allows a look inside the ankle joint using a fiber optic camera inserted through a series of small incisions, approximately a half a centimeter long. The camera provides a clear, magnified view for your surgeon, and the small incisions often result in less tissue damage.

"Ankle arthroscopy is a somewhat newer technique that works really well. Now we can use arthroscopy and make small cuts so healing time is shortened and patients feel a lot less discomfort after surgery," said Dr. Derek Harper, podiatrist.

Dr. Harper received extensive training in arthroscopy, for both ankle arthritis and ankle fractures. He has also completed ankle fusions using arthroscopy.

MRH Podiatry Surgeries

Arthroscopy for planter fasciitis, ankle and foot fusions, arthritis, and diabetic foot pain

Foot and ankle fractures

Reconstructive surgery for trauma and disease

Simple and complex surgeries to treat bunions, clawtoes, fractures, hammertoes, infections, ruptured Achilles and other ligaments and tendons

Total ankle replacements

Ankle Surgery, Minimized *continued*

Besides ankle fractures, ankle arthroscopy is now being used to repair ankle impingements, relieve inflammation and infection, remove bone spurs and free floating cartilage, relieve arthritis symptoms, and more. Arthroscopy is completed on an outpatient basis at The Memorial Hospital.

Dr. Harper has the support of Dr. Kevin Borchard and his team for orthopaedic surgeries. He employs other minimally invasive techniques for trauma, diabetic foot and other conditions.

"I make it a point to stay up on the latest research and techniques," he concluded.

2 Locations



medical clinic

MEMORIAL REGIONAL HEALTH

Podiatry

Craig

785 Russell Street

Steamboat

Steamboat Specialty Clinic

1169 Hilltop Parkway, Ste 101A

(970) 826-2465

Directory of Providers

Primary Care – Family Medicine



Elise Sullivan, MD

Hablo Español

American Board of Family Medicine

Appointments: 970-826-2400



Cynthia Reed, DO

American Board of Family Medicine

Appointments: 970-826-2400



Neilene Folks, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2400



Tracey Wall, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2400

Walk-in Clinic



Maggie Schoeberl, PA-C

Hablo Español

National Certification of Physician Assistants

Main Number: 970-826-2400



Jim Zimmerman, PA-C

National Certification of Physician Assistants

Main Number: 970-826-2400



Jennifer Schmitt, PA-C

National Certification of Physician Assistants

Main Number: 970-826-2400

Specialty Clinic



Dr. Larry Kipe

American Board of Family Medicine

Appointments: 970-824-3252



Carol Bolt, PA-C

National Certification of Physician Assistants

Appointments: 970-824-3252

continued on page 18

Directory of Providers *continued from page 17*

Primary Care – Pediatrics



Kristie Yarmer, MD
American Board of Pediatrics
Appointments: 970-826-2480



Kevin Monahan, PA-C
National Certification of Physician Assistants
Appointments: 970-826-2480

Cardiology/Internal Medicine



Gerald Myers, MD
American Board of Internal Medicine,
American Board of Cardiology
Appointments: 970-826-2400
Craig and Steamboat locations

General Surgery/Trauma



Alexis Driggs, MD
Hablo Español
American College of Surgeons
Appointments: 970-826-2420



Jeff Womble, MD
Hablo Español
American College of Surgeons
Appointments: 970-826-2420

Obstetrics/Gynecology



Scott Ellis, DO
American Board of Obstetrics and Gynecology
Appointments: 970-826-8230



Eileen Joyce, MD
American Board of Obstetrics and Gynecology
Appointments: 970-826-8230

Orthopaedics



Kevin Borchard, MD
American Board of Orthopaedic Surgery
Appointments: 970-826-2450



Jarod Schoeberl, PA-C
National Certification of Physician Assistants
Appointments: 970-826-2450

Podiatry



Derek Harper, DPM
Appointments: 970-826-2465
Craig and Steamboat locations



Aimee Haskins, RN, is now available to help patients on Medicare manage their chronic diseases, and get the most out of their Medicare A and B benefits.

New Medicare ACO Program Helps Manage Chronic Diseases

Is there an older person in your life that you worry about? Are they coping with a chronic disease? Are they on Medicare A or B? If you answered yes to these questions, then your loved one could most likely benefit from a new care program offered by Memorial Regional Health, called Medicare ACO.

This new program provides an added benefit to Medicare A and B. Coverage stays completely the same, recipients simply receive the extra benefit of having a care coordinator help them manage their disease—and their life. The goal is to remove barriers to care, so people can experience stabilized health and ease in accessing care and health information. The program is led by Aimee Haskins, RN, a long time employee with MRH.

As a care coordinator, she visits people in our community with chronic diseases such as diabetes, COPD, and congestive heart failure in their homes to perform initial Medicare visits, wellness visits, and help teach them how to best manage their disease so they can stay independent and avoid unnecessary hospitalization. She also manages care between multiple providers and helps patients resolve problems, such as access to medications, problems with transportation, access to healthy food, and more by tapping into local resources.

“It’s an exciting new way to provide care. We look at it from the perspective of how we can best prevent health problems from happening, and help people maintain the highest quality of life possible,” Haskins said.

The service is free, and includes a no-cost initial welcome to Medicare visit **within the first year** for those who are newly enrolled. For more information or to make an appointment, contact Aimee Haskins at 970-826-2467.

MRH Does not Discriminate

Memorial Regional Health (MRH) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation or gender identity. MRH does not exclude people or treat them differently because of race, color, national origin, age, disability, sexual orientation or gender identity. MRH values the diversity and inclusion of our patients, their visitors, employees, physicians, volunteers, students and others.

For our full non-discrimination statement, visit:
thememorialhospital.com/non-discrimination



Did you know
100%
of our employed
physicians are
**board
certified?**

Learn more about our physicians, quality efforts, growth, finances and more in our 2016 Report to the Community coming soon on our website under the About tab.



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Upcoming Events at MRH



Monday, June 26 **Teddy Bear Clinic**

4:30 – 6:00 pm

The Memorial Hospital,
Radiology Dept.

Teddy bears for the first 50 kids!



Tuesday, August 1 **What to Expect**

6:00 – 7:30 pm

The Memorial Hospital
Lobby

FAQs on expecting a baby and
birthing center tour



Thursday, June 29 **Chamber Mixer**

5:00 – 7:00 pm

Memorial Regional Health
Rehabilitation Center
473 Yampa Ave.



Saturday, September 30 **MRH Annual Glow Run**

SAVE THE DATE!
6:45 pm start

The Memorial Hospital

thememorialhospital.com



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