



memorial regional
health

LIVING WELL

Improving the quality of life for the communities we serve

Summer 2018

IN THIS ISSUE

Pharmacy offers free delivery....4

Shoulder surgery patient
Don Riley fully recovered.....6

GYN Patient calls sling surgery
a life changer8

Tony St. John grateful to be
alive after rare illness 10

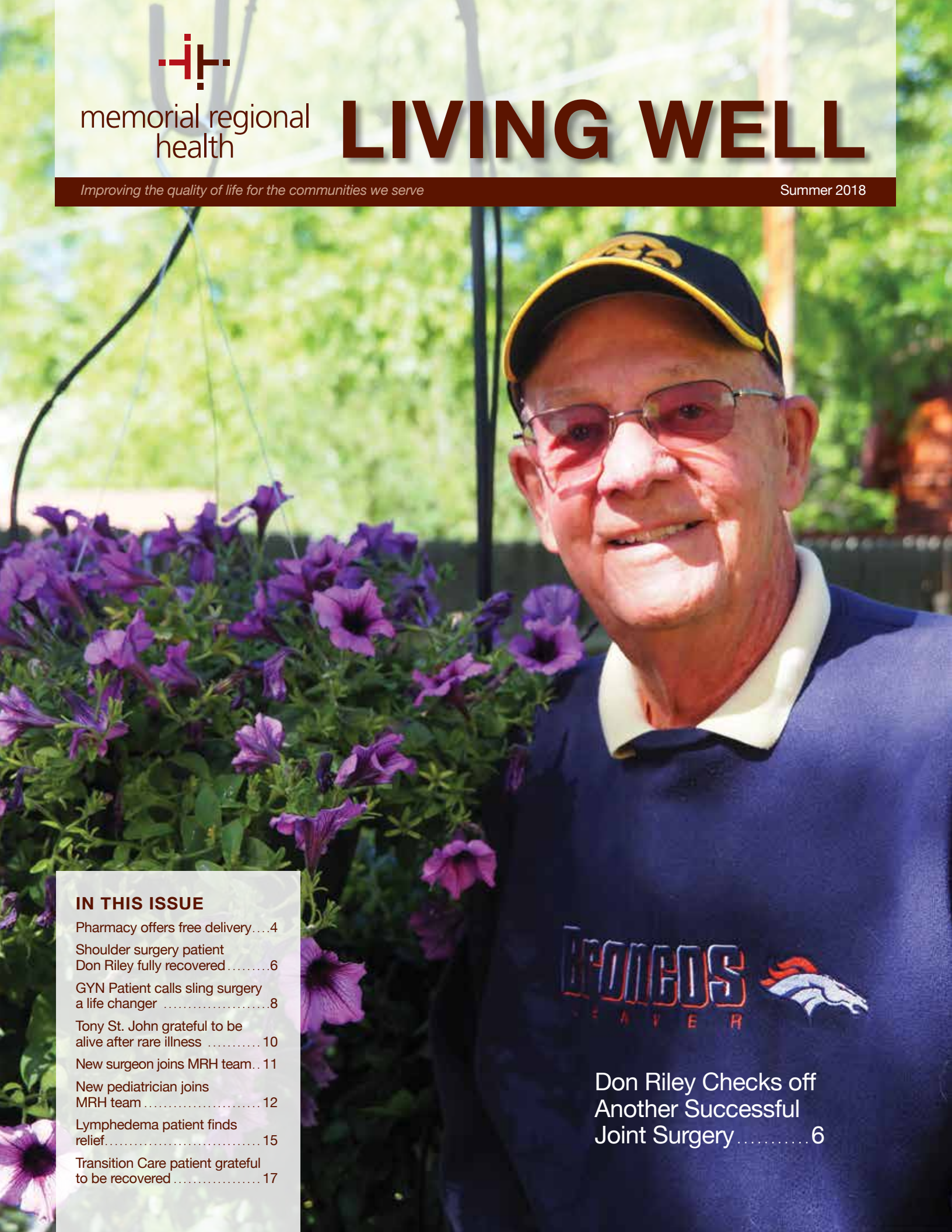
New surgeon joins MRH team.. 11

New pediatrician joins
MRH team 12

Lymphedema patient finds
relief..... 15

Transition Care patient grateful
to be recovered 17

Don Riley Checks off
Another Successful
Joint Surgery6



CEO Update



Dear Community Members,

With each passing day, we are getting closer to having a new medical office building and moving all services out of our 785 Russell, 600 Russell and 473 Yampa locations to our MRH campus. A few services—home health and hospice and occupational medicine—will remain at 600 Russell Street. October 2019 is the goal date to

have the building completed on the south side of the hospital. If you drive by, you'll see our construction crew hard at work creating the structural steel framework for the first and second floors, with work on the third floor starting soon.

This will bring all of our medical services together in one place, including our rehab services, our primary care providers, our specialists, and our community pharmacy with an added drive-through window. Bringing everyone on campus will make it convenient for both patients and providers as it creates a one-stop location for medical care, lab, imaging and pharmacy.



Construction progress on the MRH Medical Office Building.

We are making these major improvements within our own budget, and without taxpayer dollars. We've received a low-cost USDA loan which will cover 80% of the project and we will pay for the remaining 20% through a loan provided by a private bank. The new, improved building will provide more efficient, effective care to you, our patients.

We couldn't be more pleased that this longtime goal is in the making, offering a positive change for the community. Enjoy your last days of summer.

Sincerely,

Andrew J. Daniels, MHA, FACHE
Chief Executive Officer

Construction Parking

Please excuse our mess...while we build something great! **During our construction, we ask that all patients park in the Emergency Department lot** through October 2019, when the new medical office building will be complete. Thank you!



Did you Know?

MRH has added EMS crews to handle more ground transfers. Transferring stable patients via ambulance instead of flight saves patients' money.



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Cover photo: Don Riley is back to enjoying his gardening after a successful shoulder surgery at MRH.

MRH Community Clinics Merges with Advocates Crisis Support Services (ACSS)

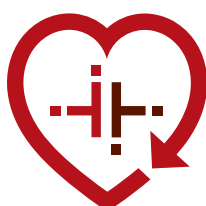
The non-profit arm of MRH—Community Clinics at Memorial Regional Health (CCMRH)—invited ACSS to join CCMRH in order to strengthen the agency’s ability to continue providing vital services in our community.

“Creating a non-profit entity allows us to pursue creative opportunities, like ACSS. We were able to step in to support them in their time of need. It isn’t work we typically do ourselves, but working with Advocates fits our mission,” said CCMRH President Jennifer Riley.

ACSS merged with CCMRH in May and is happy to have the support and funding stability to continue providing confidential crisis support to the community free-of-charge.

Three ACSS employees continued on, and the program is now directed by longtime employee, Beka Warren, Vice President of Quality for MRH.

ACSS has been providing services to the community for 40 years. To learn more, call 970-824-9709.



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Advocates Crisis Support Services

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- 24-hr crisis counseling
- Community education
- Safety planning
- Children’s advocacy

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Community Pharmacy Delivers! It's free, convenient, fast. . . and for everybody

Kathleen Cleaver receives a medication delivery at her work from MRH Pharmacy Technicians Stephanie Herod and Teresa Stoffle.

If you haven't tried the free delivery service at the MRH Community Pharmacy yet, you are missing out on some major convenience and savings—a secret people in Craig, and as far away as Hayden, are quickly finding out about.

"We are the only pharmacy in town that delivers so it sets us apart. We have a 15-minute turnaround from the time we get the prescription to the time we leave for delivery," said Natasha Nielson, PharmD, Community Pharmacy Manager.

Free delivery, for any reason

You don't need to go to an MRH medical provider to use the pharmacy, and you also don't need a good reason to want delivery. Simply needing convenience is enough.

"Some customers say that they can get out and about, but we tell them it's for everybody for any reason or purpose—delivered to your home or work. We've even made deliveries to the gym," she added.

Chance to check in on elderly

Stephanie Herod, Pharmacy Tech, goes the extra mile when delivering by checking in on people who are home

"It's one of the greatest time-saving services out there because I don't have to go to the pharmacy before or after work, or run back out if I forget. I regularly have them deliver to me at work, and it doesn't cost a thing."

— Kathleen Cleaver, Paralegal, Romney Law office

"I had to take my electric wheelchair to the pharmacy to get my medications and that was difficult for me. It helps not having to do that, especially in the variable weather or in the winter."

— Cynthia Morgan-Hatlee, Sunset Meadows Resident



The pharmacy delivers within a 17-mile radius, no charge!

bound, and spending an extra few minutes to chat with customers who need a social boost. She also initiates calls to the pharmacist if patients have questions on medications.

"I have a few regular elderly folks who need extra care. One gentleman is lonely, so I always plan a little extra time when I go to his house with a delivery. Another has no family in town, so her daughter was so happy to learn we check in on her mom regularly," she said.

You didn't read it wrong—**delivery is 100% free**—and open to everybody. The pharmacy delivers to outlying areas within a 17 mile radius—this includes Hayden and Hamilton.

"It is so very convenient for us to have them deliver. I have health problems and sometimes I can't drive, and we also regularly care for our 18-month old granddaughter. Plus, they go out of their way to make sure my meds are in stock, which other pharmacies don't do."

— Karen Aragon, Retired Craig Resident



MRH Pharmacy Discount Card Equals Savings

MRH launched a pharmacy discount program that saves people with a high deductible who don't have drug coverage substantial money. For just \$10 a year per household, you can receive common generic medications for \$4 for monthly prescriptions or \$10 for 90 day prescriptions.

"It's comparable to Walmart's \$4 list, which makes numerous common, generic medications—like those for high blood pressure, diabetes, high cholesterol and antibiotics—super affordable. It also gives a 20 to 30 percent discount on brand names and uncommon, expensive medications," said Natasha Neilson, PharmD, Community Pharmacy Manager.



Don Riley Checks off Another Successful Joint Surgery

Craig resident Don Riley deserves a medal for enduring and recovering from orthopaedic surgeries. He's had five in recent years—a hip replacement, knee replacement and, count them, three shoulder surgeries. Today, he feels as good as new, thanks to expert care, his dedication to rehab and his desire to keep active.

"I can do everything I want to do. I always wanted to waterski into my 80s and I'm 82. I hope to do some waterskiing along with camping and boating this summer," Don Riley said.



Don Riley receives encouragement from Ryan Shawcroft, PT, DPT, Physical Therapist.



Dr. Kevin Borchard

His first surgery was a successful total shoulder replacement with Dr. Kevin Borchard. Unfortunately, the day after he finished rehab he slipped on the ice and tore his shoulder muscle. Dr. Borchard tried to repair it via surgery, but didn't trust it would hold, which it didn't. Hence,

the third surgery in January of this year—a reverse total shoulder replacement.

"Dr. Borchard is just amazing. He earned his fellowship from a prestigious hospital in Boston, so he's really up to speed on the latest techniques and procedures. I'm still building up a little strength, but

other than that I'm not hampered in any way," Riley added.

It was the perfect combination of having a skilled surgeon, a skilled rehab team, and a willing patient that led to Don's surgery success. Since he's an old hat at surgery and rehab, he knew how important it was to do his exercises at home each day.

"Don made my job easy. We saw him just once a week in rehab because he was so compliant with home exercises. If all patients were like him, I would be out of a job," said Ericka Lucas, PT, DPT, OCS, who holds a doctorate in physical therapy and manages the Rehab Center at Memorial Regional Health.

"The physical therapists at MRH are very knowledgeable, skilled and fun to work with. I was amazed by how much they cared about getting me back to good health."

— Don Riley, Craig resident and retired Moffat Schools Principal

Each orthopaedic surgery comes with its own protocol for rehabilitation. Physicians outline the treatment, and physical therapists carry it out. Depending on the surgery, it typically takes

REHABILITATION *continued* ORTHOPAEDICS & TOTAL JOINT

between two and 10 weeks. Physical therapy restores movement, builds strength, eases pain and swelling, and best of all lets you get back to what you enjoy doing. For Don, that's gardening and enjoying the outdoors.

"With a reverse shoulder surgery, we want to limit internal rotation. Since the rotator cuff is removed, the patient has to rely on other muscles to do its job. We retrain these specific muscles with exercises," Lucas said.

MRH has a well-rounded physical therapy team, with therapists holding a Doctor of Physical Therapy (DPT) or a Master's of Physical Therapy (MSPT). Each has their own specialty, for example, Ericka is board certified in orthopaedics as are others.

"I highly recommend the MRH Rehab Center. I made progress every week, and was able to add weight and exercises each week. I appreciated that none of the exercises were painful," Riley said.

Don Riley is tending his large garden and keeping his yard looking great. He's enjoying summer fun with his family—and while he hasn't conquered waterskiing yet, there's still plenty of summer weather ahead.

SYMPTOMS ALERT: When to consider shoulder surgery

- Pain in shoulder and down arm
- Difficulty sleeping
- Weakness in related arm
- Pain even when you are not using it
- Hard to lift objects



Dr. John LeBlanc on the sidelines with an MCHS football player.

When You Need Sports Medicine

We love our sports—both playing them and watching them. If you've played sports, there's a good chance you were injured at some point whether it was a sprained ankle from track, a torn ACL from football, tendonitis from tennis, or another muscle, joint or bone injury.

When athletes get injured, they often turn to a sports medicine physician—an orthopaedic surgeon who has received additional training in all aspects of sports health and sports-related injuries. The gold standard is a doctor who has completed fellowship training. Both orthopaedic physicians at MRH have earned fellowships—Dr. John LeBlanc in sports medicine and Dr. Kevin Borchard in total joint care.

"At MRH we are able to perform minimally invasive surgeries so recovery is quicker. We perform arthroscopic surgery on knees, ankles, elbows, shoulders and ligament repairs," Dr. LeBlanc said.

Sports medicine physicians also advise people on injury prevention, and in LeBlanc's case, work with athletic trainers who attend local sports games to offer sideline advice on injuries or training while recovering.

Whether it's a nagging old sports injury or a painful new one, seek care from a fellowship-trained surgeon.



Myranda Leabo Lyons and her girls, Skyler (2) and Ryker (5).

Patient Thrilled to Return to Running, Working Out

After a recent run, Craig resident Myranda Leabo Lyons was in tears—not from pain or exhaustion—but from joy. It was the first time in five years she completed a run without leaking urine. As an avid runner and cross trainer, the moment was huge for Myranda, and meant she had her life back.

“Running is one of my favorite things and it was impossible to do. Thanks to my bladder sling surgery with Dr. Scott Ellis, I am now running, doing cross fit and lifting weights,” Leabo Lyons said.

A 37-year old mother of five, Leabo Lyons was not willing to accept that her workout days were over. She started having incontinence after her last two children, Ryker (5) and Skyler (2), were born. While some women think it’s just something you accept along with motherhood, Dr. Ellis assured her that it could be fixed.

“Urinary incontinence and pelvic organ prolapse (POP) are what we gynecologists call the silent shames that women endure. I am amazed how many women will

not seek care because they are embarrassed, or think, ‘I had kids, now I just have to live with it.’ That’s not the case. There are a lot of treatments that are simple and can bring great relief,” said Dr. Scott Ellis, OB/GYN with MRH.

MRH OB/GYN Surgeries

Advanced laparoscopic surgery for prolapse, endometrial biopsy, hysterectomy, urodynamics

Colposcopy, cryotherapy, hysteroscopy, in-office LEEP & cystoscopy

C-sections

Pelvic pain, interstitial cystitis treatment

Urinary incontinence

Uterine fibroid solutions including advanced hysteroscopic resections

Leabo Lyons tried everything she could to avoid surgery, but in the end she wishes she would have had it sooner. She worked out with weights to strengthen her back and core, faithfully did Kegels, but the incontinence remained.

“I felt really frustrated that I couldn’t do what I wanted in life. Dr. Ellis said I was a perfect candidate for the sling procedure. He performed urodynamic tests where he tested my urethra to see if it was working correctly, and placed a few stitches and had me cough to test its strength. That’s how he determined I did indeed have stress incontinence, and that surgery would be helpful,” Leabo Lyons said.

As women age, their bladders and pelvic muscles weaken, especially after menopause. According to WebMD, 30%-40% of middle-aged women, and up to 50% of older women suffer from urinary incontinence. The good news is that most cases can be cured or improved. The gynecologists at MRH offer several options, ranging from behavioral management exercises to pelvic floor rehab and surgery.

“The surgery went as expected. There was a little pain, but minimal from what I thought it would be. By six weeks post-op I was given the green light to run, do cardio and some light lifting,” she added.

There are different types of urinary incontinence. It can be mild—as in a few, infrequent dribbles when you cough or sneeze—to more severe—where you feel a sudden urge and can’t stop urine from escaping before you reach the bathroom. Stress incontinence is common, and is caused by a weakness in the neck of the bladder.

“With stress incontinence, we can place a sling to support the bladder so it will not leak when women cough, sneeze, laugh or run. It’s usually a simple, minimally invasive surgery,” Ellis concluded.

“Early on, I braced myself with each movement that used to make me leak, and I would be pleasantly surprised. Dr. Ellis said not to expect 100% recovery, but I’m at 100%. It’s a life changer!”

– Myranda Leabo Lyons

OB/GYN Providers



Scott Ellis, DO



Laura Cieslik, MD



Liz Kilmer-Sterling, RN, MSN, CNM

Screenings: What & When

WHAT	WHEN
Wellness exam	Yearly
Thyroid screen	Start at 60 years or when symptomatic
Bone density scan	Start at 65
Mammogram	Start at 40, every 1-2 years to age 50, then annually to age 74
Clinical breast exam	Every 3 years to age 40, then annually
Colonoscopy	Start at 50, then as needed
Glucose – Diabetes	Start at 45 then every 3 years, or annually with risk factors
Blood pressure	Start at 18, every 2 years, or annually with risk factors
Cholesterol	Start at 20, every 5 years, or annually with risk factors
Pap test with HPV test	Starting at 21, every 3 years; 30-65 every 5 years. Can stop at 65 or 70 with 3 normal pap tests in row
Chlamydia, Gonorrhea	Starting with sexual activity to age 25, yearly unless no risk factors
HIV and other STDs	As needed and/or with pregnancy



Source: Healthywomen.org

Tony St. John Grateful to be Alive after Rare Illness Wounds Healed at MRH Wound Care Clinic

Here's something you don't hear every day—did you know that bladder cancer is treated with a germ similar to tuberculosis? It kills the cancer and then normally goes away except in very rare cases where it lives and thrives in the body, adhering to foreign material like artificial valves. That's what happened to Craig resident, Tony St. John. You might know Tony, a retired coal miner. Today, he works for pleasure in his retirement driving school buses for Moffat County Schools—something he is happy to be back doing after a grueling recovery that has lasted for years. He credits the care he received at MRH and elsewhere for saving his life. The last step in his recovery process was healing stubborn, large surgery wounds. After receiving vacuum wound therapy at MRH Wound Clinic, he's grateful to be fully healed and able to enjoy life each and every day.

After St. John's bladder cancer surgery, he started having severe pain. He saw his provider, Neilene Folks, PA at the MRH Medical Clinic. She ordered a cat scan, then called in Dr. Myers and Dr. Womble to take a look. They could tell something was terribly wrong and referred him to an expert vascular surgeon.

"For our providers, here in Craig, to give that level of intense care and to make the right call is outstanding. They did the right thing every step of the way. I thank the MRH doctors and staff every day in my prayers because they saved my life. On a scale of 1 to 10, they are a 20," St. John said.

He endured a 7-hour long surgery in Denver where they placed an artificial aorta and arteries through the length of his entire body from his shoulder down to his groin, and down both legs. To place the aorta,



Tony St. John and Denise Huff, Wound Care Coordinator, RN, WCC.

he suffered a foot-long incision on his left side, among others for the arteries. A bit later he had to return for another surgery because they discovered a leak in his intestines, requiring another incision.

"You don't know many people who have had their aortas removed and are still living," said his wife, Maggie St. John.

From there, Tony spent months in intensive, long-term rehab both in Denver and at Sand Rock Care and Rehab in Craig. During this time, his stitches popped

"I received wound care treatment every week, and each week I noticed a difference. After the first week, I started healing. Now my wounds are fully healed. I wouldn't wish what I've been through on my worst enemy, but I received excellent care. We are very fortunate to have the doctors and professionalism we have in our hospital and clinics."

– Tony St. John, Retired Craig Resident

and his wounds gaped open, refusing to heal. That is, until he returned home and sought care at MRH Wound Clinic.

“Tony was unique in that he had multiple wounds. We performed negative pressure therapy, and we also did some bridging to help his wounds heal,” said Denise Huff, RN, Wound Care Coordinator, RN, WCC.

Negative pressure wound therapy involves using a vacuum-assisted closure, or VAC — a technique to drain the wound that usually brings good results. With multiple wounds, applying a VAC dressing with a sponge bridge can further help to heal wounds.

“Negative pressure wound therapy keeps the wound environment healthy and conducive to healing. It’s hard to cope with an open wound day in and day out, so we were happy to help Tony get better,” Dr. Womble said.

New Surgeon Joins MRH Team

Memorial Regional Health welcomes Dr. Dana Miller, who brings a strong surgical background in both trauma care and general surgery to MRH. Dr. Miller started in June, and is thrilled to be living in Craig, where she loves the rural life and wide-open views, and working for MRH.



Dr. Dana Miller

Dr. Miller is easy going, caring and dedicated to her patients. She takes time with patients and reviews their options thoroughly.

“I make sure patients understand the pros and cons of their decision, because at the end of the day it’s their decision—and I always try to treat my patients like family,” Dr. Miller said.

Extreme Heartburn? Could be GERD

stretta

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

Do you suffer from chronic heart burn that plagues you daily? It could be 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.

MRH offers a unique 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. If you suffer 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

Setting Kids Up for School Success

If you could make a few changes that would improve your child's success at school, you'd do them in a heartbeat, right? Improving school performance could literally be a good night's sleep away, or their next healthy breakfast.

A Good Night's Sleep Enhances Learning

Research shows how getting adequate sleep each night helps us perform well the next day. As adults, we know we don't function at our best when we are tired. We make easy mistakes, and it's the same with our kids. When kids are tired they are more apt to put down any answer rather than figure out the right answer. Their attention spans are shorter and their ability to listen is impaired. Sleep also helps kids with behavioral issues or learning disabilities function better.

According to the American Academy of Pediatrics (AAP) preschoolers need 10 to 13 hours, kids in elementary need at least nine to 12 hours, and teenagers need 9.25 hours a night, when most get an average of seven. Now is the perfect time to start adjusting your child's bedtime for a successful first day of school.

School starts August 27 in Moffat County. To ensure they feel awake those first weeks of school, make incremental adjustments of 15 minutes starting now until school starts. If your child has been getting to bed at 10:00 pm, try putting him to bed 15 minutes early at 9:45 pm for two nights, then 9:30 pm, and so on, to work back to an 8:30 pm bedtime.

Pack a Punch with Breakfast and Lunch

Learning demands the ability to concentrate and focus, and when we are hungry, we can't do either well. For school success, send your kids off with a solid breakfast under their belts and a healthy lunch.

When we don't eat breakfast, our bodies burn fat and create unhealthy ketones as a byproduct, which can make us feel sick. Not feeling well and having low energy makes it hard to learn—and feeling hungry is distracting in itself. Protein for breakfast lasts longer and holds kids over until lunchtime. Good choices are eggs, a high protein yogurt, a slice of sandwich meat and low-fat breakfast meat.



Kevin Monahan, PA-C, Pediatrics, shares a playful moment with a patient.

New Pediatrician Joins MRH Team

Dr. Linda Couillard, a respected pediatrician in Denver and at Children's Hospital Colorado, is joining the MRH medical team in September. Dr. Couillard values



Dr. Linda Couillard, MRH's new pediatrician and her son Colter (16) enjoy a road trip down the California coast this summer for baseball tournaments.

spending time getting to know kids and their families, and takes a down-to-earth approach with patients. A mother herself, she understands the different ages and stages children go through and has seen it all in her 25 years as a pediatrician. She's excited to become a part of the Craig community. She welcomes appointments **starting Tuesday, September 4.**

MRH Medical Clinic • 785 Russell Street
970-826-2400 Family Medicine • 970-826-2480 Pediatrics
MRH Specialty Clinic • 600 Russell Street • 970-824-3252

For lunch, pack whole foods including vegetables, fruits, whole grains, dairy, nuts and seeds, along with lean protein. One trick when picking items for healthy lunches is to consider how far removed something is from its natural source, and how many extra ingredients—and ingredients you can't pronounce—are included. Nutrition is often lost when we reach for something quick and easy. For example, fruit juice is easy to pack in a lunch, but it doesn't have the nutrition that eating a piece of fruit has, even if it's 100% fruit juice.



The ideal lunch includes an item with protein—like a nut butter or meat sandwich, hard-boiled egg, piece of chicken, or leftovers that contain meat, beans or tofu. It will also have a piece of fruit and cut up veggies, maybe with hummus or another healthy dip. For a drink, consider water, lightly flavored water or milk.

When shopping, look at the sugar content of foods. Young kids only need about 4 teaspoons, or 16 grams a day—the amount that is in an average yogurt.

Studies show that sugar negatively impacts behavior and weakens immune systems. Besides the obvious items like sodas, candy, desserts and baked goods, sugar is found in unexpected places like yogurt, condiments, pasta sauce, salad dressings, protein shakes and energy bars.

You've done what you can—now send them off with a smile and hug on their first day of school.

Attention pregnant moms! Preregister for your free Best Start Baby Box!



Baby Boxes are a safe sleep space for infants up to six months, filled with baby products. To qualify, watch a few short videos about baby development and take a quiz. It takes about 20 minutes and once completed you receive a code for a free baby box. Reserve your baby box at rmchildren.org/events/upcoming-events and present your code at the RM Children's Health Foundation booth at the Back to School Fair.

Free Immunizations for Kids

August 18
9 am – 1 pm
(same day/time as
Back-to-School Fair)
Rapid Care
2020 W. Victory Way

MRH is providing immunizations for all kids ages preschool to 12th grade. Kids who are immunized get a coupon for a free ice cream cone from McDonald's. Immunizations are free if non-insured, otherwise billed to insurance.

School Immunization Chart

Kindergarten – College

Vaccine	Kindergarten	Middle	High School/ College
DTAP (diphtheria, tetanus, pertussis)	Final dose		
IPV (polio)	Final dose		
Influenza	Annually, ongoing	Annually, ongoing	Annually, ongoing
MMR (mumps, measles, rubella)	Final dose		
Varicella (chicken pox)	Final dose		
Meningococcal (meningitis, septicemia)		First dose, age 11	Second dose, age 16
Tdap (tetanus, diphtheria, pertussis)		First/final dose, age 11	
HPV (human papilloma virus)		2-dose series, age 11	3-dose series, age 15+ (if not received in middle school)
Meningococcal B (meningitis)			2-dose or 3-dose series, ages 16-18

Signing up for Hospice Sooner than Later has Big Benefits

No one likes to think of a loved one dying. Even when a loved one is diagnosed with a terminal illness, there is still hope that he or she will turn around. Admitting a loved one is dying can sometimes feel like giving up—for both the family and their doctor. That's why people tend to sign up for hospice care too late, and miss out on major benefits.

Hospice care is for people with terminal illnesses, often when all efforts to treat a condition have been made without success. To get the full benefit of hospice, people need a few months rather than a few weeks or days in the program. According to the American Association of Retired Persons (AARP), about a third of hospice users enroll for less than a week.

"Getting admitted into hospice earlier than later helps build relationships and trust with the team, as well as provide more time to complete end-of-life planning and focus on quality of life," said Kristine Cooper, MRH Hospice and Home Health Director.

When asked why family members didn't want to enroll in hospice just yet, common answers besides 'giving up' are worries that they can't use their doctor, concerns that it's too expensive and not covered by insurance, worries their loved one will be drugged up, a belief that once you enter into hospice, you can't leave, and a worry that your family will lose control over their care. None of these are true when it comes to hospice care.

Hospice is for the whole family and the longer your loved one is in hospice, the more benefits you reap. Benefits are practical, like finalizing a will and advance directives, but more importantly they provide the physical, emotional and spiritual care needed to ease the transition for everyone.



The Hospice Team at MRH, L to R: Lyric Wood, Jennifer Businger, Peggy Schmidt, Meagan O'Connor, Brittany Robinson, Brenda Soos, Kristine Cooper, Maria Mosman.

The hospice team facilitates emotional closure and saying goodbye, and guides discussions to make for a peaceful ending to your family member's life. With hospice, you have access to social workers and chaplains who specialize in end-of-life conversations.

"By getting a chance to know the patient and family we are able to better accommodate their wishes and provide more individualized and personal care," Cooper concluded.

Myth	Truth
It's too expensive and not covered by insurance	Most insurance plans cover Hospice
We won't be able to keep our doctor	You choose your doctor
Once we enroll, we can't leave	Patients go in and out of Hospice, depending on their health outlook
Someone else decides what happens to my loved one	You and your family are in total control and empowered to decide care
It's giving up hope	It makes for a smooth transition emotionally, spiritually and financially for everyone
It's for the very last days of life	To gain full benefits, families need a few months in hospice

Former Breast Cancer Patient Finds Relief in Lymphedema Treatment

Sometimes, the side effects of cancer treatment last long after the cancer is resolved. That's the case with lymphedema, which is particularly common after breast cancer treatment.

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.

"I had breast cancer in 2000, and they took 18 lymph nodes to stage my cancer. Afterwards, I had mild lymphedema but it got worse and worse. Finally, I had to do something," said Bonnie Curtis, Craig Resident.

Recently, Curtis has been seeing Danika Jost, PT, DPT, CLT, Lymphedema Specialist. Danika has been providing lymphatic massage and manual drainage, along with compression wraps to ease Bonnie's symptoms.

"Once it swells up, it's really uncomfortable. After a few sessions, Danika gets it to where it's comfortable. She's really fantastic—so professional, skilled and friendly."

— Bonnie Curtis, Craig Resident

It's important to know your risks before getting cancer procedures done. When staging cancer, if a single node can be biopsied rather than taking several nodes, that's ideal.

If radiation can

be targeted to prevent damage to the lymph system, that's also smart. It may not prevent lymphedema but it can decrease your chances.

"Once you have lymphedema, it can't be cured. You'll have to manage it the rest of your life. However, with lymphedema therapy the effects can be greatly reduced," said Jost.

Memorial Regional Health's Rehabilitation Department offers a variety of cancer rehabilitation services to its patients, including coordinating care with oncologists and providing chemotherapy through Infusion Services. The program helps cancer patients of all types regain abilities after cancer.



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

SYMPTOMS ALERT: Lymphedema



- Swelling of part or all of your arm or leg, including fingers or toes
- A feeling of heaviness or tightness
- Restricted range of motion
- Aching or discomfort
- Recurring infections
- Hardening and thickening of the skin (fibrosis)

Source: Mayo Clinic

Tired all Day? Could be Sleep Apnea

Joe Huelskamp's days are better than they were before. He used to struggle to make it through the day. When he got home from work he'd feel exhausted, with zero energy to do anything but hit the couch. Today, life's different, thanks to finding a solution for his sleep apnea, something he recently had confirmed by a sleep study at MRH.

"I finally decided it was time. I suspected I had it for 10 years. My wife said I was snoring all of the time, with stops and starts, which is really common with sleep apnea," Huelskamp said.

Defining Sleep Apnea

"With sleep apnea, people experience multiple arousals during the night, which leads to a poor night's sleep," said Selena Hafey, MRH's Certified Polysomnographic Technologist (CPSGT).

With obstructive sleep apnea, the airway collapses or is blocked during sleep, causing shallow breathing or a pause in breathing. A sleep study is the only way to fully diagnose sleep apnea.

"I place bio tabs on patients and then I watch the computer screen all night for events. I mark movements, respiratory events, arousals, brain activity and sleep states," Hafey said.

CPAP Machines

As is standard with sleep apnea, Huelskamp was fitted with a Continuous Positive Airway Pressure (CPAP) machine—a bedside device that increases air pressure in your throat so that your airway does not collapse when you breathe.

"I could immediately tell a difference that first night I slept with the CPAP machine. What's great is that a pulmonologist in Grand Junction reads your study and recommends the exact settings that are right for you. I feel much more energized all day and sharper at work," Huelskamp said.



Sleep Studies at MRH

While Memorial Regional Health was recently relying on a mobile unit for sleep studies, the health system now provides on-site sleep studies nearly every night of the week. Sleep studies are also available during the day for people who work unconventional shifts.

"People are surprised when they enter our sleep studies room, because it's not a hospital room, it's like a bedroom in a home that's quiet with lamps, decorations, a quilt and room darkening shades," Hafey said.

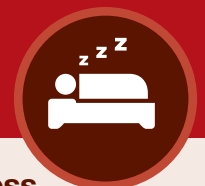
"Often, what makes or breaks our day is a good night's sleep," Huelskamp concluded.

Sleep Studies Offered All Week

Goodbye, mobile unit, hello permanent sleep studies!

Sleep studies are performed by certified sleep technician and read by pulmonologist. For more information, call 970-826-2211.

SYMPTOMS ALERT: Sleep Apnea



- Daytime fatigue or sleepiness
- Loud or frequent snoring
- Choking or gasping sounds during sleep
- Frequent arousals
- Morning headaches
- Difficulty concentrating and irritability
- Decreased sexual drive

Patient Regains Strength After Heart Attack in Transition Care Program



Sometimes, it takes a while to recover from a serious health event. When that happens, a team of skilled nurses and therapists are at the ready to help you regain strength and return home. This recently happened to Patsy Magness, who spent a month at MRH after having a heart attack.

Magness had a heart attack in 2002 with a quadruple bypass. She didn't realize she was having a heart attack because all she felt was heartburn. When Magness had that same feeling again this year, she recognized it and called an ambulance. MRH flew her to St. Mary's for surgery. She then returned to MRH for transition care which helped her recoup and return home.

"I spent a month or so at the hospital and they treated me so wonderfully. I didn't even have to press the buzzer. They just seemed to know I needed help," Magness said.

Transition care focuses on helping you heal and recover after illness or surgery. It is designed to provide continuity of care as you or your loved one moves between different levels of care in the hospital setting.

A multidisciplinary team created a customized rehabilitation and restorative care program. Her care plan centered around nursing care, different types of therapy, and daily living activities such as mobility, wound management, IV therapy, toileting and self-care.

"I worked with a physical therapist who helped me get up and start walking. I also worked with an occupational therapist and a nutritionist. I had so many people taking care of me, and they were all great," Magness added.

Recovering in the hospital assures that patients receive just the right level of care. If complications occur, experts are at the ready to provide physician care, trauma care and intensive care.

As patients' progress, the care plan also progresses to ensure continued healing by adding activities and therapies as needed, until they are ready to return home.

MRH Transition Care Services

Physical therapy

Occupational therapy

Speech therapy

Respiratory therapy

General wound care from certified nurses

Tube feed management

Hospitalist care

Registered dietitian

Diabetic educators

24/7 access to pharmacy, lab, respiratory therapy, emergency and ICU

Discharge planning and home follow up

Directory of Providers

Primary Care – Family Medicine



Elise Sullivan, MD
Hablo Español
American Board of Family Medicine
Appointments: 970-826-2400



Kelsie Bond, PA-C
National Certification of Physician Assistants
Main Number: 970-826-8300



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

Rapid Care



Ted Akers, MD
American Board of Family Medicine
Main Number: 970-826-8300



Maggie Schoeberl, PA-C
Hablo Español
National Certification of Physician Assistants
Main Number: 970-826-8300



Jim Zimmerman, PA-C
National Certification of Physician Assistants
Main Number: 970-826-8300



Jennifer Schmitt, PA-C
National Certification of Physician Assistants
Main Number: 970-826-8300

Specialty Clinic



Larry Kipe, MD
American Board of Family Medicine
Appointments: 970-824-3252



Carol Bolt, PA-C
National Certification of Physician Assistants
Appointments: 970-824-3252



Bridget Barnhart, PA-C
National Certification of Physician Assistants
Appointments: 970-824-3252

Primary Care – Pediatrics



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

Coming in September! *Linda Couillard, DO,*
American Board of Pediatrics

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



Jeff Womble, MD

Hablo Español

American Board of Surgeons

Appointments: 970-826-2420



Dana Miller, MD

American Board of Surgeons

Appointments: 970-826-2420

Obstetrics/Gynecology



Scott Ellis, DO

American Board of Obstetrics and Gynecology

Appointments: 970-826-8230



Laura Cieslik, MD

American Board of Obstetrics and Gynecology

Appointments: 970-826-8230



Liz Kilmer-Sterling, RN, MSN, CNM

Certified Nurse Midwife

Appointments: 970-826-8230

Orthopaedics



Kevin Borchard, MD

American Board of Orthopaedic Surgery

Appointments: 970-826-2450



John LeBlanc, DO

American Osteopathic Board of Orthopaedic Surgery

Appointments: 970-826-2450



Evan Fleming, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2450



Jarod Schoeberl, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2450

Podiatry



Derek Harper, DPM

Podiatrist

Appointments: 970-826-2465

Craig and Steamboat locations

Dermatologist to Join MRH Dr. Laurie Good

MRH welcomes Laurie Good, MD, a skilled board-certified dermatologist. Dr. Good graduated medical school from Georgetown University in Washington, DC, with clinical honors. After medical school, she completed a dermatology research fellowship at the University of Colorado, and her dermatology residency at the Medical College of Wisconsin in Milwaukee. She will offer both traditional dermatology and cosmetic procedures. Watch for appointments in December in both Craig and Steamboat.



Steamboat Specialty Clinic Moving and Expanding

The Steamboat Specialty Clinic is now Signature Specialty Clinic by MRH!

Signature Specialty Clinic by MRH

2201 Curve Plaza, Unit A-103

(behind Mountain Valley Bank)

Steamboat Springs, CO

Appointments:

Cardiology, Dr. Myers – 970-826-2400

Podiatry, Dr. Harper – 970-826-2465

Dermatology, Dr. Good – *Coming soon*



memorial regional
health

750 Hospital Loop
Craig, CO 81625
(970) 824-9411

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Craig, CO 81626

Upcoming Events at MRH



Saturday, October 6

MRH Annual Glow Run

6:45 pm start • The Memorial Hospital

Back-to-School Fair

August 18 • 9 am – 1 pm

Breeze Street Park, 656 School

Sponsored by Love, Inc.

What to Expect

Ongoing pregnancy classes,
free for patients.

Call anytime for a tour of the birthing center.

970-826-8230



Free Food for Five Minutes?

For five minutes of your time, breakfast or lunch is
on us at the Mountain Café at The Memorial Hospital!

MRH Community Survey

Go to: bit.ly/MRH-Survey2018

Hurry! Closes August 19

Food voucher worth \$7, good through September 2018



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 due to race, color, national origin, age, disability, sexual orientation or gender identity. MRH values the diversity and inclusion of all who enter our doors.

For our full statement, visit:

memorialregionalhealth.com/memorial-regional-health-non-discrimination-policy/

memorialregionalhealth.com



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