



memorial regional
health

LIVING WELL

Improving the quality of life for the communities we serve

Fall 2019



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CEO Update



Dear Community Members,

As I take a moment to write this update, I'm somewhat taken aback by the realization that we are ready to open the Medical Office Building. It hardly seems possible that this process started almost 18 months ago on a blustery, April day. Since the end of August, we have been finalizing the interior

finishes and getting furniture, fixtures and equipment installed. Most of our medical clinics, doctors and staff are ready to see patients in the new space. When you come visit, I think you'll see that consolidating locations will increase efficiency and make receiving services more convenient.



As we contemplate the enormity of moving and consolidation, I want to also take a moment to recognize and thank the team of staff who helped us successfully implement a new, organization-wide Electronic Medical Record (EMR) – Epic. This took a lot of human-hours to complete. And on top of implementing Epic, we also implemented new systems to manage hospital inventory, as well as new systems for payroll and timekeeping. This, too, was no small feat and required a lot of nights, weekends, blood, sweat, swearing and tears. These are all jobs well done and worth celebrating.

Also of significance this year is the 10-year anniversary of the hospital opening in its current location. Many of you recall the tremendous community support we received that made possible the construction of building a facility. Be sure to note on page 16 the list of our employees who've been part of MRH for 10 years or more.

Later this fall, we are welcoming new faces to our medical staff. Dr. Netana Hotimsky-Machacek will join the team of family practice providers. Dr. Nathan Mills is joining Dr. Gerald Myers in the internal medicine department. Rapid Care will welcome physician assistants Leslie Taylor and Patrick Machacek. Also new to our medical staff are five employed physicians who will provide care to you if you are admitted to the hospital: Dr. Michael Walery, Dr. Travis Peveto, Dr. Jordan Christensen, Dr. Jeffrey Graham and Dr. John Hanna.

I would also like to invite you to come see our new Medical Office Building. We will be holding an open house and tours of the building on **Thursday, October 3 from 4:00 to 7:00 pm**. I look forward to seeing you there.

Sincerely,

A handwritten signature in blue ink that reads "Andrew J. Daniels".

Andrew J. Daniels, MHA, FACHE
Chief Executive Officer



All Under One Roof

Join us for our Medical Office Building Community Open House!

**Thursday, October 3
4:00 to 7:00 pm**

750 Hospital Loop | Craig

Want to see what we've been working on for the past year and a half? Join us for a community open house and reception to see our new Medical Office Building for yourself! Before we officially open on October 7, we wanted to give our community the first-hand look at what they can expect when they visit Memorial Regional Health in the future for their healthcare needs.



The open house will kick off with a Cornerstone Ceremony at 4:00 pm by the Masonic Lodge. Then, there will be a ribbon cutting by the Chamber of Commerce, followed by tours of the building and refreshments. We can't wait to show you our new space, which will allow for the majority of our healthcare services to be under one roof.

Helping Our Children Grow

We are proud to announce that this past spring, MRH received a \$2,500 grant from the Colorado Garden Foundation to create, plant and maintain a community garden for Moffat County children!

Over the summer, five employees from our hospital, the Craig Boys & Girls Club and the CSU Extension Office mapped out an eight-week schedule that included a number of activities and learning lessons for our local kids. These activities/lessons included:

- Promotion of hands-on healthy living activities, such as hydration and personal nutrition.
- General horticultural-related education, such as identifying plants and seeding, watering and weeding.
- The benefits of regular occupational therapy, ranging from fine motor and visual perceptual skills to social communication.

Raised garden beds were built by the Craig Hotshot BLM fire crew at our local Boys & Girls Club facility, and each planter received seeds and bulbs from various vegetables, fruits, flowers and plants.





Multiple generations of the Hadley, Merrick and Klimper families gather together to talk about the care they've all received from longtime family physician, Dr. Larry Kipe.

ALL IN THE FAMILY: Craig Family Uses MRH for Generations

For four generations and counting, the Merrick, Hadley and Klimper families have always turned to Memorial Regional Health for their healthcare needs.

Shylar Merrick's first memories inside of MRH are as a child. She remembers when the new hospital was built 10 years ago, and when she had to get used to saying "Memorial Regional Health" instead of "The Memorial Hospital." She also remembers how young she was when she started to visit Dr. Larry Kipe for her routine primary care check-ups.

Being a native of Craig, it's a comforting déjà vu for her knowing that her 2-year-old son, Josyah, is receiving the same care from the same doctor in the same community that she did.

"When you find a doctor and staff that you just really love and trust, it's hard to want anyone else," Shylar said.

Shylar could list at least 20 relatives off the top of her head who also see Dr. Kipe and other MRH staff. She knows how lucky her family is to have one, go-to person that knows the details of their medical history, right in her hometown.

Though the drive to Russell Street will soon be nostalgic, the new Medical Office Building starts a new chapter for her and her family.

"It's always been the place we've gone to," she said, "and my hope is that it always will be."

How the Relationship Began

Dr. Larry Kipe met Frank Hadley, Shylar's grandfather, in 1988 when he first moved to the Craig community. Now, more than 30 years later, Dr. Kipe still sees family members of Frank's on his schedule, including Shylar, Josyah and Shylar's husband, Greg.

Though Hadley passed away in January, his relationship with Dr. Kipe is what set the foundation of trust for the Merrick family and other relatives. Knowing the family for so long allows Dr. Kipe to better monitor their health; he knows what conditions to be wary of and to watch for certain family medical trends.

“This is the dream for all family doctors: to take care of an entire family over time with established relationships,” Dr. Kipe said.

Memories at MRH

When she thinks about everything that has happened at MRH throughout her life, Shylar is overwhelmed with memories.

Josyah was born at MRH two years ago, which was a miracle in itself. Shylar shared that it took nearly five years for her to get pregnant due to complications with infertility, and four of those years she worked with Dr. Scott Ellis, a specialist in obstetrics and gynecology at MRH, who never gave up on her.

Shylar miscarried before having Josyah, and she remembers Dr. Ellis being there for her not only medically as her doctor, but also emotionally.

“It didn’t matter if it was 10 o’clock at night — he always wanted to make sure I was OK after everything that had just happened and all the emotions we were dealing with,” she said. “He was a big part of the adventure for my husband and I becoming parents.”

Shylar also remembers the tremendous support offered by Dr. Kipe when her grandfather, Frank, died earlier this year. After nearly 20 years of battling cancer and struggling with the side effects of dementia, Dr. Kipe was a positive constant in Frank’s life until the very end.

“Dr. Kipe was one person my grandpa always remembered,” Shylar recalled. “He always handled my grandpa in the best way possible and knew how to calm him down when he was having his dementia fits. My grandma, Velda, still talks about that to this day.”

Even in the hardest of times, Shylar said the staff at MRH made her and her family feel cared for and like everything was going to be OK. That’s what keeps them going back.

“It’s a comforting thing for my whole family — knowing you’ve found a doctor and healthcare facility that everyone loves and that your entire family uses,” Shylar concluded.

WELCOME Julia von Allmen, PA-C

Julia von Allmen joined our Family Medicine team in June, and she brings years of extensive experience and knowledge in the healthcare industry. She is an excellent addition to MRH, and we know she will help us keep community members happy and healthy!



Julia is fluent in German, a Fellow of the American Academy of Physician Assistants (AAPA) and is excited to get to know our patients!

Family Medicine/Primary Care Services at MRH



Larry Kipe, MD

Dr. Kipe is one of seven doctors and physician assistants that make up the Family Medicine/Primary Care team at Memorial Regional Health. Services provided include everything from basic

immunizations and preventative care to more complex health issues.

For more information about these services, call the Medical Clinic at 970-826-2400 or the Specialty Clinic at 970-824-3252. Appointments are available Monday through Friday to patients in Craig and surrounding communities.

Knee Revision Surgeries Change Patients' Lives

After her initial knee replacement, Rhonda Dexter thought things would get better for her.

They didn't. In fact, her left knee started giving her even more issues than it did before, and she was in pain performing simple tasks, like using the stairs or walking a block.

Dexter was told by her previous surgeon she was going to have to live like that and "deal with the pain" for the rest of her life, and for a brief moment, she truly thought that to be the truth. She got used to the idea of never being able to bend her knee again, and to only have the ability to walk when using her cane or walker.

Dexter moved to Craig in November from Wisconsin and met with Dr. Kevin Borchard, orthopaedic surgeon at Memorial Regional Health, after experiencing further issues with her knee. Dr. Borchard gave her hope that she would one day use her knee as normal again — she just needed knee revision surgery.



Dr. Kevin Borchard examines Rhonda Dexter's knee during a check-up following her knee revision surgery.

"It's normal for patients to have some mild intermittent pain and swelling after surgery, but when the pain becomes more constant or starts to affect the patient's everyday life, that's when we need to take a closer look," Dr. Borchard explained. "I always ask patients, 'If you could go back and have your old knee back, would you take it?' If they say yes, you know there's a problem."

So, what exactly is a knee revision? According to Healthline, revision surgery is required when a knee replacement no longer functions correctly or never functioned correctly in the first place. During this procedure, the surgeon replaces the old knee implant with a new one, and Dr. Borchard said revisions in the first three years post-surgery are often due to issues regarding infection, instability and alignment.



Rhonda Dexter gives Dr. Kevin Borchard a hug before their visit.

Dr. Borchard said Dexter had a femoral component that was loose in her knee, which was the cause of her pain. Dexter underwent the knee revision surgery in June, and since then, life for her has been exponentially better.

“The day after my surgery, I felt like my leg was my leg again,” Dexter said, holding back tears. “I’ve never been able to bend my knee, and now I can. I don’t have pain 24 hours a day anymore. I went to my daughter’s graduation in Wisconsin some time after the surgery, and people who have known me for years noticed that I wasn’t limping around anymore. I’m very thankful.”

Another patient who Dr. Borchard recently performed knee revision surgery for is Corey Pritchard, who suffered from malrotation and instability from his knee replacement. Thinking he’d start to feel better after his first surgery, Pritchard was met with the same unfortunate fate that Dexter experienced.

“Before the initial surgery, I had pain, but it was nothing like the pain I experienced after,” Pritchard explained. “I got tired of living with the pain every day of my life, so I went to MRH. Dr.



*Dr. Kevin Borchard,
Orthopaedic Surgeon*

Borchard took some X-rays of my knee and noticed something was wrong.”

Patients can usually return to normal activities after about eight weeks post-surgery. The full healing process takes about three to four months, and then patients will continue to notice improvements in muscle strength for up to one year after their surgery.

Pritchard said he was back to work 10 days after his knee revision. He is still recovering, but he was happy to report that his knee already feels immensely

better. Before, when his knee caused him grueling pain, all he wanted to do was sit on the couch after a long day at work. Now, he’s back to the more active lifestyle he had before his first knee surgery.

“I like to walk, fish, hunt and camp,” Pritchard said. “I can go back to what I really enjoyed doing now because my knee is stronger than it was before. I will send everyone I can think of that might need a knee replacement or revision surgery to Dr. Borchard — I don’t have enough kind words to say about the man.”

Dexter agreed with Pritchard’s sentiments about the high-quality orthopaedic services provided by Dr. Borchard and MRH.

MRH Orthopaedic Services

Advanced total joint replacements and revisions

Minimally invasive surgical techniques

Arthroscopic shoulder, elbow, knee and ankle procedures

Specialized treatment for carpal tunnel

Sports Medicine

Treatment for bone and joint injuries

Scopes for tears and fractures

“I’ve had such an amazing experience,” she said. “This surgery changed my life.”



**Did you know that MRH has a
100% infection-free rate for
total hip and knee replacements?**

MRH Orthopaedics • Medical Office Building
750 Hospital Loop • 970-826-2450

Performing Cutting-Edge Surgery for Various Ear and Nose Conditions



Dr. Robert McLean, ENT specialist for Memorial Regional Health, works with his patient Mark Anderson, who recently underwent a stapedotomy surgery.

It wasn't easy for Mark Anderson to sing in his church's band when he couldn't hear anything.

Anderson, who was diagnosed with otosclerosis in 2008, works as a worship minister, and his condition caused him to eventually lose his hearing. Otosclerosis is caused by abnormal bone growth of the stirrups bone (the stapes), which is the smallest bone of the body. Anderson said he went through three different hearing aids and readjustments before even those assistive tools were no longer effective.

"I'm a worship minister, so music is what I do," Anderson explained. "It made things really difficult, only being able to hear in one ear. My hearing progressively got worse and it was pretty rapid — it went from about a 40 percent loss of hearing to almost 100 percent in just a few short years."

How Stapedotomies Help with Hearing Loss

Anderson decided to seek help from Dr. Robert McLean, who is the Ear, Nose and Throat (ENT) specialist at Memorial Regional Health. Dr. McLean told Anderson he was an ideal candidate for a stapedotomy, a procedure that aims to replace the stapes bone in the middle of the ear with a prosthetic in an effort to improve hearing. This surgery is best for candidates who have otosclerosis and significant hearing loss.



(For scale) Anderson's stape bone and a prosthesis are shown on top of a penny.

During a stapedotomy, a tiny incision is made in the ear canal and the eardrum is lifted, exposing the stapes bone. The arch part of stapes bone is removed, a tiny hole is drilled under high power magnification, and a prosthetic piston is placed. Recovery time for this type of operation is a few weeks in general, according to Dr. McLean.

“As soon as I came out of surgery, I noticed a big improvement in my hearing, and each day I notice improvements as everything heals a little more,” he said. “It just feels normal again.”

Now, Anderson is back to singing on key at his church, and he no longer has to ask those around him to repeat what they said.

“I can hear my wife and kids again,” Anderson said.

“If anybody is questioning whether they’re a candidate for this kind of operation, I would suggest it.”

Anderson is just one of many patients, including children and adults, who Dr. McLean has helped the past few months. Dr. McLean has more than 15 years of experience as a head and neck surgeon, and his skill set allows him to perform a wide variety of cutting-edge, effective ENT surgeries. He is excited to bring these procedures to the area for the first time, so patients no longer have to travel hours.

Other ENT Services Offered at MRH

Robert Wagner is another patient who recently saw Dr. McLean for surgeries for his ear and nose. Earlier this year, Wagner experienced blunt force trauma to his ear, which led to hearing loss. He also had been living with breathing problems that came from a deviated septum, and as a result, had to quit his hobbies of biking, snowboarding and hiking. Wagner underwent both a tympanoplasty and septoplasty in March for his conditions.

A tympanoplasty is a surgery performed to repair ruptures or holes in the eardrum. This procedure is done to help improve hearing or to prevent frequent ear infections, and it can take anywhere between four to six weeks for a patient’s hearing to come back post-procedure. During this surgery, Dr. McLean uses a small piece of the patient’s cartilage tissue to patch the hole in the eardrum as well as endoscopes, which helps the surgical assistant see exactly what he is doing to better assist.

“I couldn’t really hear people or carry on a conversation, and I would have random popping pains as a side effect,” Wagner explained. “Now, my hearing is clearer.”

“My experience with MRH and Dr. McLean was wonderful. Both surgeries have substantially improved my life.”

– Robert Wagner, ENT Patient

A septoplasty is a procedure that corrects a deviated septum, a condition in which the septum — the bone and cartilage that divides the two sides of the nose — is displaced to one side. During this

procedure, the nasal septum is straightened and repositioned back to the middle, and soft silicone splints are inserted in the nose to support the septum for four days.

“The day after the splints were removed from my nose, everything relaxed and went back to a normal state,” Wagner said. “I’ve started hiking and biking again, and I can do exercises and have conversations without being out of breath anymore. I can even sing in the car on the way to work again every morning — that was a major win for me.”

SYMPTOMS ALERT: Know when it’s time to see an ENT



- **Ears** – ear infections, hearing loss, dizziness, ringing in the ears
- **Nose** – deviated septum (broken nose) and sinusitis
- **Throat** – sore throat, hoarseness, reflux disease, infections, throat tumors, airway and vocal cord disorders
- **Head/Neck** – cancers, neck masses, Grave’s disease, enlarged thyroid glands
- **Sleep** – nasal and airway obstructions, snoring and sleep apnea
- **Facial Plastic and Reconstructive Surgery** – facial traumas caused by an accident, injury or birth defect; cleft palates, drooping eyelids, ear deformities, facial paralysis
- **Pediatrics** – birth defects, ear infections, tonsil and adenoid infections, airway problems and allergies

Dr. Harper Helps Patients Get Back on Their Feet

Imagine having a condition that brought immense pain while just standing. Imagine spending most of your days sitting or lying down, unable to walk. Imagine having to wonder if you might need to use a wheelchair for the rest of your life.

These thoughts were reality for Sherri Bird, a patient at Memorial Regional Health who recently underwent surgery for flatfoot correction. Bird, who consistently worked 12-hour shifts on her feet, experienced pain from her flat feet for nearly a year before opting for surgery.

An individual with flat feet has no arches in their feet or arches that are extremely low, potentially causing them great discomfort as a result of strained muscles and connecting ligaments, according to Medical News Today. Many individuals with this condition can be treated without surgery if managed during the early stages through orthotics, specific exercises, physical therapy and more.

“My pain went from a 1 to 10 in a short amount of time, and the arch in my foot fell completely flat,” she explained. “I put up with the pain for a while, but it got to a point where I just couldn’t handle the pain anymore.”

That’s when Bird scheduled an appointment with Dr. Derek Harper, a highly skilled and experienced podiatrist at MRH. He recommended flatfoot surgical correction; a procedure Bird had in April. Though she is still recovering, Bird is hopeful that she will one day return to her active lifestyle filled with hiking, waterskiing and general mobility in her foot.

There are multiple causes of flat feet including biomechanical and/or genetic factors, weak soft tissues, injuries to the ankle or foot and damage or dysfunction of the posterior tibial tendon. Individuals with flat feet may experience abnormal pain or swelling in the feet, ankle, calf, knee, hip, lower back and lower legs.



Dr. Derek Harper, the region's only foot and ankle specialist.

“I made the decision to stay local and, boy, am I glad I did,” Bird said. “Dr. Harper is a physician that puts his patients first, and I had a great experience through the surgery and now after.”

Dr. Harper performs an array of podiatry surgeries and treatments, and JoAnn Simmons is another patient who recently received his care after experiencing an ankle fracture that was more complicated than usual. Dr.

Harper performed a procedure to help her return to life as normal.

In a typical ankle fracture surgery, incisions are made to the outside and, sometimes, inside of the ankle. In the case of Simmons, an incision was made to the back of the ankle in order to access and fully correct her fractures. This procedure was chosen specifically to give her the best chances of recovery without significant arthritis in the future. Recovery time can take anywhere between six months to a full year, so Simmons is still wearing a brace and recovering. But she’s thankful she no longer is living in pain.

“I am just so pleased with the attention I got and the care that I got,” she said.

Podiatrists are foot and ankle surgeons who treat all symptoms and conditions affecting the foot and ankle, including the following:

- Bunions
- Heel pain (plantar fasciitis)
- Flat feet
- Foot or ankle arthritis
- Sports injuries
- Tendon disorders
- Fractures (broken bones)
- Diabetes complications
- Ingrown toenails
- Neuromas
- Dermatological conditions
- Tingly feet
- Hammertoes
- And more!

Source: American College of Foot and Ankle Surgeons

The Importance of Routine Skin Exams & Screenings

Considering that more people are diagnosed with skin cancer each year in the U.S. than all other cancers combined, according to the Skin Cancer Foundation, it's important to get routine full-body skin exams to detect any issues at their earliest and most treatable stages.

Bridget Barnhart, a certified physician assistant at Memorial Regional Health who specializes in dermatology, said the need for skin cancer screenings varies from person to person; however, it's helpful to see a dermatologist for general preventative care on an annual basis. Barnhart and Dr. Laurie Good assist patients of all ages in Craig and surrounding communities with their skin problems and annual screening exams.

About Annual Skin Exams

Annual skin exams are recommended for individuals with a family history of melanoma or skin cancer, adults over the age of 50, those with large or unusual moles or more than 50 moles on their skin, and individuals who are at "high risk" for skin cancer, such as outdoor enthusiasts or ranchers.

"Throughout the full-body exam, we will discuss what we are finding and review preventative measures patients can take to decrease their risk for developing skin cancers in the future," Barnhart said.

Barnhart recommends that everyone should routinely monitor their skin and should visit a dermatologist if they notice any unusual spots, such as skin growths that are bleeding or not healing for more than six weeks, itching, or changing in size or color.

Why Skin Exams are Important

Barnhart said it's very common to find concerning lesions, which are flat or raised areas of abnormal skin, that patients didn't know were present in the first place. It's important to see a dermatologist if a lesion doesn't heal after six weeks, if you notice a changing or new mole, or if a certain spot on your skin suddenly becomes painful.



Bridget Barnhart, PA-C and Dr. Laurie Good

"We find pre-cancers and small skin cancers frequently that are easy to treat when found early," Barnhart explained. "The goal is to find problems before they turn into something more challenging to treat."

Tips for Checking Your Skin at Home

Although big, raised moles can be alarming, those aren't the only ones that can spell trouble for skin cancer. It's important to check flat moles and to inspect your moles for "ABCDE."

- **A**symmetrical (the two sides do not match)
- **B**order, if uneven (not clearly defined, not oval or round)
- **C**olor, if two or more colors
- **D**iameter, if larger than a pencil eraser
- **E**volving or changing in size, shape, color or another trait

If any of these findings are present, schedule an appointment with the dermatology team at MRH by calling **970-826-8080**.

Services are offered in both Craig and Steamboat Springs. To learn more online about dermatology services at MRH, go to [memorialregionalhealth.com/healthcare-services/dermatology](https://www.memorialregionalhealth.com/healthcare-services/dermatology).

The Truth About High Blood Pressure: Managing a Silent Condition

If you eat well and exercise regularly, you probably don't have to worry about having high blood pressure, right? Wrong.

In fact, according to the American Heart Association (AHA), high blood pressure is common, and nearly half of American adults have high blood pressure — many of whom don't even know they have it. This is why high blood pressure is often coined as a “silent killer” or a “silent condition.” More often than not, there aren't any obvious symptoms of this disease, which is why it's so important to have it checked for annually by a physician or cardiologist.

High blood pressure, which is also known as HBP or hypertension, occurs when the force of blood flowing through your blood vessels is consistently too high and at unhealthy levels. Blood pressure checks are recommended on a yearly basis; however, that number may vary depending on your levels. During a blood pressure check, two measurements are taken: the systolic (top number), or pressure in the system when the heart is beating, and the diastolic (bottom number), the pressure in the system when the heart is at rest and between beats.

Dr. Gerald Myers, clinical cardiologist at Memorial Regional Health, said he recommends his patients have a 135/85 and below blood pressure reading, which is the standard for AHA.

Uncontrolled hypertension can lead to symptoms like headaches and other complications, which include heart attacks, strokes, aneurysms, heart failure, weakened and narrowed blood vessels in the kidneys, metabolic syndrome, trouble with memory or understanding, dementia, dizziness, facial flushing and blood spots in the eyes.

Understanding High Blood Pressure Readings

According to Dr. Gerald Myers, cardiologist at Memorial Regional Health, this chart can help patients understand their blood pressure readings, determine whether or not they have high blood pressure and move forward with any necessary treatment recommendations.

Top number (systolic) in mm Hg	And/or	Bottom number (diastolic) in mm Hg	Your category*	What to do
Below 120	and	Below 80	Normal blood pressure	Maintain or adopt a healthy lifestyle.
120-129	and	Below 80	Elevated blood pressure	Maintain or adopt a healthy lifestyle. Be wary of your blood pressure.
130-139	or	80-89	Stage 1 high blood pressure (hypertension)	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking one or more medications.
140 or higher	and/or	90 or higher	Stage 2 high blood pressure (hypertension)	Maintain or adopt a healthy lifestyle. Consider one or two medications for better control.
Higher than 180	and/or	Higher than 120	Hypertensive crisis	Immediately consult your doctor. Call 911 if you are experiencing signs of possible organ damage such as chest pain, shortness of breath, numbness or change in vision.

Dr. Gerald Myers provides cardiology services to individuals in Moffat County.

For more information or to schedule an appointment at MRH, call **970-826-2400**. You can also go to memorialregionalhealth.com/healthcare-services/cardiology.

Some tips for managing high blood pressure: Get at least 150 minutes of aerobic exercise a week, limit alcohol intake and maintain a low-fat, low-salt diet. Dr. Myers also advises weight management (if you're overweight), smoking cessation and stress reduction. One or all of these can be attempted before starting medications. With proper treatment and management, it's still possible to live a healthy lifestyle with this condition.

Understanding Vein Ablation & Varicose Vein Treatments

Varicose veins are a type of vein disorder that affect about 30 million people across the world each year. Of those 30 million people, only about 1 percent seek treatment for their condition.

With proper treatment, the symptoms of varicose veins and venous reflux disease are preventable. Whether patients want to treat this condition for cosmetic reasons or because their varicose veins are causing them pain or discomfort, it can be helpful to seek vein ablation treatment from a medical expert.

About Vein Ablation Treatment

A disease found in the leg, venous reflux disease occurs when the valves that help carry blood from your legs to your heart no longer properly function, causing blood to collect in your legs. As a result, the veins in your legs could expand, lose their shape, protrude from beneath your skin and develop into varicose veins.

Factors that contribute to this disease include age (40+), gender, family history, prolonged standing, heavy lifting, multiple pregnancies and obesity.

Dr. Dana Miller, general surgeon at MRH, said Memorial Regional Health recently started offering

vein ablations, though she and co-surgeon Dr. Jeff Womble have extensive experience performing this type of procedure.

If you have any questions about the vein ablation process itself, don't hesitate to ask your primary care provider or the general surgery team at MRH.

Benefits of Treatment

There are multiple benefits to pursuing a vein ablation procedure, the most important being increased activity capabilities and higher quality of life. A majority of patients report relief of symptoms within one to two days of treatment, lesser or no skin discoloration and healing of tedious varicose veins.

"This is my favorite procedure to do because almost everyone gets relief immediately," Dr. Miller said. "Our goal is to alleviate any pain and swelling and to improve the texture of the skin to help guard against infection and to help varicose veins heal."

SYMPTOMS ALERT: Varicose Veins



- Swelling and/or aching in the legs
- Feeling a "crawling" sensation in the legs
- Restless legs
- Skin changes (usually brown patches on the legs)
- Dry, itchy skin
- Wounds that won't heal



General Surgery Services at MRH

Dr. Jeff Womble and Dr. Dana Miller are our general surgeons at Memorial Regional Health. They can provide an array of general surgery services, including surgeries pertaining to colon and breast cancer, varicose veins, skin lesions, wound care, pacemaker placement and more.

For more information or to schedule an appointment at MRH, call 970-826-2420 or go to memorialregionalhealth.com/healthcare-services/surgery.

Infusions with a View: New Features in MOB Infusion Center Honors Patients' Input

The Infusion Center at the new Medical Office Building was built with patients in mind.

When asked to meet with the architects designing the center, Marie Kettle, an infusion therapy nurse who has been at MRH for more than 40 years, went to her patients and personally discussed with them what they would like to see in the new space.

With an increased number of local patients who need a wide variety of infusions and injectable medication, it was important to her to help design a more welcoming atmosphere than in the previous space.

Now, patients will be treated with a beautiful outside view of Craig — the previous rooms didn't even have windows — and will have the option to socialize with other patients or have more privacy, if they choose.

Offering infusion and injection treatment isn't a new service, but the new space will be more pleasant. The benefits remain of receiving infusions and injections close to home, meaning less time spent in the car on long road trips, and the ability to carry on with your day when finished with your treatment.

There are several other new features in the Infusion Center that weren't in the old one, such as cozy electric recliners in front of windows overlooking scenic landscapes, TVs at each infusion station and an inviting outdoor patio for patients to enjoy.

"I'm excited to have our patients experience the new Infusion Center for themselves," Kettle said.

An array of infusion therapy services are offered at MRH, ranging from the administration of antibiotics for inpatients to the delivery of long-term chemotherapy in the outpatient setting. Infusion therapy is necessary for patients who have conditions that are so severe that they cannot be treated effectively by oral medications, according to the National Home Infusion Association.

Diseases that commonly require infusion therapy include infections that are unresponsive to oral antibiotics, dehydration, cancer and cancer-related pain, gastrointestinal diseases and disorders and more.



Marie Kettle, infusion therapy nurse, stands in front of the view patients will have on the patio of the new Infusion Clinic at the Medical Office Building.



The Infusion Center in the new Medical Office Building will be located on the first floor on the southeast side. Infusion therapy is generally ordered by your treating physician. For more information about how to schedule infusion services at Memorial Regional Health, call **970-826-3022**.

Recognizing Donors Through Symbolic Tree of Health

Trees need their leaves in order to stay healthy and grow. Without leaves, trees lose their beauty and support.

This metaphor is one that is close to the Memorial Regional Health Foundation. A hand-forged, iron Tree of Health is planned for a mid-September installation in the new Medical Office Building, and the tree's leaves are engraved with the names of donors and supporters who helped fund the project.

"In 2009, when the new hospital was built, we were successful in reaching our goal of a million-dollar capital campaign and built a donor recognition wall of leaves in the lobby of the hospital," said Eva Peroulis, Executive Director of the MRH Foundation. "We wanted to follow the same theme with the 'Tree of Health' in the new MOB."

As of June 2019, the MRH Foundation has raised \$906,400 of its \$1 million goal for the MOB, thanks to the help of more than 100 donors within the Craig community. The colors of the tree's leaves showcase the specified amount contributed by donors — bronze (\$1,000), silver (\$5,000) and gold (\$10,000). Donors who contributed more than \$25,000 had naming rights to clinical areas and exam rooms throughout the MOB.

"Memorial Regional Health is honored to receive so many donations from the community," Peroulis said. "We are pleased to receive support to improve healthcare in our community and improve the quality of life for our patients. We would like to thank the many Craig residents, corporations and local businesses for their support in helping MRH improve healthcare for Moffat County."



An example Tree of Health is shown above.

The donor recognition wall featuring the Tree of Health can be found in the main first floor lobby area of the MOB. It was created by traditional blacksmith artisan David Little, and only one other place in Colorado — the Colorado Institute of Fertility in Lone Tree — boasts a Tree of Health made by the artist.

Though the initial capital campaign for the MOB is

complete, those who wish to contribute to the MRH Foundation can still do so. Individuals can purchase a leaf at any time, and the Foundation will have a leaf engraved and added to the donor tree for community recognition.

"With the new MOB, we are investing in the healthcare needs of our future," Peroulis said. "We are investing in the community by providing a state-of-the-art medical facility that will enhance the delivery of quality and integrated healthcare services to our patients."

For more information about the Memorial Regional Health Foundation and its fundraising efforts or to make a donation to the Foundation, contact Executive Director Eva Peroulis at **970-826-2424** or by emailing eva.peroulis@memorialrh.org.



Located in the Medical Office Building
at 750 Hospital Loop.

Drive-thru and FREE delivery available.

**The pharmacy is open from
8:00 am to 8:00 pm, Monday - Saturday
970-826-3055**

Honoring Our Employees

It's been 10 years since we opened The Memorial Hospital building, and a decade later, we've added a new Medical Office Building to our campus to provide even better care for our community. The employees listed below have been here through all the changes, and we are so extremely grateful for them!

Marie Kettle, RN, *Infusion* 43 years
 Christine Trujillo, *Physical Therapy* 39 years
 Joe Huelskamp, *Information Technology* . . 33 years
 Christine Winn, *Radiology* 30 years
 Rose Williams, CNA, *Med/Surg* 26 years
 Anessa Kopsa, *Cardiopulmonary* 25 years
 Lisa Wade, *Information Technology* 24 years
 Shellee Luke, *Patient Access* 24 years
 Kathy Fagan, RN,
Information Technology/Education 23 years
 Dave Higgins, RN,
Emergency Department 23 years
 Joan Hillewaert, RN, *Med/Surg* 22 years
 Alan Keller, *Environmental Services* . . . 22 years
 Kristine Cooper, *Home Health/Hospice* . . 21 years
 Anita Chadwick, *Rapid Care* 20 years
 Mary Hammond,
Health Information Management 20 years
 Teresa Rhodes, RN, *Obstetrics* 18 years
 Rachel Nicodemus, *EMS* 18 years
 Joshua Martinez, *EMS* 17 years



April Anthony, RN,
Family Practice, 13 years

"In the past 10 years, it's great that MRH has been able to offer many new types of services to the community including orthopaedics, ENT and dermatology. This has been a great change and growth for us."

Christine Marks Neece, RN, *Surgery* . . . 16 years
 Joni Smith, CNA, *Med/Surg* 16 years
 Kara Soper, *Materials Management* 15 years
 Beth Koonce, RN, *Surgery* 15 years
 Sammi Staman, RN, *Surgery* 15 years
 Marie Etzler, *MRH Medical Clinic Lab* . . 15 years
 Mary Moon, *Materials Management* 15 years
 Kim Welder, RN, *Surgery* 14 years
 Julie Hanna, *Administration* 13 years
 Dr. Jeff Womble, *General Surgery* 12 years

Tanyse Fessler, RN, *Surgery* 11 years
 Dr. Scott Ellis, *OB/GYN* 11 years
 Myndi Christopher, *Cardiopulmonary* . . 11 years
 Amy Peck, RN, *Nursing Administration* . 11 years
 Katie Zulian, *Radiology* 11 years
 Starla Heizer,
Health Information Management 11 years
 Sherry Hampton, *Patient Access* 10 years
 Pat Padilla, *Nutritional Services* 10 years
 Jeffery Boss, *Emergency Department* . . 10 years
 Janet Hollifield, RN,
Emergency Department 10 years



Alicia Noland, RT (R)(CT),
Radiology/Diagnostic Imaging,
 10 years

"I choose to stay at MRH for the staff. I love working with everyone here. Not only are they great at their jobs and we are able to work as a great team, but they also make a sometimes very tough profession a place you can

still have a little fun. We have been through a lot of ups and downs, but the one thing that stays is the great relationships that I have here."

Keith Velardo, *Information Technology* . . 10 years
 Kelly Felten, *Patient Access* 10 years
 Lauri Carslay,
Performance Improvement 10 years
 Linda Bertram, *Emergency Department* . 10 years



Linnea Reece, RN,
Med/Surg, 39 years

"I obviously love working at MRH, as I have been here a very long time. Nursing has always been my passion. I enjoy caring for our patients and working with my co-workers and physicians. I have seen so many changes in my years, from the small hospital on Russell to this

new beautiful hospital on the hill. It's been great being part of these changes."

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- Click the **Let's Chat** icon on the SCL Health MyChart login screen to chat live online with a technician.
- Call toll-free **855-274-2517** and select the SCL Health MyChart option.



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Care Affiliate



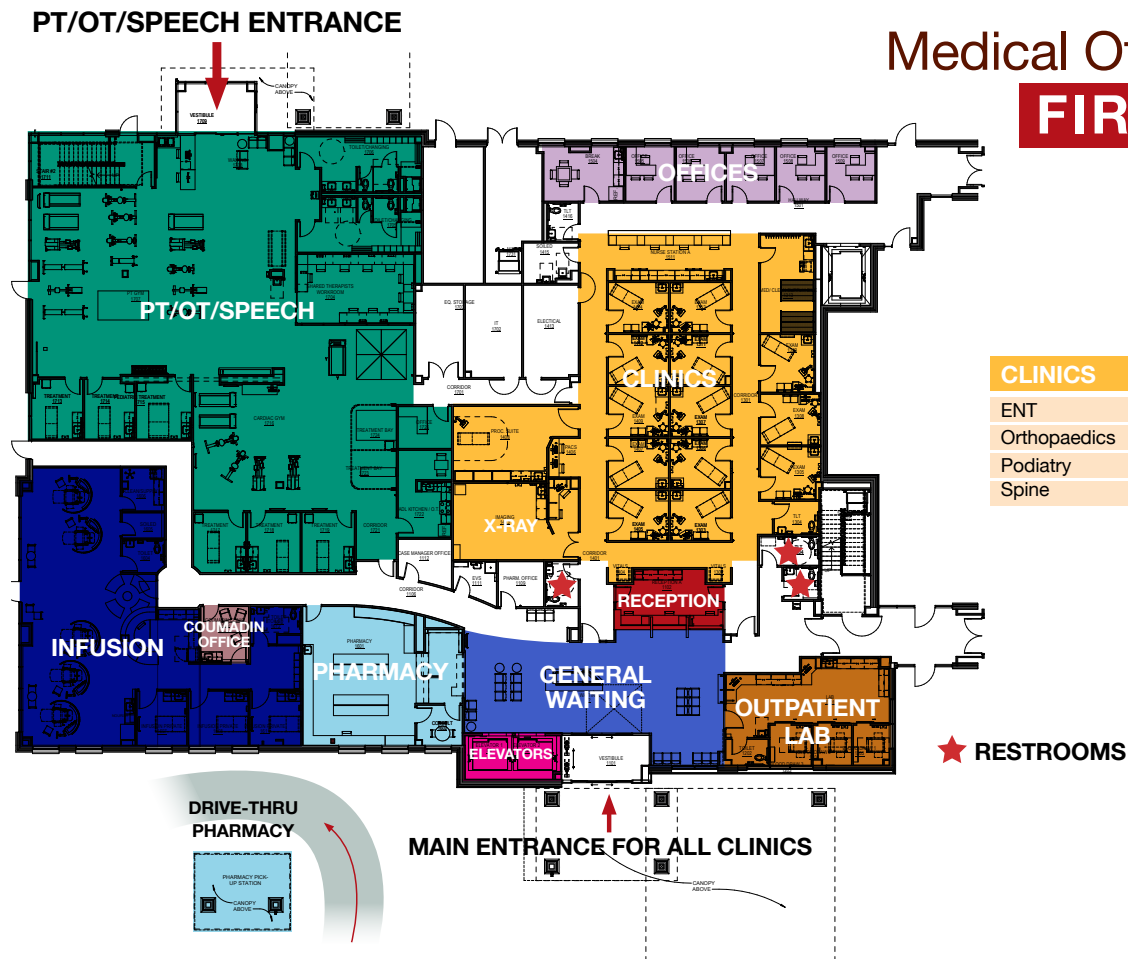
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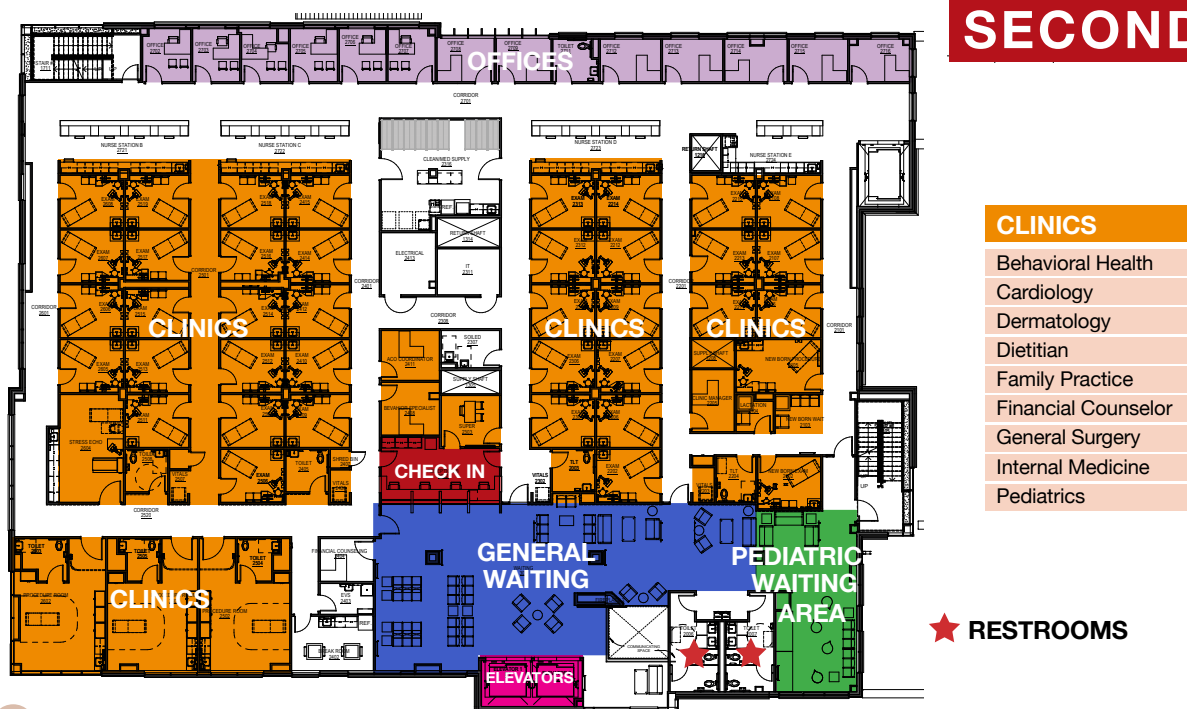
Don't get lost in our new MOB — here's a map of where you'll find our medical practices in the building!

Medical Office Building



Medical Office Building

SECOND FLOOR



Directory of Providers



Rapid Care Now Two Locations

No appointment necessary!

Family Medicine Walk-in Clinic

**All insurance, including Medicare
and Medicaid, accepted**

Monday - Saturday, 7:30 am - 7:30 pm

Rapid  Care
MEMORIAL REGIONAL HEALTH

Craig:

2020 W. Victory Way
(in front of Walmart)
970-826-8300

Steamboat:

2201 Curve Plaza, Unit A-101
(behind Mountain Valley Bank,
next to Ace Hardware)
970-826-8440

Primary Care – Family Medicine

Elise Sullivan, MD
Netana Hotimsky-
Machacek, MD
Carol Bolt, PA-C
Kelsie Bond, PA-C
Tracey Wall PA-C
Julia von Allmen, PA-C
Appointments:
970-826-2400

Primary Care – Specialty Clinic

Larry Kipe, MD
Appointments:
970-824-3252

Primary Care – Pediatrics

Linda Couillard, DO
Kevin Monahan, PA-C
Appointments:
970-826-2480

Cardiology

Gerald Myers, MD
Appointments:
970-826-2400

Dermatology

Laurie Good, MD
Bridget Barnhart, PA-C
Appointments:
970-826-8080

Dietitian

Madysen Jourgensen,
MS, RD
Appointments:
By referral

Ear, Nose and Throat

Robert McLean, MD, PhD
Appointments:
970-826-2420

General Surgery/ Trauma

Jeff Womble, MD
Dana Miller, MD
Appointments:
970-826-2420

Internal Medicine

Nathan Mills, MD
Appointments:
970-826-2400

Obstetrics/Gynecology

Scott Ellis, DO
Laura Cieslik, MD
Liz Kilmer-Sterling, RN, MSN,
CNM
Appointments:
970-826-8230

Orthopaedics

Kevin Borchard, MD
John LeBlanc, DO
Evan Fleming, PA-C
Jarod Schoeberl, PA-C
Appointments:
970-826-2450

Pain Management

Keith Prescott, CRNA
Appointments:
970-826-2400

Podiatry

Derek Harper, DPM
Appointments:
970-826-2465

Spine

Clint Devin, MD
Jessica Nyquist, PA
Appointments:
970-439-4470

MRH Board of Trustees

Cathrine Blevins, *Chair*
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What's New in our Medical Office Building?

Just in time for the 10th anniversary of the construction of our Memorial Hospital building, we will open our new Medical Office Building on October 7! By combining our providers and staff from other locations under one roof, you can expect to have easy, convenient and accessible healthcare whenever you visit Memorial Regional Health.

Services Moving to New MOB:

- Behavioral Health
- Cardiology
- Dermatology
- Ear, Nose & Throat (ENT)
- Family Practice
- General Surgery
- Internal Medicine
- Orthopaedics & Spine
- Physical, Occupational and Speech Therapies
- Podiatry

New and Improved Features Include:

- Three-story MOB, 60,000-square-feet of space with room to grow into
- Updated, larger Infusion Clinic
- Drive-Thru Pharmacy
- Additional parking spaces

Please keep in mind that starting October 7, most medical services will relocate to the Medical Office Building at 750 Hospital Loop. Dr. Kipe will continue his practice at 600 Russell St., and Rapid Care will remain open at 2020 W. Victory Way (in front of Walmart).

Community Open House

Please join us for our community open house and reception for our new Medical Office Building! The event will be held from **4:00 to 7:00 pm, Thursday, October 3** at the new building, located at **750 Hospital Loop Road, Craig**, adjacent to The Memorial Hospital.

With the help of generous donors, we've spent the past few years making sure this building will provide our community with the quality healthcare they need, all under one roof.

Celebrate with us!

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

