

HEALTH BEAT

YOUR GUIDE TO HEALTHY LIVING

SUMMER 2009

SAVING
TIME
SAVES
LIVES

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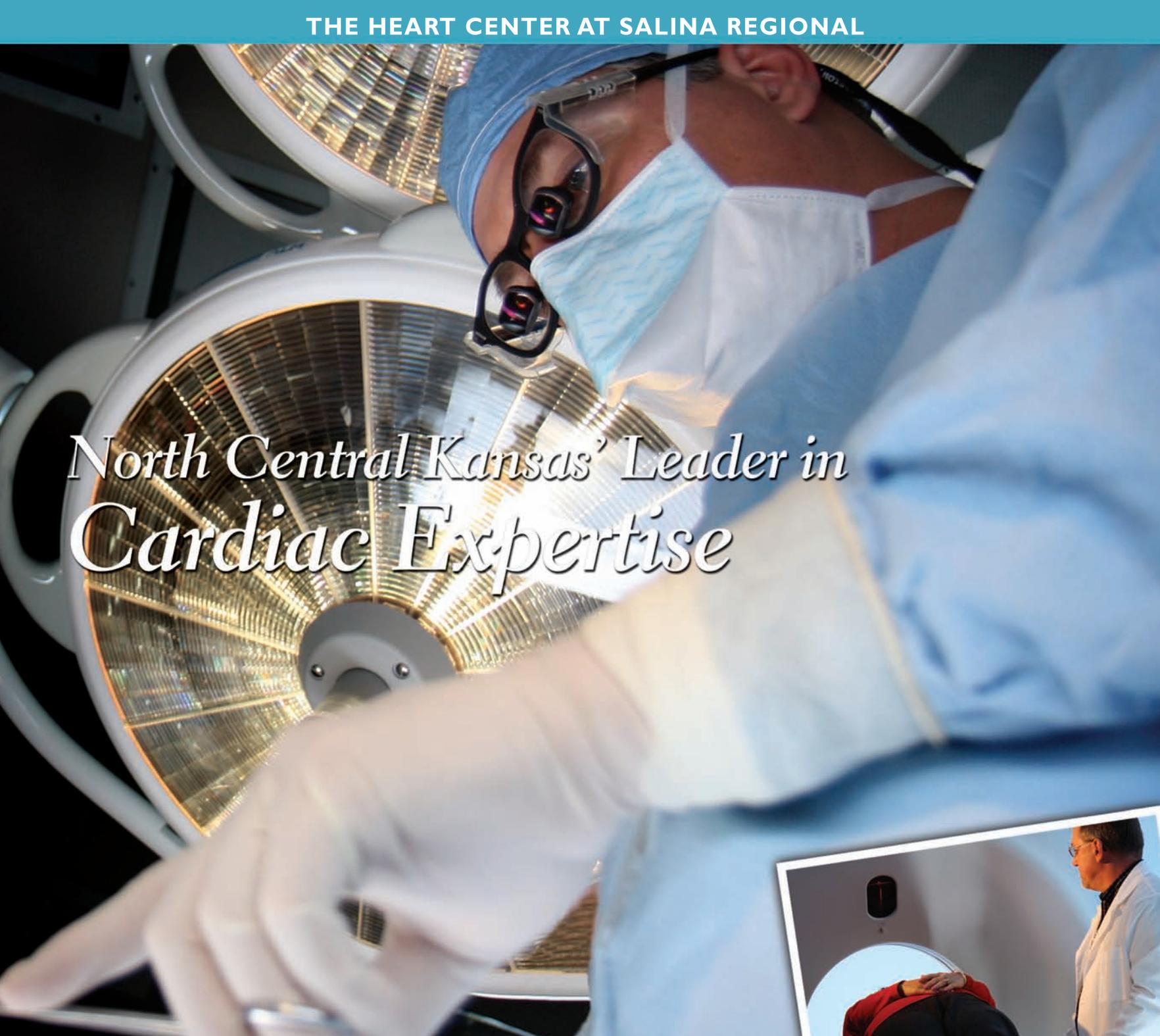
CUTTING-
EDGE
CANCER
CARE

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A
GREAT
DAY

THE MEDICAL
ADVANCES THAT
MAKE US HAPPY TO
BE ALIVE TODAY

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*North Central Kansas' Leader in
Cardiac Expertise*

*Dr. John Kelemen,
SRHC Cardiovascular Surgeon*

You can trust your heart care to the Heart Center Team at Salina Regional. We deploy the most current technological advancements in heart care available anywhere in North Central Kansas. From valve replacement and bypass surgery to cardiac stents and angioplasty. All expertly guided by our cardiovascular surgeon and cardiologists, and a compassionate, caring team of PA's, nurses and staff. With us, your heart's in the right place.



Heart Center

 Salina Regional Health Center

Confidence for the Good Life

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Putting Patients First



The other day I walked through the new lobby of Salina Regional Health Center and had to stop for a minute to take it all in. The first word that came to my mind was “wow.” I felt proud as an employee to work in such a beautiful place and proud as a community member to have such a beautiful facility in Salina. In fact, I had to remind myself that yes, I was still in Salina.

During the new patient tower construction phase I was asked many times why the hospital was adding on. My response was simple. “How would you feel if you checked in to a hotel and was asked whether you wanted a private or semiprivate room?” If you’re like me, you would think it was a little strange sharing your hotel room with a complete stranger. Why would we think we would want anything less if we were checking in to a hospital

room? That is the reason we keep adding on and updating our facilities. We are committed to our patients and guests. We want your experience with us to be as pleasant as possible considering the circumstances of your visit.

So the next time you drive by Salina Regional, stop in and walk through our new lobby. And don’t forget to stop in our newly expanded gift shop right off the lobby or go downstairs for lunch or dinner in our new cafeteria; it is equally amazing. I hope you experience the “wow” factor as much as I did.

Be sure to check out our next edition of *Health Beat*, where you’ll find a sneak peek of all the new additions we’ll be offering in the new patient tower.

In the meantime, “We’ll leave the light on for you!”

Beth Vinson

Beth Vinson
Marketing Director

HEALTH BEAT

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Technology abounds, and these seven medical advances are making us particularly thankful to be alive today.

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LET'S DO LUNCH

Salina Regional Health Center's brand-new cafeteria is now open to the public in its new location on the lower level of the new patient tower. Many familiar food items and several new services are available.

Hot entrée items are available daily for breakfast from 6:30 to 8:30 a.m., lunch from 11 a.m. to 1:15 p.m., and dinner from 5 to 6:30 p.m. A soup and sandwich bar, salad bar and dessert bar is also available from 11 a.m. to 6:30 p.m. daily.

The made-to-order grill is open weekdays from 6:30 a.m. to 6:30 p.m., serving breakfast items and hamburgers for lunch and dinner. The grill also offers special combination chicken dinners as a new item.

The cafeteria has also started offering dinner specials for seniors age 60 and older every evening from 5 to 6:30 p.m. The senior meal includes a hot entrée, mashed potatoes and gravy, hot vegetable, dessert and coffee or iced tea for \$4.75.

Hot beverages including coffee, hot chocolate and cappuccino, and a wide assortment of cold beverages are also available from 6:30 a.m. to 6:30 p.m. daily.

Turn a Page, Touch a Mind

A \$15,000 grant from Salina Regional Health Foundation's Community Health Investment Program has been made to Turn a Page, Touch a Mind. The program allows family medicine residents and staff at the Salina Family Healthcare Center to provide free books to patients age 6 months to 5 years during their routine well-child visits.

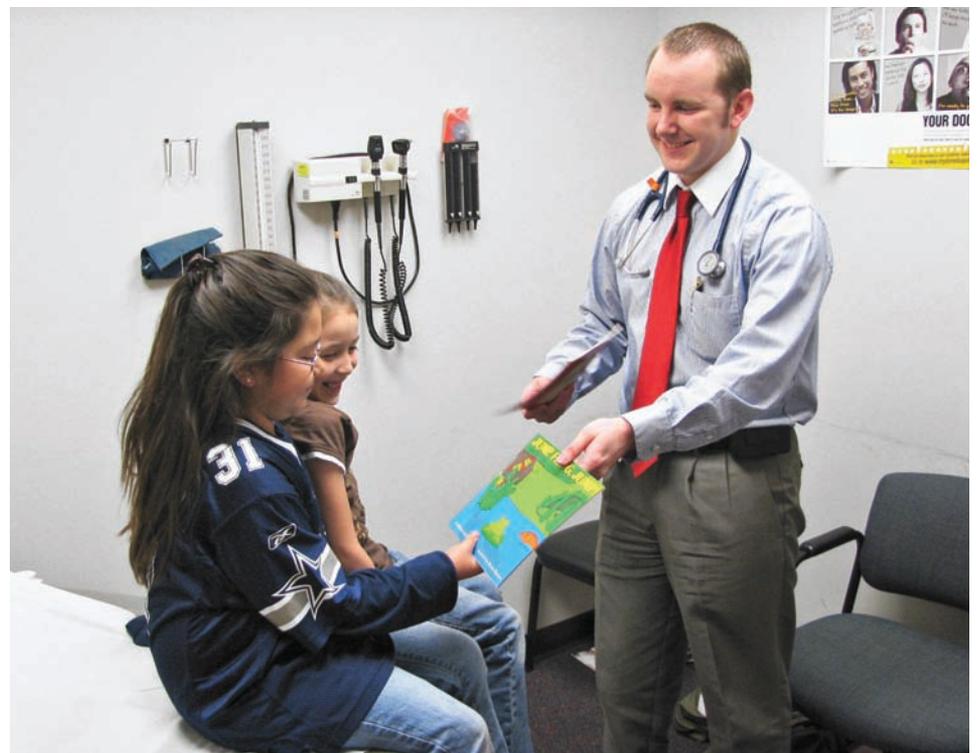
The program, offered through the Kansas Pediatric Foundation, provides the service at about 30 clinics around the state to promote the value of reading to children.

"There's a lot of research that shows reading early and often to children, beginning at a young age, has a major impact on their development," says Rob Freelove, M.D., director of the Smoky Hill Family Medicine Residency program. "As physicians, this grant allows us the opportunity to discuss the importance of reading with children and their parents during their routine visits."

The Salina Family Healthcare Center has further dedicated itself to the promotion of literacy by providing a special library section in its waiting area that occasionally will have volunteers reading to children. Children are even invited to take the books home if they'd like, and to pick up a new one at their next visit. The books are donated by individuals, community groups and the Salina Public Library.

Check Out the Menu

Our brand-new cafeteria is open to the public. View the daily lunch and dinner specials served at the cafeteria at srhc.com/comingto/menus/menus.html, then join us for your next meal!





Ted Daughety, M.D.

ATTENTION SLEEPY HEADS

Not getting enough rest can affect your health, job performance, driving ability—even family relationships. If you’re waking up tired, you could be among 47 million Americans suffering from loud snoring, gasping, disabling leg sensations or frequent waking up at night.

Ted Daughety, M.D., is an expert at detecting and treating dozens of sleep disorders. He recently joined Salina Regional Health Center as the medical director of the Sleep Disorders Center.

Patients of the center have their sleep activity recorded and then analyzed by Daughety, who then discusses the findings with their physician. Together they will determine the best possible treatment.

For more information about Salina Regional Health Center’s state-of-the-art Sleep Disorders Center, call **785-452-7649**.

Help for Hurting Hands

Val Forrester, registered occupational therapist at Salina Regional Health Center, recently received credentials from the Hand Therapy Certification Commission as a certified hand therapist.

Certified hand therapists must meet rigid requirements, including completing five years of clinical experience and 4,000 hours in direct practice in hand therapy, as well as passing a comprehensive test that includes advanced knowledge of the hand, wrist, elbow and shoulder.

Forrester works with patients who have injured muscles, including tendinitis and

16%
Percentage of U.S. adults who traveled to another country in 2004.

Number of weeks you should see your doctor before traveling internationally.
4 to 6

Boil water for one minute before drinking or cooking with it when traveling abroad.
1



Source: Centers for Disease Control and Prevention

ARE YOU PREPARED FOR DISASTER?

This time of year can mean severe weather. Are you prepared? This is a good time to go over your disaster readiness plans and consider putting together a disaster readiness kit to prepare you and your family to be on your own without electricity or water for up to three days. Salina Regional offers a free list of items you might consider putting in your readiness kit to prepare yourself should a disaster strike. The “RU PREPRD” list can be picked up at the information desk in the main lobby at the hospital.

Many people purchase a large plastic tote to store emergency kit items such as water, a manual can opener, nonperishable foods, first aid kits, daily medications, non-prescription medications and many other items. This list details many items you might not have considered, like pet supplies, a whistle to signal for help and hand sanitizer.

Pick up your “RU PREPRD” list at the hospital information desk or visit ready.gov or redcross.org for more information.



fractures of the hands and forearms, and even burn victims. Therapy involves splinting—strengthening and bringing function back to the patient again. She also works with stroke victims.

Forrester earned this distinction after completing all required examinations and clinical studies. She has worked at Salina Regional Health Center for 22 years.

 **GET HELP**
To make an appointment for hand or arm therapy, call Salina Regional’s Outpatient Physical Therapy Department at **785-452-6668**. A physician’s referral is required.



A
GREAT TIME
TO BE **ALLI**



7 medical advances are making us particularly happy to be alive today

A part of me has always wished I had been alive during the Roaring '20s. I picture myself having lived a *Great Gatsby* kind of life—listening to jazz, going to talkies and attending sophisticated parties every weekend. Of course, living during the 1920s would have meant missing out on all the wonderful technologies we have available to us today, not the least of which are the myriad advancements made in the medical field.

Here are seven reasons people alive today can expect to live—and stay healthy—longer than ever before:

1 SURGERY IS LESS INVASIVE.

“Surgery nowadays is a quantum leap better than it was just 15 or 20 years ago,” says Bruce D. Schirmer, M.D., a fellow of the American College of Surgeons.

It started with a minimally invasive approach to gallbladder surgery in the early 1990s. Since then, both surgical technique and the technology that supports it have continued to evolve.

More and more surgeries are being done by means of small incisions through which surgical instruments and viewing scopes are snaked into the body. This approach can result in less pain and scarring, shorter hospital stays and a quicker return to normal activities.

Minimally invasive techniques have changed the culture of surgery. “Even surgeons who continue to do mostly open surgery [through an open incision] are paying attention to incision size, pain management and an earlier return to activity,” Schirmer says.



VE

LOOKING BACK: ADVANCES IN AMERICAN HEALTH

More women are getting mammograms. In 1990, **49.7 percent** of women 50 and older had gotten a mammogram within the past two years. In 2005, it was **68.4 percent**.

Fewer people are dying from heart disease. From 1963 to 2005, cardiovascular disease deaths declined by **65 percent**, down from 805 deaths per 100,000 people to 278 deaths per 100,000.

American consumption of red meat has gone down. Since 1980, Americans have been eating fewer burgers and steaks, while poultry, fish and shellfish consumption has gone up (in pounds per capita):

- + Red meat, 1980: 126.4 lbs.; 2005: 110 lbs.
- + Poultry, 1980: 40.8 lbs.; 2005: 73.6 lbs.
- + Fish and shellfish, 1980: 12.4 lbs.; 2005: 16.1 lbs.

Sources: National Center for Health Statistics, Vital Statistics of the United States, U.S. Department of Agriculture

2 WE'RE UNLOCKING THE MYSTERY OF CANCER.

Cancer cells don't act like normal cells. "Most cells stay in one place. They live and die and are replaced by new cells," explains Len Lichtenfeld, M.D., deputy chief medical officer of the American Cancer Society. By contrast, cancer cells don't die on their own, and can even grow and spread to other parts of the body. The good news? "We've learned so much about what makes a cancer cell a cancer cell," Lichtenfeld says.

Changes in the genes of cancer cells cause them to produce abnormal proteins that fuel their bad-guy behavior. Strategies to treat cancer have been broad, like a cannon. But newer treatments work more like a lock-and-key mechanism, Lichtenfeld says. Turning off the faulty genes or blocking their protein messengers means more-precise cancer treatment with fewer side effects.

3 SIMPLE BLOOD TESTS YIELD MORE DIAGNOSTIC POWER.

You may think of a blood test as a mundane aspect of health-care. But increasingly, a drop of blood can tell us more than you might imagine.

A blood test may be able to detect proteins that signal the presence of cancer. The prostate-specific antigen test for prostate cancer is an example. Lung and ovarian cancers don't usually have symptoms until they are more advanced and harder to treat. But blood tests are in development to use protein markers to catch these cancers in an earlier, more curable stage.

A blood test may even eventually be able to predict which patients with mild memory problems will go on to develop Alzheimer's disease.

And while you know about cholesterol testing to assess heart disease risk, you may not have heard of C-reactive protein, a measure of inflammation associated with a higher heart attack risk, which is also measured with a blood test. For people with symptoms of a possible heart attack, blood tests can detect abnormal levels of cardiac enzymes that signal damage to heart muscle.

4 IMAGING SCANS ZOOM IN ON FUNCTION, NOT JUST STRUCTURE.

Medical imaging tools—including X-rays, CT scans, MRIs and ultrasound—can detect disease without invasive exploratory surgery. Today, molecular imaging goes beyond structural pictures of the body's organs and tissues to show how specific tissues are functioning at a molecular level.

PET scans (which stands for positron emission tomography) are one example of molecular imaging. They appear to reveal brain plaque, which may provide a tool to confirm or rule out Alzheimer's disease for dementia patients, according to a 2008 study in *Archives of Neurology*.

And PET scans led to a substantial change in cancer patient management in 36.5 percent of cases in the National Oncologic PET Registry.

Instead of waiting to see if a tumor is shrinking, which may take months, "we're able to determine what's going on metabolically," says Robert W. Atcher, Ph.D., president of the Society of Nuclear Medicine. Is the cell dying? Or is it still metabolizing glucose—in other words growing?

Because of the detailed, personalized information it provides, "molecular imaging really has the potential to revolutionize the way we treat our patients," Atcher says.

5 WORN-OUT JOINTS ARE REPLACEABLE.

The ability to walk and move freely is a basic element of healthy aging. Joints damaged by arthritis can cause pain, decreased mobility, and an increased risk of falls and fractures.

Seniors with osteoarthritis who undergo hip replacement surgery are twice as likely to show improvements in physical functioning and increased ability to care for themselves, according to a June 2008 study in the *Journal of the American Geriatrics Society*. But fewer than 25 percent of patients who could benefit from the procedure choose to have the surgery.

"Joint replacement is a great example of an underutilized technology," says Martyn Howgill, executive director of the Institute for Health Technology Studies.

6 THE HUMAN GENOME HAS BEEN DECODED.

In 2003, the Human Genome Project finished mapping out the 20,000 to 25,000 genes in human DNA.

“Thanks to information technology, the cost to analyze an individual’s genome is dropping,” Howgill says.

That kind of personalized information may make it possible to prevent disease by repairing problem DNA. At the very least, it may help individuals understand their risk for specific diseases and intervene earlier to halt their development.

7 WE KNOW THE IMPORTANCE OF PREVENTION AND EARLY DETECTION.

More sophisticated diagnostic and treatment options continue to emerge in healthcare.

But you don’t have to wait for the latest and greatest to benefit your health now.

Excellent screening tools are already available for cervical, colon, breast and prostate cancers, Lichtenfeld says. “You can save your life by being screened.”

Watch out for your heart health by seeing your physician regularly to track your blood pressure, cholesterol, blood sugar and weight. If you smoke, get help to quit.

Now more than ever, we know that lifestyle choices go a long way to shape our quality of life. “Nutrition and physical activity play a significant role in reducing the risk of cancer and cancer death,” Lichtenfeld says.

There are a lot of advances, but people also need to take care of themselves. All the medical advances in the world won’t change your life if you don’t act on what you know. 📌

Always Advancing 
Medical advances are made possible in large part by clinical trials, which measure outcomes for new drugs or treatments in development. To learn more about clinical trials or to find a trial for a specific medical condition, visit clinicaltrials.gov, a service of the National Institutes of Health.



SIMPLY THE BEST

Salina Regional receives
national certification for
providing top-notch cancer care

BY JOHN BERGGREN

Radiation therapy is widely used to treat specific types of cancer. Delivered in measured, focused doses, radiation has the power to kill cancer cells, stopping them from spreading and hopefully eliminating them altogether.

While radiation therapy is a great cancer-fighting tool, extreme care must be taken to be sure it is used appropriately. Earlier this year, the radiation oncology department at the Tammy Walker Cancer Center received a full, three-year accreditation from the American College of Radiation Oncology (ACRO), making it the only program in Kansas to hold the honor.

After a thorough independent survey by board-certified radiation oncologists and radiation physicists from ACRO's Practice Accreditation Program, their findings determined that the facility, equipment, policies, procedures, staff and clinical treatment methods given to patients meet and exceed national standards for radiation oncology.

"This validates the quality of care we've always worked hard to provide our patients," says radiation oncologist Claudia Perez-Tamayo, M.D., medical director for



Claudia Perez-Tamayo, M.D.

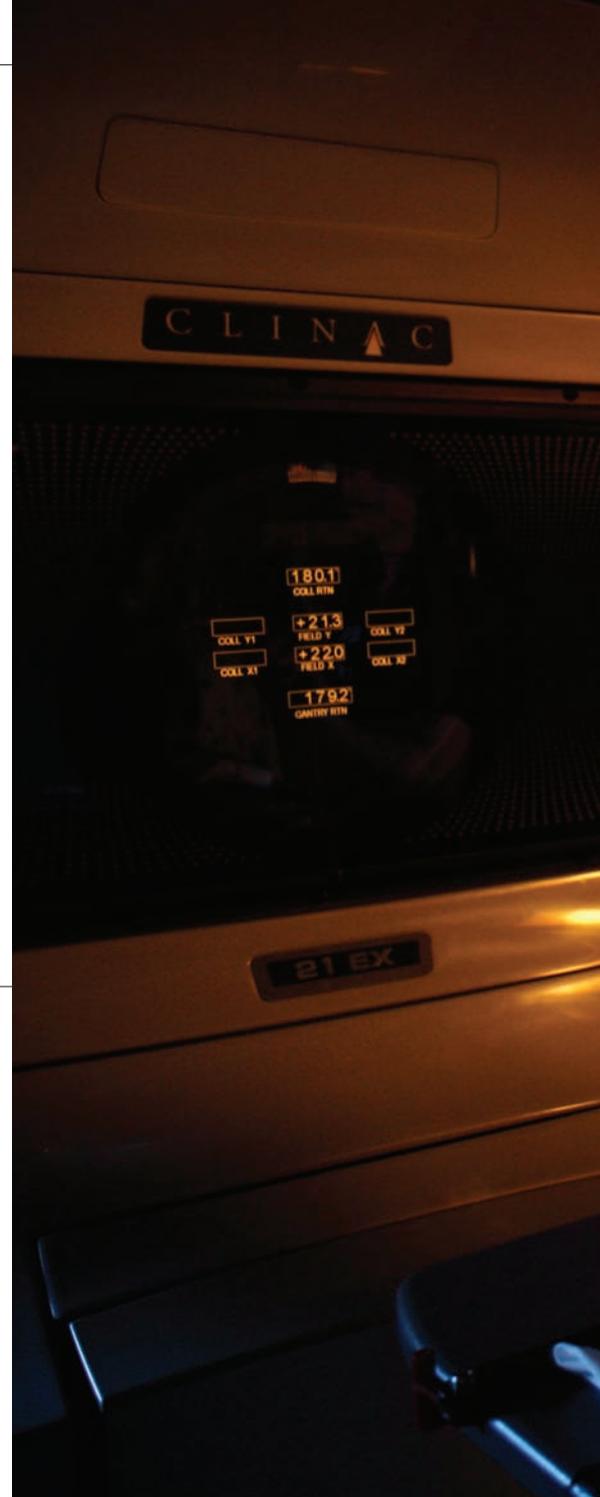
the program. "An ACRO accreditation makes it very plain to consumers that safe, appropriate care is available at the Tammy Walker Cancer Center and raises the bar for radiation oncology practice in the region."

A VOLUNTARY CERTIFICATION

Surveyors from the ACRO examined every aspect of patient care given by the program for quality and efficiency, appropriateness of treatment, professional performance and staffing levels. The review involved both off-site analysis of information submitted in an application and on-site inspection, including the random evaluation of patient records.

Being an accredited facility is voluntary, but many believe eventually all facilities will need to become certified. Health insurance providers are considering making it a requirement for reimbursement.

"We sought this accreditation because we felt confident in the level of care we provide patients," says Becky Troyer, R.T.(T), radiation oncology director. "We know we have a good program here and we wanted to be able to differentiate ourselves as a certified facility for our patients."



"Patients already have enough to deal with when they're faced with cancer," Perez-Tamayo says. "Worrying about the quality of care they receive should be the last thing on their mind. This certification says that we follow standards of care that are practiced at leading facilities around the country and it lifts a burden off the patient, giving them confidence as they go through treatment."

WHAT SETS US APART

The radiation oncology department at the Tammy Walker Cancer Center can treat most types of adult cancer that require radiation and

Tiffany Sallee, R.T.(T), prepares a patient for radiation treatment.



frequently treats prostate, lung, breast and all types of head and neck cancers. In the past year alone the department treated more than 75 different types of cancer.

The department uses three-dimensional conformal treatment planning and intensity-modulated radiation therapy to deliver precise doses of radiation to the three-dimensional shape of a tumor, resulting in fewer side effects for patients and improved results.

Intracavity brachytherapy is also available to treat select cancers. This treatment places a radioactive “seed” in the immediate area of a tumor to kill malignant cells.

Many support services are available at the cancer center to assist patients going through treatment. All patients have the opportunity to work directly with a care coordinator who can connect them with dietary, spiritual and social counseling services along with rehabilitation therapy and an appearance center.

“The Tammy Walker Cancer Center is one of the best-kept secrets in north central Kansas,” says Perez-Tamayo. “But it shouldn’t be a secret to anyone. We offer care here that most assume you can only find in big cities.” ☛



Pain, Pain Go Away

RELIEF FROM CHRONIC PAIN CAN BE ELUSIVE, BUT NOT UNATTAINABLE

Enduring pain from an injury or strain is bad enough. But what if you had to endure pain that seemingly had no cause at all? Chronic pain sufferers are often told that their condition is “all in their head,” but as those who live with it will tell you, it’s very real and very difficult to deal with.

Here, we answer three questions surrounding the mysterious condition.



WHAT IS CHRONIC PAIN?

“Chronic pain is basically pain that doesn’t fall into the category of acute pain,” says Eric Bush, M.D., an attending physician with pain and palliative care services at the National Institutes of Health (NIH) Clinical Center. Acute pain is targeted, such as pain after surgery. But the cause of chronic pain may not be identifiable and can persist for months or even years. “It generally isn’t relieved by standard medications,” Bush adds. “It’s believed more and more to be a disease in itself.”

So what causes chronic pain? Unfortunately, there’s no definitive answer. It’s sometimes associated with an initial injury or illness, such as a back sprain, ear infection or cancer. But many times, chronic pain persists without a known reason. It often presents itself as lower back pain, but it can affect any area of the body, Bush says.

Chronic pain can have detrimental, long-term effects on both the mind and body. And, according to Bush, those who suffer from it are more prone to depression.



IS CHRONIC PAIN TREATABLE?

If you suffer from chronic pain, rest assured that treatment is available, and there are options. Medication—including anti-inflammatory medications, antidepressants and even seizure medication—as well as electrical stimulation and surgery have been found to offer relief.



5-Minute Relaxation

Relaxation can reduce stress and sometimes pain itself. Visit the American Chronic Pain Association at theacpa.org and click “Five-minute relaxation guide” to watch a FREE video on how to relax. For more chronic pain resources or referrals to support groups, call the ACPA at **800-533-3231**.



“We also do mind-body approaches,” says Bush, who explains that doctors and researchers at the NIH are exploring the effectiveness of relaxation techniques and acupuncture in conjunction with pharmacologic treatments.



WHAT’S ON THE HORIZON FOR PAIN MANAGEMENT?

Awareness of chronic pain as a bona fide disease is what Bush says he hopes will help advance the research for a cure. As more doctors diagnose it, researchers at the NIH can further their tests and further their findings. “We’re trying to figure out what combination [of treatment] works,” Bush explains. “As time goes on, we hope to get more evidence-based medicines for people with chronic pain.” —By Amanda Myers

42 MILLION

The number of American adults (roughly 20 percent) who say pain disrupts their sleep a few nights a week or more.

IN A HEARTBEAT

Wireless technology advances care for Salina heart emergencies

BY JOHN BERGGREN

Time is critical when a patient is experiencing the early onset of a heart attack. New wireless technology utilized by Salina Emergency Medical Services is helping doctors get patients the care they need faster.

The technology allows Salina EMS responders to send electrocardiograms (EKGs) to a dedicated fax machine in the emergency department at Salina Regional Health Center while on the scene or en route with a patient experiencing chest pain.

“We used to rely on paramedics to interpret the findings of an EKG and they would radio them in ahead of their arrival,” says Sean Herrington, M.D., emergency department physician at Salina Regional. “Our paramedics are very well trained and can tell if there are obvious signs of a heart attack, but this technology allows us as doctors to interpret the information for ourselves and speed up the decision-making process of what treatment options are needed well in advance of their arrival.”

A grant from the Salina Regional Health Foundation helped purchase the software and dedicated fax machine in the emergency department to receive the advanced warning EKGs.

A MATTER OF LIFE AND DEATH

“This is leading-edge technology for Kansas and it will make a dramatic difference in the door-to-drug time for patients having a heart attack,” says Marvin Van Blaricon, Salina EMS division chief. “Physicians in the emergency department can make preparations for the interventions that will need to take place, whether that’s administering medicine or calling in a cardiologist or surgeon.”



Salina EMS paramedics are now able to send EKGs from the field to physicians in Salina Regional's emergency department.

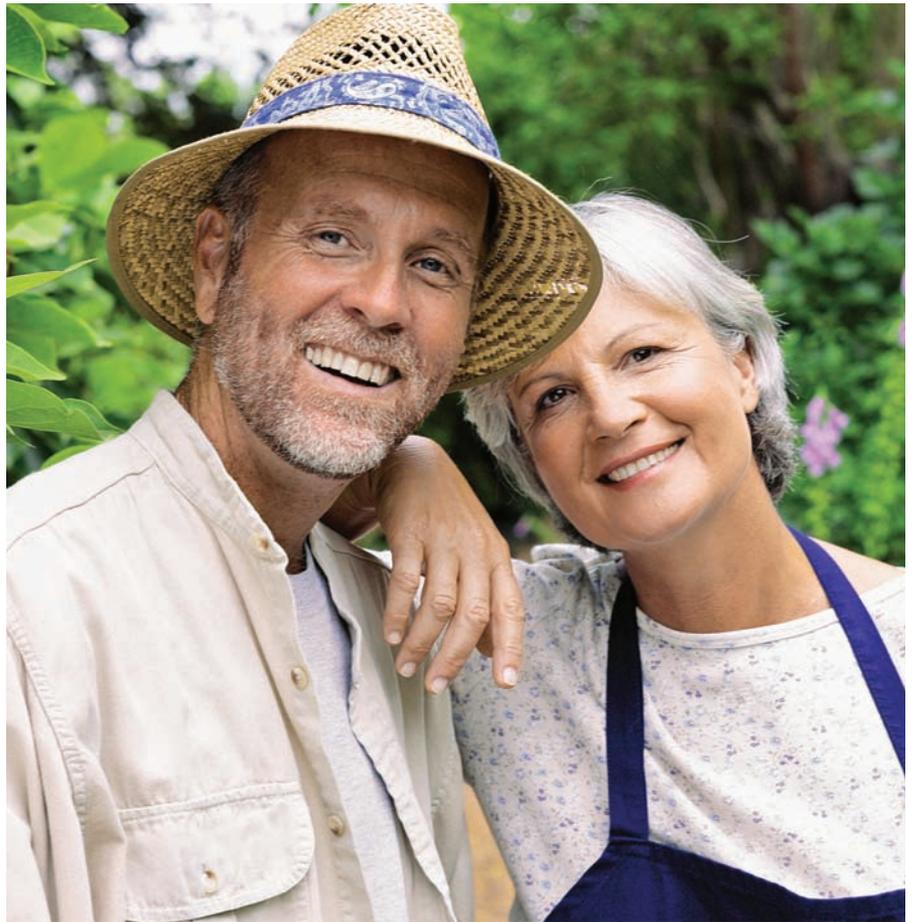
In some cases, patients experiencing a heart attack are given clot-busting drugs called thrombolytics to clear clogged arteries of the heart. When patients are candidates for this type of treatment, the sooner the drugs are administered, the better.

“For these patients the advanced EKGs could literally mean the difference between life and death,” Herrington says. “Most studies show that the sooner we get the thrombolytics into their system, the better their outcome will be.”

“We really have to give credit to EMS for bringing this project forward,” Herrington says. “We’re lucky in Salina to have one of the better, well-trained programs in the state. It took a lot of progressive work on their part to make this possible.”

Raising Awareness

SALINA REGIONAL PROVIDES FREE COLON CANCER SCREENING KITS TO THE COMMUNITY



Colon cancer is the third most common cancer found in both men and women and is the second leading cancer killer in the United States, according to the American Cancer

Society. Fortunately, about 90 percent of people who find colon cancer in the earliest stages can be successfully treated.

During Colon Cancer Awareness Month in March, the Tammy Walker Cancer Center at Salina Regional Health Center, in cooperation with the American Cancer Society and Kansas Department of Health and Environment, made 500 free screening kits available to the community. The kits were available to anyone age 50 and older at the Cancer Center, Salina pharmacies and the Salina Family Healthcare Center.

The American Cancer Society recommends everyone age 50 and older screen for colon cancer with an annual fecal occult blood test or fecal immunochemical test coupled with a flexible sigmoidoscopy every five years. Those with a family history of the disease should consider annual screening even sooner.

SCREENING SAVES LIVES

The screening kits included easy-to-follow instructions on how to obtain a stool sample for the fecal occult blood test and a prepaid postage envelope so that the samples could be returned to

Salina Regional's laboratory for analysis. Results of the test were mailed to both the patient and his or her primary care physician.

"We're always happy to give our time to these community-based efforts," says Janice Struble, director of Salina Regional's laboratory. "It's a relatively simple test that can detect the presence of blood in the stool, which could be an early indication of cancer."

This is the second consecutive year Salina Regional has offered the free kits to the community. Last year about 250 free kits were given away.

"We're really hoping to increase awareness of the value of screening for colon cancer and detecting it early," says Linda Hinnenkamp, cancer outreach coordinator. "We don't just give these kits away; we also work hard to get people to return the stool samples for testing."

"Everyone who received a kit signed for one, so we were able to follow up and encourage as many people as possible to complete the screening," Hinnenkamp says. "We're also here to support the participants in every way possible and explain how to seek further medical attention if needed."—By John Berggren



Kristi Ocker, medical technologist in Salina Regional's laboratory, tests a specimen sent during Colon Cancer Awareness Month.

READY, SET, SWIM

Impact Sports and Fitness members are now able to enjoy the benefits of an indoor pool thanks to a partnership between Memorial Health System and America's Best Value Inn, 2210 N. Buckeye, Abilene.

The newly renovated indoor pool is open to members from 6 a.m. to 10 p.m., seven days a week. Services offered include water-exercise therapy classes, swimming lessons, free swim times and hydrotherapy.

Memorial Health System CEO Mark Miller says the addition of an indoor pool improves the hospital's services.

"A swimming pool is the one service that people have continually asked us for over the years," Miller says. "People want an indoor pool to use for low-resistance workouts and hydrotherapy. We are pleased that we can finally meet their requests."

Fitness center members have access to the pool through a key card system. Key cards are issued at the Impact Sports and Fitness downtown location, 418 N. Broadway, Abilene.

For more information about the pool or any of the services offered by Impact Sports and Fitness, call **785-263-3888** or visit **caringforyou.org**.



Dan Willey, Abilene, works out at the newly renovated pool that members of Impact Sports and Fitness may now access.



Cody Kandt (left) and Catrina Affolter with the new digital mammography machine at Clay County Medical Center.

Going Digital

Clay County Medical Center's radiology department went totally film-less earlier this year with the addition of digital mammography. The new Hologic LORAD Selenia™ machine is able to more accurately image denser breast tissue commonly found in women under age 50.

The images with this machine are displayed on a high-resolution computer screen for radiologists and technologists to review. The images are also double-checked with computer-aided detection software that can recognize suspect tissue or tumors.

The technology produces improved image quality over conventional film studies and eliminates the need for many callback appointments because technologists can verify the quality of the image immediately after the study is conducted.

ECMC WELCOMES NEW CEO

Roger Masse officially stepped into his role as CEO at Ellsworth County Medical Center on June 1. Masse brings many years of experience with him after holding several administrative positions at many types of care facilities. He most recently worked as an administrator at a critical access hospital in upstate New York.

He and his wife, Annice, have five children and look forward to their new life in north central Kansas. Annice is a critical care nurse and expects to work in one of the area emergency departments.

Masse follows Roger Pearson, who had been CEO at ECMC for more than 15 years. Pearson is assuming a different role with Salina Regional Health Center.



Roger and Annice Masse

COMPASSIONATE CARE. ADVANCED MEDICAL TECHNOLOGY.

Beating cancer takes a lot of support.



Mary Jadow and husband Tom

Mary Jadow noticed a strange lump, and a biopsy confirmed her worst fears. Mary had cancer. She relied on the team from Salina Regional and the Tammy Walker Cancer Center to help her beat it. Aggressive treatments of chemotherapy and leading-edge IMRT radiation therapy eliminated the cancer. Today, she's cancer free. Having access to the right technology was very important to Mary. Just as important were the compassionate support and positive, caring attitudes of her family, friends and her medical team. Together, they helped Mary sustain the fight, and win. Now, she counts every day as a blessing.

 Salina Regional
Health Center

Confidence for the Good Life

Tammy Walker
CANCER CENTER

www.srhc.com/services/cancer