

HEALTH BEAT

YOUR GUIDE TO HEALTHY LIVING

WINTER 2010



WHAT
DA VINCI
CAN DO

PAGE 8

THE NEW
DOCS IN
TOWN

PAGE 10

WHAT'S THE
DIFFERENCE?

A HIS-AND-HERS LOOK
AT HOW MEN AND WOMEN
DIFFER HEALTHWISE PAGE 6



Do your legs look like a map to nowhere?

WE CAN HELP. ASK FOR A FREE CONSULTATION

Nothing stalls a fashion look like spidery varicose veins. Now treatment is available at the Vein Center at Salina Regional. Dr. John Kelemen, board-certified cardiovascular surgeon, and his skilled staff can correct this condition and have you walking out of the clinic in no time. For cosmetic procedures, we're competitively priced, and offer expert care unmatched in North Central Kansas. Call Salina Regional for a free, in-depth consultation. We can get you back on the road to looking your best.



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Entrusted with People's Lives

There aren't too many weeks that pass by that someone doesn't ask me, "So what's new at the hospital these days?"

And I can't remember a time when I've ever answered, "Oh, nothing much new."

Why is that? Because at Salina Regional Health Center, we live and work by our mission: Entrusted with people's lives, we are privileged to provide quality healthcare services in a healing and spiritual environment.

That is a pretty powerful mission statement, isn't it? We are entrusted with people's lives and yes, we are privileged to provide quality healthcare services to north central Kansas. Because of that commitment, we are always looking for ways to improve, whether it be increasing patient satisfaction or bringing in the latest technology and the newest procedures.

When you read through this issue of *Health Beat*, it is pretty evident that there is a lot going on at Salina Regional Health Center. One example is on page 8 announcing our new *da Vinci* Surgical System. The *da Vinci* allows the physician a highly magnified, 3-D view of the tissue being operated on, providing greater accuracy of the instrumentation. Procedures are less invasive, which means patients enjoy quicker recovery times, less tissue trauma, smaller incisions, fewer days in hospital and less pain.

Another example of our strong commitment is in the cancer arena. Check out page 13 to read the news about the new partnership between the Midwest Cancer Alliance and the Tammy Walker Cancer Center. This partnership gives patients at the Tammy Walker Cancer Center access to some of the latest clinical trials and research for cancer care.

We are also excited to be breaking ground on the new Donna L. Vanier Children's Center. The new state-of-the-art children's center will become home to three area children's programs. Child Advocacy and Parenting Services, Salina Child Care Association and Salina Regional Health Center's Infant-Child Development Program will all be housed under the same roof, serving thousands of families in Salina and the surrounding area each year. (See page 14.)

So as you can see, providing quality healthcare services is a privilege we take seriously. Enjoy the issue!

Be healthy,

Beth Vinson

Beth Vinson
Director of Marketing

HEALTH BEAT

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WHAT'S IN YOUR GENES

Scientists have discovered certain inherited genes that can contribute to some forms of breast, ovarian and colorectal cancers. Onset of one of these types of cancer at an early age, over multiple generations, affecting multiple family members can be a clue that a genetic mutation exists and is the root cause for the disease.

Genetic testing through a simple blood test can identify the presence of known cancer-causing genes and help future generations and those yet unaffected by the disease be more vigilant about prevention and early detection, which are keys to survival.

Patients who are candidates for the testing can link to physicians at the University of Kansas Cancer Center via video conference at the Tammy Walker Cancer Center. After a thorough counseling session, patients have the option of going forward with testing or opting out.

If a cancer-causing gene is detected as a result of the testing, patients and physicians can pursue more aggressive screening measures and other preventive medical options. The results of genetic testing can be empowering information for families stricken with cancer.

For
More
Information

To learn how you can access the KU Cancer Center's genetic counseling services through the Tammy Walker Cancer Center, contact Pam Ehltz by calling **785-452-7037**.

Get Stronger with Pulmonary Rehabilitation

Chronic obstructive lung disease, which includes asthma, emphysema and chronic bronchitis, can be debilitating and even life-threatening during cold and flu season. Salina Regional Health Center's Pulmonary Rehabilitation program offers education and exercise training specifically tailored to those with the disease, to help improve strength and function and fight off further illnesses that could lead to hospitalization.

Every other month, free education classes are offered through the program, which helps participants learn more about their disease, offers breathing retraining instruction, discusses medication and infections, and offers guidelines to start an exercise program. Once education is complete, participants are encouraged to start an exercise program initially through Salina Regional so their breathing function can be closely monitored and exercise regimens can be developed specifically for each individual's abilities.



Those who participate in the program find with exercise they physically get stronger and are able to do more at home. They also become more attuned to their own illness, which helps them recognize early signs of illness and prevent severe lung infections.

With cold and flu season here, now is a good time to become involved with the program. For more information, call Linda Rittel, Salina Regional Cardiopulmonary Rehabilitation, at **785-452-6689**.



AQUATIC THERAPY FOR YOUR ACHES AND PAINS

Aquatic therapy can help the healing process for those wanting to increase strength and range of motion. Many patients who have especially sore backs and joints find the buoyant effect of water neutralizes the effect of gravity on their bodies, allowing them to focus on improving range of motion. The water also

provides resistance and helps increase strength.

Children and adults find the therapy useful for rehabilitating painful backs, shoulders, knees and hips. Stroke survivors also find the treatment beneficial for working on balance and endurance. Salina Regional physical therapists have specialized training in aquatic therapy and have access to the pools at the YMCA. They can work with patients either one-on-one or in small groups.

Before the water workouts, patients receive an evaluation from a physical therapist in the clinic setting to develop a plan for treatment. If you think you would benefit from aquatic therapy, ask your doctor for a referral to Salina Regional's Outpatient Physical Therapy Clinic or call **785-452-6668**.

Nearly 250,000 adults in the U.S. suffer sudden, out-of-hospital cardiac arrest each year.

250K

Providing immediate and effective bystander CPR makes survival two times more likely.

2

80%

Eighty percent of all out-of-hospital cardiac arrests occur in residential settings—which means that learning CPR may be critical to saving the life of a loved one.

Source: American Heart Association

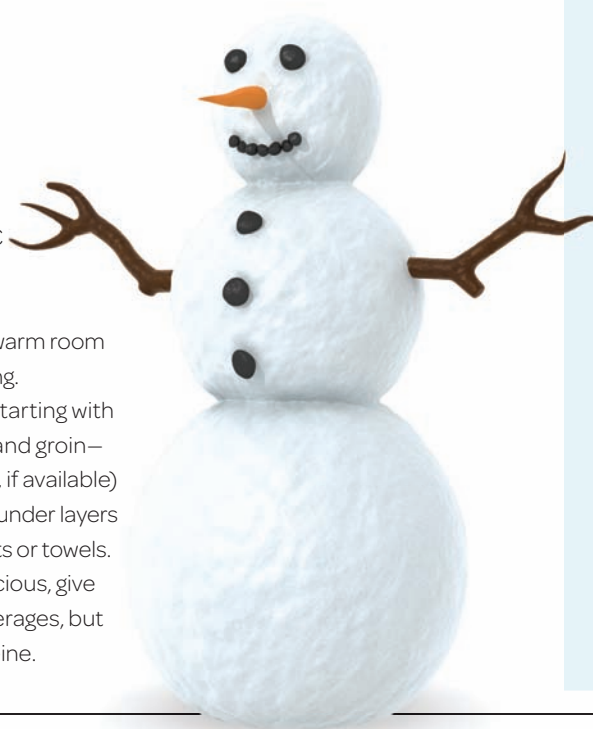
GET A HANDLE ON HYPOTHERMIA

Winter means fun outdoor activities like sledding and snowball fights, but don't underestimate the power of that icy air. Prolonged exposure to cold can result in hypothermia, or abnormally low body temperature, which affects your brain and makes you unable to think clearly, the Centers for Disease Control and Prevention warns. In fact, you may not be able to recognize warning signs in yourself.

If you see someone experiencing extreme shivering, exhaustion, confusion, fumbling hands or slurred speech, take immediate action. If the

person's temperature is below 95 degrees, it's an emergency, the CDC advises. Call 911. Here are some other tips:

- + Get the person to a warm room and remove wet clothing.
- + Warm the person—starting with the chest, neck, head and groin—using blankets (electric, if available) or skin-to-skin contact under layers of loose blankets, sheets or towels.
- + If the person is conscious, give small sips of warm beverages, but avoid alcohol and caffeine.



Hospice Helps the Hurt

Grief is one of the most complicated emotions we have. It is the combination of anger, sadness, fear and emotional pain we feel when someone we love dies.

Mourning is the public expression of all the emotions of grief. It is important to our healing to have caring individuals and good support in our lives during the grief journey.

At Hospice of Salina, bereavement programs help you understand the grief you feel after a death. Hospice of Salina has many different bereavement programs to assist individuals and groups with healthy grieving and mourning. Bereavement programs are available to anyone in the community who has experienced the death of a loved one.

Whether it's the Inner Peace Grief Support Group for adults, the Griefbusters for children 7 to 12 or New Horizons for teens 13 to 19 years of age, Hospice of Salina can help. For more information, call **785-825-1717**.

WHAT'S THE

DIFFERENCE?

BY ALLISON THOMAS
PHOTOGRAPHY BY
JEFF NEWTON

Men and women are like apples and oranges when it comes to health

Men and women are different; the signs are everywhere (and not just on bathroom doors). Wander the self-help section of your local bookstore and you'll find literally hundreds of books on how dissimilar men and women are. We spend so much time worrying about dating, mating and communicating disparities, but what about our biological differences?

Kathryn Sandberg, director of the Center for the Study of Sex Differences and a professor of medicine and physiology at Georgetown University Medical Center,

understands these differences better than most. She and other researchers are working to learn what makes both sexes tick in hopes that new discoveries will lead to innovations in how we view, diagnose and treat diseases.

"Most of clinical medicine is devoted to treating crises or symptoms, but what we really want to get to is preventing and curing disease," Sandberg says. "And to be able to do that we really need to understand the disease process at the molecular level. That's why it's so important to understand how sex impacts this."

Keep reading and you'll find just a few head-to-toe health differences between the sexes.

1 MIGRAINES

Women are three times more likely to suffer from migraines than men; hormones are believed to be a major culprit.

2 SLEEP DISORDERS

Men's necks have a third more fat and muscle than women's. This extra weight on the airway can cause obstruction during sleep, making men more likely to snore and suffer from sleep apnea. In

contrast, women are more apt to suffer from insomnia, and the causes vary based on life stage and social factors. Pregnancy can affect sleep patterns, as can hot flashes and night sweats during perimenopause.

3 HEART DISEASE

Heart disease occurs about as often in men as women, but men typically get it 10 years earlier. Research shows that women's hormones may shield them during their reproductive years, with estrogen protecting arterial walls, lipid profile and cholesterol. And, just as with a heart attack, men and women with heart disease may experience different symptoms.

4 LUNG CANCER

While there's a similar instance of lung cancer among males and females, women tend to develop less treatable forms such as small cell, and men are more likely to be diagnosed with squamous cell cancer, a more treatable form of the disease.

Some research suggests that women may be more vulnerable than men to the carcinogens in tobacco. Other studies have found that lung cancer manifests itself differently in women, partly because of estrogen differences between the sexes.

5 WEIGHT AND WAIST

Men tend to have more muscle mass than women, especially in their upper body. And when men gain weight, it usually appears first in their midsection, a characteristic that can put a person (man or woman) at greater risk for type 2 diabetes, hypertension and cardiovascular disease.

Fat that accumulates just under the skin of the midsection is *subcutaneous*—the kind you can easily grab—while *visceral* fat takes up space between our abdominal organs. Studies show that visceral fat is a bigger player in disease risk than subcutaneous fat and is related to a variety of risk factors, such as insulin resistance, that may lead to type 2 diabetes.

GENDER MIND-BENDER

How much do you really know about your health? The Centers for Disease Control and Prevention challenges you to quiz yourself on men's and women's health issues. Visit cdc.gov and search "men's health quiz" and "women's health quiz."



6 ALCOHOL EFFECTS

Men and women metabolize alcohol differently, and water is a key factor. As alcohol moves through the body's digestive tract, it is diluted by water. Men tend to have more water in their bodies. A woman's brain and organs are more susceptible to the negative effects of alcohol as the body works to break it down and eliminate it.

Although women drink less, on average, than men, this metabolic difference may be one reason women who drink heavily tend to have alcohol-related health problems at a rate equal to or more than men.

7 IRRITABLE BOWEL SYNDROME

Up to 40 percent of the population suffers from irritable bowel syndrome, yet women are two to four times more likely to experience it than men. Research suggests that sex-linked biological factors may play a role.

8 BLADDER CONTROL

Bladder control problems affect up to 50 percent of women and 30 percent of men, and are typically associated with menopause and prostate enlargement, respectively. Some research suggests that estrogen plays a role in maintaining the lining of the bladder and urethra, and a lack of estrogen during menopause may weaken the muscles responsible for bladder control.

9 HIPS AND THIGHS

It's no secret that women generally carry more weight on their hips, thighs and buttocks than men, giving them a pear shape. And because men have more muscle and muscle burns fat, a man's basal metabolic rate (i.e., the amount of energy the body uses) is typically 5 to 10 percent higher than a woman's.

A woman's shape is also more likely to change over time than a man's. Studies show that women are more apt to go from a pear to an apple shape around menopause, but this shift may be more attributable to behavioral changes, such as increased food intake and a more sedentary lifestyle, than menopause itself.

10 KNEES AND ARTHRITIS

Arthritis is the most common cause of chronic knee pain and disability, and women are more likely to suffer from both osteoarthritis and rheumatoid arthritis than men. Why? Research varies, but a recent study suggests that osteoarthritis of the knee in middle-aged women may be linked to low estrogen levels. It's no wonder, then, that women are more likely to have knee replacement surgery. In 2005, 335,000 total knee replacements were performed on women, compared with 176,000 on men.

11 FOOT ANATOMY

In general, women have smaller feet than men. But women's feet are not merely smaller versions of men's feet. They're physically different in skeletal structure, cartilage volume and ligament laxity, according to the American Academy of Orthopaedic Surgeons. Women are also more prone to bunions (misaligned toe joints) than men. And although high heels and pointy-toed shoes don't cause bunions, they do plenty to aggravate them. ■

5-10%

No, you're not imagining it: Weight loss is easier for men than women. Men have more muscle mass, less fat and a more active metabolism—5 to 10 percent faster than women's.

THE HEART OF SEX DIFFERENCES

In their quest to safeguard both men and women from disease, Kathryn Sandberg, director of the Center for the Study of Sex Differences at Georgetown University Medical Center, and her team focus on sex differences and hypertension because of their pronounced effect on heart and vascular conditions. While heart disease occurs nearly equally in men and women, men typically face it 10 years earlier, Sandberg says.

So how do we do a better job of protecting men? One factor Sandberg and her colleagues are zeroing in on is oxidative stress in men. Oxidative stress occurs when the body's antioxidants aren't sufficient to handle and neutralize free radicals (organic molecules responsible for aging, tissue damage and disease).

"We're finding that women are biologically better at managing their levels of oxidative stress. Males tend to have higher blood pressure throughout life, but if we can reduce their oxidative stress levels like we do in females, we can lower blood pressure," Sandberg says.



The da Vinci Robotic Surgical System was implemented to provide a new category of minimally invasive surgery for patients at Salina Regional Health Center.

BY JOHN BERGGREN



THE ART OF SURGERY

da Vinci takes minimally invasive surgery to a new level

Minimally invasive surgery has become even more refined at Salina Regional Health Center with the addition of the *da Vinci* Robotic Surgical System early last fall. The new system combines computer and robotic technology

the robot are placed inside the patient, the surgeon takes control of the operation while seated at a console in the operating room viewing a 3-D image of the surgical field. Below the display, the surgeon's fingers grasp the master controls, which seamlessly translate the

"I talked with several people who had a prostatectomy the old way and my cousin who had the surgery done in Wichita with this new equipment," Katzenmeier says. "There's no question, if you have the option, this is the way to have it done."

and other treatments, but a large majority will benefit from this type of intervention."

ROBOTIC SURGERY A TREND FOR THE FUTURE

Aside from prostatectomy, urologists will also use the *da Vinci* for partial nephrectomies and pyeloplasty for urinary system blockages. Gynecologists have adopted use of the technology for hysterectomies, and general surgeons are implementing it for use during intricate procedures such as colon surgery. New techniques for many types of surgery are being developed to increase use of robotic technology.

"Just because patients hear the term 'robotic' they shouldn't assume physicians aren't actually performing the procedures," says Luanne Smith, Salina Regional Health Center's surgical services director. "The system cannot make decisions or perform any type of maneuver without a surgeon's direct input."

"It's just another tool for surgeons to utilize and it's another example of Salina Regional's commitment to providing state-of-the-art technology to the region." ➔

A week after the procedure, Katzenmeier said his recovery was going better than expected.

"Even the next day after surgery I felt

pretty good," Katzenmeier says. "I haven't had to take nearly as much pain medicine as was prescribed to me and have had only minor discomfort."

Salina urologist Ryan Payne, M.D., who performed the surgery, says this will become the new standard for prostate cancer treatment that requires surgical intervention.

"Most younger patients will see prostatectomy with the *da Vinci* as the best treatment option," Payne says. "There will be a few who may not be candidates for the new technique because they've had previous abdominal surgeries and others who opt for radiation

"MOST YOUNGER PATIENTS WILL SEE PROSTATECTOMY WITH THE DA VINCI AS THE BEST TREATMENT OPTION." —RYAN PAYNE, M.D.



Ryan Payne, M.D.

with the skill of a surgeon to create a new category of surgical treatment.

The *da Vinci* is an alternative to both open surgery and traditional laparoscopy, allowing surgeons to perform even the most complex and delicate procedures through very small incisions with greater precision and a highly magnified view of the tissue being operated on. The precision allows for less tissue trauma at the incision sites, smaller incisions, fewer days in the hospital and quicker recoveries.

Once probes holding surgical instruments and cameras from

surgeon's hand, wrist and finger movements into precise, real-time movements of surgical instruments inside the patient.

A NEW STANDARD FOR PROSTATE SURGERY

The old standard for prostatectomy used an open procedure with a large incision that typically required a four-or-five-day hospital stay and a lengthy recovery. Sixty-two-year-old Dennis Katzenmeier, Ellsworth, was the first patient in Salina to undergo the procedure using the *da Vinci*. He was out of the hospital after only two days.

Pictured with physician assistant Jessica Allen, Nancy Bunville is pleased with the results she received at the Vein Clinic.

YOU'RE SO VEIN

Simple treatment for getting rid of those varicose veins

BY BETH VINSON



Wearing shorts made her self-conscious, shaving her legs made her disgusted, and being asked what the bruises were on the back of her leg made her embarrassed. Nancy Bunville, 34-year-old wife, mother and nurse, said enough was enough. Like many other women, she decided it was time to remove her unsightly varicose “spider” veins.

“When I heard that Salina Regional Health Center was opening a Vein Clinic I knew the time was right,” says Bunville.

John Kelemen, M.D., cardiothoracic and vascular surgeon, and physician assistant Jessica Allen have treated many patients just like Bunville since the opening of the Vein Clinic.

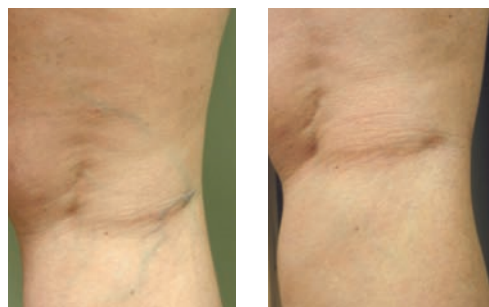
WHAT ARE VARICOSE VEINS AND SPIDER VEINS?

“Leg vein problems are caused by a degeneration of the valves in the veins that carry blood back to the heart and lungs. When valves fail to work properly, blood can pool in the veins, causing them to dilate and become visible,” explains Allen. Swollen and raised varicose veins are dark purple or blue and resemble twisted and bulging cords. Spider veins are broken capillaries closer to the skin’s surface, appearing red and bluish and like a tree branch or spider web, with short, jagged lines.

While spider veins are commonly removed for cosmetic reasons, some varicose veins, if left untreated, can cause problems, including leg pain, cramps, fatigue, hemorrhaging and ulcerations.

TREATMENTS ARE AVAILABLE

Superficial spider veins are typically treated with a procedure called sclerotherapy. This procedure involves injecting a solution into the vein, causing the vein walls to scar shut and redirect the



BEFORE

AFTER

blood to normal veins. Because the vein is no longer active, it becomes invisible. For treating larger veins, the clinic performs phlebectomy or endoluminal laser ablation surgery.

After treatment, patients are able to return to normal activities the same day or the following

day. Patients may experience only minimal discomfort or no pain at all following their procedure. Patients wear compression stockings during waking hours for two weeks following treatment. Most patients prefer to have these procedures done during the winter months to conceal the compression stockings.

A STEP AHEAD

What also sets Salina Regional’s Vein Clinic apart from the others is Kelemen’s specialty in cardiovascular surgery. He brings a wealth of experience in the treatment of vascular disease. He treats the entire spectrum of cardiovascular disease and is not limited in the magnitude of intervention he can use. Kelemen is able to treat everything from cosmetic spider veins to life-threatening heart conditions.

“We have the newest laser technology available right here at the Vein Clinic,” Allen says. “No matter if a patient comes to our clinic with cosmetic discontent, or with symptomatic venous disease, we can provide them the highest level of care available.”

Bunville couldn’t be happier with the treatment she received. “Jessica is so meticulous in what she does and I really liked that,” she says. “And now when I look at my legs I don’t see the ‘spider’ veins. I feel so much better about myself.”



COMM

In order to meet the healthcare needs of our community, Salina Regional has been proud to support physicians and clinics by offering recruitment assistance. We are happy to have played a key role in bringing these new physicians to Salina and north central Kansas in the past three years.

ANESTHESIOLOGY



Samir Fahed, M.D.
Anesthesia Associates
of Central Kansas

CARDIOTHORACIC SURGERY



John Kelemen, M.D.
Salina Regional
Health Center

EMERGENCY MEDICINE



Venkata Katasani, M.D.
Emergency
Physicians of Salina



Keir Swisher, D.O.
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COMCARE



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COMCARE



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SALINA REGIONAL HEALTH CENTER ...

**MEETING
UNITY NEEDS**

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Brian Pavey, D.O.
Mowery Clinic

OBSTETRICS/GYNECOLOGY



Natalie Morgan, M.D.
Mowery Clinic



Christopher Graber, M.D.
Hodges Women's
Clinic

ONCOLOGY



Muhammad Ahmed, M.D.
Mowery Clinic

ORTHOPEDIC SURGERY



Brad Daily, M.D.
Orthopaedic Sports
Health Clinic of
Salina



Byron Grauerholz, M.D.
Orthopaedic Sports
Health Clinic of
Salina

A HAND IN YOUR HEALTHCARE

We appreciate the community's involvement in helping us accomplish this success of recruiting new physicians to the region. If you know a current physician who might be interested in coming to Salina, or a future physician who would like to practice in north central Kansas, please call Salina Regional's Physician Recruitment Department at **785-452-7269** or **800-452-6075** toll free.



PEDIATRICS



Alisa Bridge, M.D.
Mowery Clinic



Susan Ratliff, M.D.
Salina Pediatric Care



Malani Kuiper, M.D.
Salina Pediatric Care



Abbey Rupe, M.D.
Salina Pediatric Care

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Veridian Behavioral
Health

PULMONOLOGY/CRITICAL CARE



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United Radiology
Group

UROLOGY



Allen Shrader, M.D.
Salina Urology
Associates



Ryan Payne, M.D.
Salina Urology
Associates

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A FAVORABLE ALLIANCE

New partnership brings latest treatments, research to cancer patients

BY JOHN BERGGREN

New treatments for several types of cancer are showing promising results for eradicating the disease. A new partnership with the University of Kansas Cancer Center as a member of the Midwest Cancer Alliance is giving patients at the Tammy Walker Cancer Center access to some of the latest clinical trials and research for cancer care.

The Midwest Cancer Alliance (MCA) was founded in January 2008 as an effort by the University of Kansas Cancer Center to improve access to cancer care in the region and with the goal of one day earning a National Cancer Institute designation as a Comprehensive Cancer Center. A network of hospitals and research programs across Kansas and western Missouri makes up the MCA to provide a collaborative environment to enhance cancer care in the region and allow KU to roll out its latest clinical trials and research efforts to community-based clinics.

"The overall goal of this alliance is to make the best in treatment and the best in research available to patients in this region," said KU Chancellor Bernadette Gray-Little at a press conference for the announcement in October.

MORE THAN CLINICAL TRIALS

Patients at the Tammy Walker Cancer Center will have access not only to the latest clinical trials originated by KU, but also to consultation services with KU oncologists and staff members through a video conference system at the Tammy Walker Cancer Center. The MCA also allows the opportunity for staff at Tammy Walker to collaborate with their peers on many of the latest trends to enhance cancer prevention, detection and treatment.

"The alliance is like a two-way street," says oncologist Bill Cathcart-Rake, M.D. "Our patients will get access to new drugs and have the opportunity to participate in clinical trials

more quickly, and we'll give back information we collect to further KU's research. It's really another step we've taken to validate our commitment to providing leading-edge cancer care here in north central Kansas."

PATIENTS DESERVE THE BEST

Larry Henoeh, Salina, who was diagnosed with colon cancer three and a half years ago, remembers vividly the day he first walked into the Tammy Walker Cancer Center.

"My wife was with me and we walked in the doors scared to death," Henoeh says. "The staff made us feel welcomed, helped put us at ease and told me I wasn't going to die.

"I went through radiation, chemo, surgery and some more radiation to be sure and today I'm cancer-free. It's a blessing to have a facility like this just two miles from my house, and the Midwest Cancer Alliance is just going to make the Tammy Walker Cancer Center even better." ■



Medical oncologist Bill Cathcart-Rake, M.D., showed KU officials the medical oncology and outreach services utilized by patients.



Radiation oncologist Claudia Perez-Tamayo, M.D., led KU officials, including Chancellor Bernadette Gray-Little (right), on a tour of the radiation oncology department at Tammy Walker Cancer Center, after it joined the Midwest Cancer Alliance in October.



Donna L. Vanier CHILDREN'S CENTER

Dreams Become Reality

The Salina Regional Health Foundation broke ground in October for a new state-of-the-art children's center that will become home to three area children's programs. Child Advocacy and Parenting Services (CAPS), Salina Child Care Association and Salina Regional Health Center's Infant-Child Development Program will all be housed under the same roof at 155 N. Oakdale Ave., serving thousands of families in Salina and the immediate region each year.

The Donna L. Vanier Children's Center is named in honor of Vanier for her lifetime commitment of service to helping children, the community hospital and other charitable causes in the area. Vanier served on the Asbury-Salina Regional Health Foundation Board of Trustees for nine years and as chair of the Foundation Board when the concept of a children's center first originated.

HOW A CHILDREN'S CENTER HELPS KIDS

The entire project aims to improve early learning and development for children at critical times during their life. Research shows that 90 percent of brain development occurs during a child's first three years. CAPS provides a variety of education programs and services designed to strengthen families and quality of life for children, including Chris' Place for child abuse victims. Salina Child Care provides quality child care for children ages 2 weeks to 5 years, many of whom live at or near poverty levels. Infant-Child Development serves children from birth to 3 years of age who have developmental delays or disabilities.

"I served on the Foundation Board several years ago when the idea of a children's center first became a dream of ours," says Vanier. "I'm happy to see that dream becoming a reality today."



Donna L. Vanier visits with Marcus Fruits, an Infant-Child Development patient, at the groundbreaking ceremony for the Children's Center held in October.

TIMING FOR THE PROJECT

Construction for the \$6 million, 26,000-square-foot facility will begin in earnest this summer and is scheduled to be completed in the summer of 2011. The "Every Child Matters" capital campaign for the Children's Center has already secured more than \$4 million for the project including a lead gift from Jack and Donna Vanier and commitments from the Foundation and its Community Health Investment Program.

"The culture of continuous improvement continues in Salina with the addition of Donna L. Vanier Children's Center," says Dave Sellers, Foundation Board chair. "This is not about building a monument. It's about building a place to work and raise a family. The three programs that will be housed in this center have a long history of helping children in the area get a positive start in life."—*By John Berggren*

What Matters Most to You?

Contact the Salina Regional Health Foundation to find out how you can contribute to the "Every Child Matters" capital campaign to build the new Donna L. Vanier Children's Center by calling **785-452-6088**.

LINCOLN COUNTY HOSPITAL BEGINS MAJOR CONSTRUCTION PROJECT

Lincoln County Hospital broke ground in October on a three-phase, \$6 million construction and renovation project that will bring first-class comfort and enhanced care to local residents.

Phase I will begin work on the south wing of the hospital to add a new emergency entrance and two new emergency rooms, along with the renovation of all patient rooms. Phase II will update the laboratory, pharmacy, administrative and business office areas of the hospital, along with a new main lobby and the completion of three new patient rooms. Phase III will modernize the radiology department, which will welcome the addition of a new CT scanner, and renovate other therapy areas.

The entire project also includes a new main entrance with a patient drop-off location and new parking areas.



Lincoln County Hospital broke ground in October on its \$6 million construction and renovation project that is scheduled to be completed in early 2011.



Memorial Hospital in Abilene added a fixed-site nuclear medicine scanner late last summer.

MEMORIAL HEALTH SYSTEM ENHANCES IMAGING SERVICES

Patients in Abilene are enjoying easier access to two widely used imaging services that were enhanced late last summer. Memorial Health System added fixed-site nuclear medicine services and will make ultrasound imaging available five days a week. Both services had previously been provided in partnership with a mobile service.

Nuclear medicine imaging uses radioactive materials, which are either injected, ingested or inhaled into the body. A gamma camera, or nuclear imaging scanner, then detects how the radioactive material is being metabolized by targeted systems and organs in the body.

State-of-the-art ultrasound equipment and a full-time ultrasound technologist on staff have also improved scheduling options for patients. Ultrasound imaging uses high-frequency sound waves to provide images of soft tissue areas such as the abdomen and breast and is also often used for vascular study.

ELLSWORTH OFFERS 'SNEAK PREVIEWS' TO EXPECTING MOTHERS

Today's ultrasound imaging technology can provide unbelievably clear 3-D and 4-D images of babies before they're even born. Mothers-to-be can now go to Ellsworth County Medical Center (ECMC) to capture images of their unborn child in high definition.

The new service does not replace diagnostic ultrasound, which can also be done at ECMC, but is being offered for the enrichment and bonding experience for parents and baby.

"With OB/GYN and pediatric outpatient specialists now seeing patients at ECMC, this seemed like a convenient service we could offer expectant mothers," says Randy Packard, ECMC radiology director. " 'Sneak Previews' is a memorable experience that we are glad to offer."



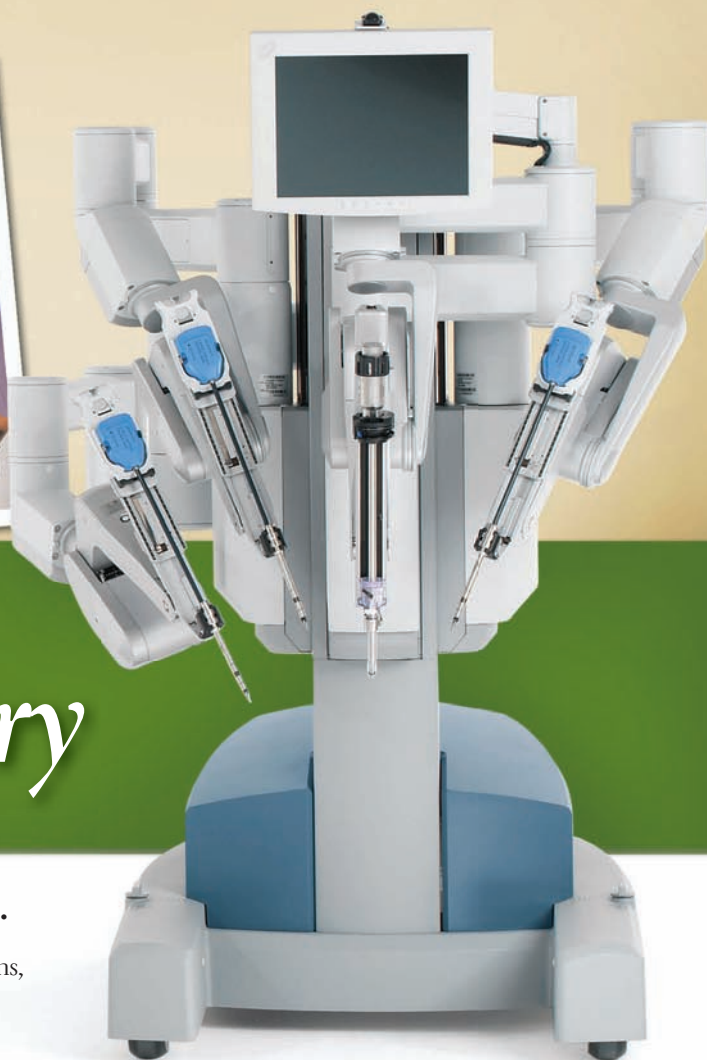
"Sneak Previews" offers several packages that can include CDs, DVDs, photo prints, baby T-shirts, picture frames and more, ranging in cost from \$75 to \$250. Doctor referrals are not needed for these unique visits. Call ECMC at **785-472-3111, Ext. 356**, for more information.



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everything at 5X larger than life. da Vinci offers North Central Kansans the option for less-invasive gynecological, prostate, and other general surgeries. Ask your physician if the da Vinci surgical system is right for you.

Learn more about da Vinci at www.srlhc.com.

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