

Healthbeat

SRHC • Fall 2022

A joyous revival

Festival is aided and celebrated by hospital volunteers

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Precision at its best
New CT scanner improves cancer care

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Casting away pain
Fisherman reels in relief with robotic knee surgery

▶ page 10

 Salina Regional
Health Center

Less pain. Quicker recovery.



da Vinci® hysterectomy surgery at Salina Women's Clinic.

Using the innovative da Vinci surgical system, the physicians at Salina Women's Clinic have made long and painful recoveries from hysterectomy surgery a thing of the past. This procedure can result in less pain, shorter hospital stays and faster recoveries.

Drs. Merle "Boo" Hodges, Christopher Graber and Natalie Davis are highly trained and experienced with the da Vinci surgical system. They also use da Vinci® for surgical treatments for endometriosis, ovarian cysts and procedures to diagnose and treat some types of infertility.

Salina Women's Clinic provides the highest-quality health care—from obstetrics and gynecology to minimally invasive surgery—in a comfortable, personalized, family-oriented atmosphere.

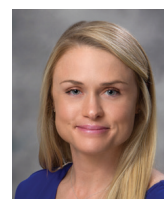
For more information about da Vinci surgery, please call Salina Women's Clinic at 785-827-7996.



Merle "Boo" Hodges, M.D.



Christopher Graber, M.D.



Natalie Davis, M.D.



501 S. Santa Fe, Suite 100 | Salina, KS
785-827-7996 | salinawomensclinic.com



Help your child eat fewer sweets

Most kids love sweets. That's a given. But health experts recommend children (and adults!) limit the amount of sugar in their diet. That can be pretty difficult when you consider how many foods contain added sugars and the fact that sugar comes in many forms, such as:

- + Agave syrup.
- + Cane juice and cane syrup.
- + Corn sweetener and corn syrup.
- + Dextrose.
- + Fruit juice concentrates.
- + High fructose corn syrup.

Then there are the straight-up treats like candy, doughnuts and some cereals that make no bones about their high sugar content.

So how can you limit the amount of sugar your child eats? Here's some advice from the American Academy of Pediatrics:

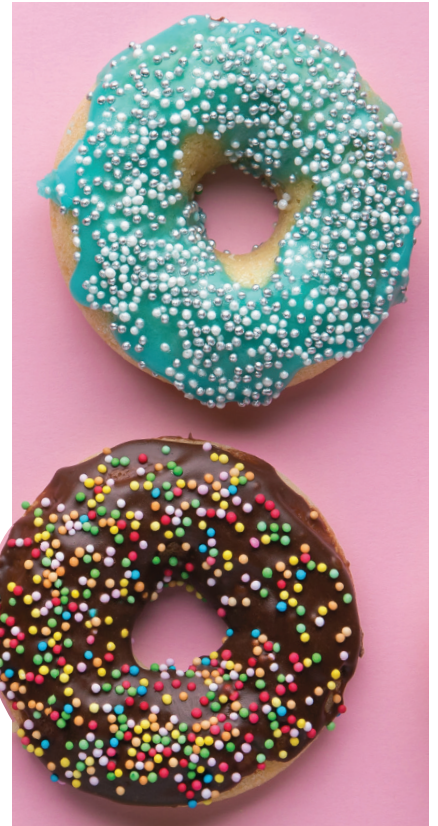
Read food labels. Look at how many grams of added sugars are listed. (Hint: 4 grams equals 1 teaspoon.)

Don't automatically give so-called health foods a thumbs-up. Many of them contain extra sugar. So carefully check out how much sugar is in things like smoothies, granola bars and yogurt.

Be choosy about beverages. Offer your kids milk and water to drink instead of fruit juices and sodas.

Avoid using candy as a reward—especially as an incentive to eat healthier foods, like vegetables.

Find a balance. If you put a hard ban on sugar, your children won't learn how to balance their choices when they're old enough to make their own food decisions. Some sweets in moderation are perfectly fine.



CARBON MONOXIDE POISONING

Protect your home and family

Carbon monoxide poisoning can happen if you breathe in a lot of carbon monoxide, a gas you can neither smell nor see. Too much of this gas can collect inside your home if, for instance, a heater or other fuel-burning appliance leaks or malfunctions.

Carbon monoxide poisoning can cause headaches, dizziness, chest pain, confusion, weakness, vomiting and nausea. It can feel like the flu. People who are sleeping and breathe in carbon monoxide can actually die before they have symptoms. In fact, carbon monoxide poisoning kills hundreds of people each year and seriously sickens many more.



To prevent carbon monoxide poisoning, make sure your home has a working carbon monoxide detector near every sleeping area in your home. Test them regularly, and change the batteries in the spring and fall. Also:

- + Have your heating system, water heater, woodstove and any other fuel-burning appliances professionally inspected every year. Make sure they are properly working and vented. Carbon monoxide is a by-product of burning gasoline, natural gas, wood, oil, kerosene and propane.
- + If the electricity goes out, don't use a generator or a portable camp stove inside your home for power or heat.
- + Never use a gas oven or range to heat your home.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention

Choosing to breastfeed

So many good reasons why...

Benefits for moms:

- + Helps women heal after childbirth.
- + May lower health risks in mothers, including for type 2 diabetes, ovarian cancer and certain types of breast cancer.
- + Releases the feel-good hormone oxytocin, which can have a calming effect for moms.

Benefits for babies:

- + Provides antibodies that protect infants from illness.
- + Reduces the risk of sudden infant death syndrome (SIDS).
- + Lowers health risks in childhood and beyond, including for asthma, obesity and type 2 diabetes.

Breast milk:

- + Is easier for babies to digest.
- + Adjusts to meet a baby's changing nutrition needs.
- + Saves families money and time.



We're here to help.

If you have questions after you go home, call the Birth Center at Salina Regional Health Center at **785-452-6555**.

Sources: American Academy of Pediatrics; American College of Obstetricians and Gynecologists; Office on Women's Health

Baja-style salmon tacos

Makes 4 servings.

Ingredients

- 12 ounces salmon fillet, cut into 4 portions (3 ounces each)
- 4 8-inch whole-wheat tortillas

For taco filling:

- 1 cup green cabbage (about $\frac{1}{4}$ head), rinsed and shredded
- 1 teaspoon lime juice
- 1 teaspoon honey
- $\frac{1}{2}$ cup red onion, thinly sliced (or substitute white onion)
- 1 medium jalapeño chile pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 2 tablespoons); for less spice, use green bell pepper
- 1 teaspoon fresh cilantro, minced (or substitute $\frac{1}{2}$ teaspoon ground coriander)

For marinade:

- $\frac{1}{2}$ tablespoon corn oil or other vegetable oil
- 1 tablespoon lime juice
- 2 teaspoons chili powder

- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon salt

Directions

- + Preheat grill or oven broiler (with the rack 3 inches from heat source) on high temperature.
- + Prepare taco filling by combining all ingredients. Let stand for 10 to 15 minutes to blend the flavors.
- + To prepare the marinade, combine the oil, lime juice, chili powder, cumin, coriander and salt in a bowl.
- + Place salmon fillets in a flat dish with sides. Pour marinade evenly over fillets.
- + Place salmon fillets on grill or broiler. Cook for 3 to 4 minutes on each side, until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 degrees). Remove from the heat and set aside for 2 to 3 minutes. Cut into strips.
- + To make each taco, fill one tortilla with $\frac{3}{4}$ cup filling and one salmon fillet.

Nutrition information

Serving size: 1 taco. Amount per serving: 325 calories, 11g total fat (1g saturated fat), 54mg cholesterol, 29g carbohydrates, 24g protein, 4g fiber, 395mg sodium

Source: National Heart, Lung, and Blood Institute

Living with

HEART FAILURE

By John Berggren

David Divilbiss, age 85, of Salina, felt incredibly short of breath earlier this year after coming up the stairs from doing laundry in his basement. And the symptoms wouldn't resolve.

For a guy who is hardly ever sick and has no history of health problems, it was a significant concern that had him calling his primary care doctor. Several rounds of tests ultimately revealed that Divilbiss had heart failure, and he was admitted to Salina Regional Health Center for treatment. While there, cardiologists also performed a heart catheterization procedure to place a stent and open his right coronary artery, which had some blockage.



David Divilbiss continues participating in SRHC's cardiac rehabilitation program on a voluntary basis after recovering from a hospitalization for heart failure. He's shown here with Becky Linn, cardiopulmonary rehabilitation team lead.

Helping the heart heal

A heart failure diagnosis is simply broad terminology used to convey that the heart isn't pumping as well as it should. The body depends on the heart's ability to pump oxygenated, nutrient-rich blood throughout the system. Heart failure is a common and chronic condition that poses a serious health risk. With heart failure, everyday activities such as walking, climbing stairs or carrying groceries can be very difficult, due to fatigue and shortness of breath.

While there's usually no cure for the disease, many people with heart failure can lead full, enjoyable and productive lives when the condition is properly managed with medications and healthy lifestyle modifications.

During Divilbiss's hospitalization, he began a regimen of medications that allowed his heart to begin to heal and not work as hard, lowering his blood pressure and heart rate. He also began using a diuretic to remove excess fluid and sodium from his body. Divilbiss continued the medication regimen after going home from the hospital and also began exercising regularly through the hospital's cardiac rehab program.

Successful treatment

Cardiac rehab includes exercise training and education on heart-healthy living and the importance of careful medication management with a goal of stabilizing, slowing or even reversing the progression of heart failure. Divilbiss began attending the program three days a week and gradually began to see his strength return. He also began cutting down on his food portions and, after seven months of exercise and diet, he had lost 48 pounds.



“When I started the program, I didn’t have any specific goals in mind,” Divilbiss says. “Now all of a sudden I’m here! I keep coming in three mornings a week just to maintain where I’m at, and I continue to eat in moderation.”

While Divilbiss says he doesn’t mow his yard

anymore, he feels like he’s able to do almost everything else that life requires. He still finds great joy in tinkering with mechanical projects in his shop and attending K-State football games with his wife, Rosemary, as longtime season ticket holders.

Expert, accredited care

Affirming SRHC’s commitment to provide the latest care

This summer Salina Regional became the first hospital in Kansas to be accredited by the American College of Cardiology (ACC) for its demonstrated expertise in and commitment to treating patients with heart failure. The accreditation followed a rigorous on-site review of the staff’s ability to evaluate, diagnose and treat patients with heart failure.

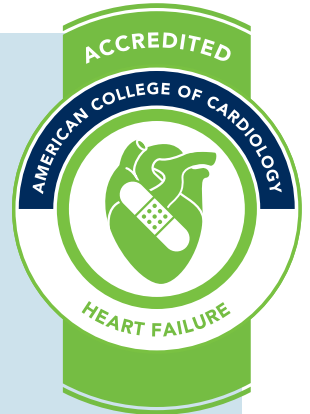
Whenever a heart failure patient is admitted at Salina Regional, a number of standardized orders and protocols are used to ensure that care is delivered by a collaborative team—which includes doctors, nurses, dietitians, pharmacists, care

management, physical and occupational therapy, cardiac rehabilitation, transitional care and more—to carry out specific roles for care.

“Heart failure can be a challenging diagnosis for many patients to manage, so it takes the entire team to provide the care, education and oversight to help them recover and remain healthy,” says Christian Butler, chest pain and heart failure program coordinator at Salina Regional. “With an aging population in our region, the accreditation is important to confirm that we have the processes in place to meet the latest standards for care for a disease that can be so

detrimental to patients.”

“These accreditations are special, because it is a demonstration that the leaders within our health care system recognize the challenges our patients are facing and strive to provide the highest level of comprehensive care to them,” says Zachary Jepson, MD, heart failure program medical director at Salina Regional. “The quality of cardiovascular care has always been excellent in the region, and it is an honor to have official recognition from the ACC for this.”



Precision at its BEST

*Helping patients in their
fight against cancer*

By Beth Vinson

Fighting cancer is no easy battle. That's why the Tammy Walker Cancer Center does everything possible to help patients in their fight against the disease with some of the region's most advanced diagnostic resources and cancer treatment protocols.

In fact, the Tammy Walker Cancer Center recently invested in a new 64-slice CT scanner that has many beneficial features for the patient. At the time of purchase, the cancer center was only the second facility in Kansas to have this new scanner.

Larger bore size

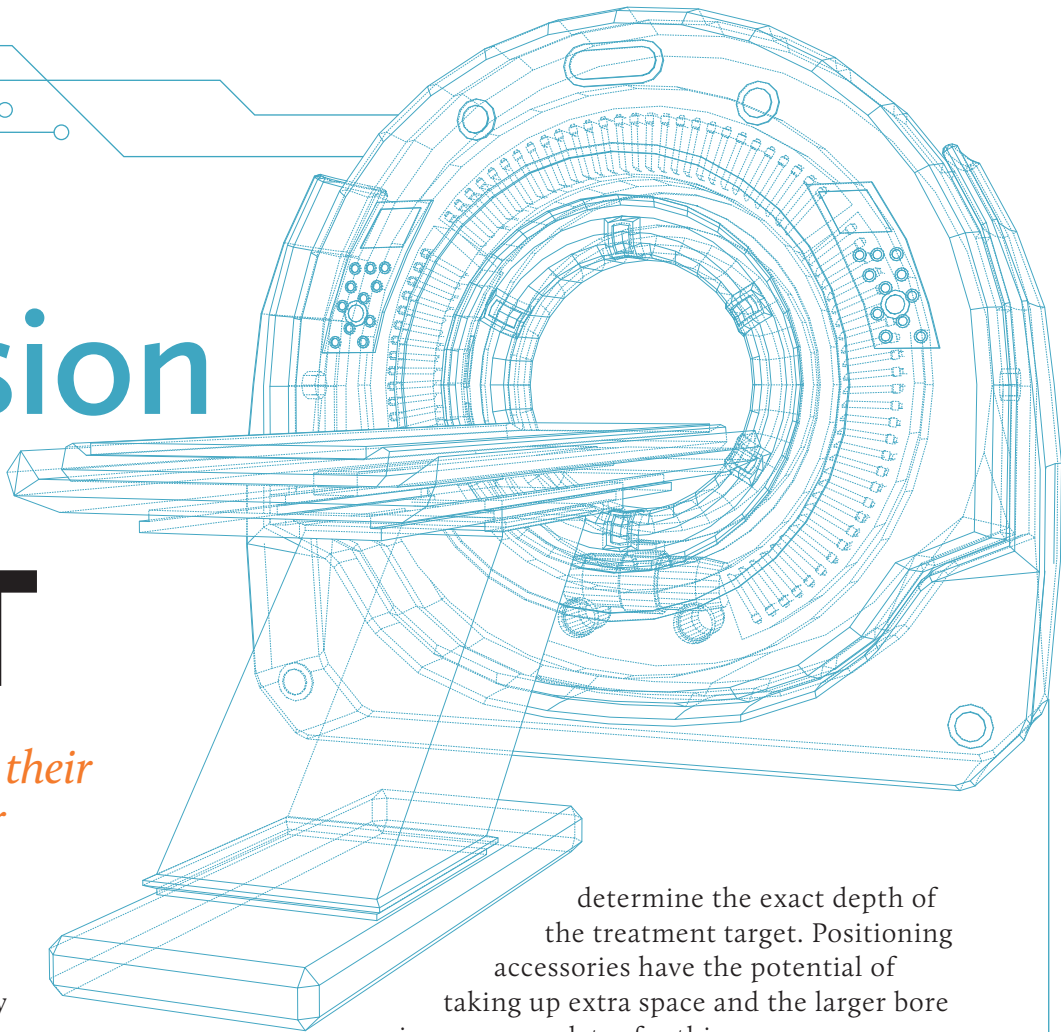
One benefit of the new CT scanner is that the bore—the circle opening that the table holding the patient moves through—is bigger. This increased size accommodates any positioning accessories, patient physique or body build and improves patient comfort.

Accurate and reproducible patient positioning is the essential first step in allowing the clinical team to plan and deliver a high-precision radiation dose to the tumor.

It's important to have all the data from the scan to

determine the exact depth of the treatment target. Positioning accessories have the potential of taking up extra space and the larger bore size accommodates for this.

"It allows us to see everything we need to see to make the best treatment," says Kimberly Potter, radiation oncology manager for the cancer center. "With the bore being larger, it is a definite benefit."



Radiation therapists Whitney Reid (left) and Kelli Phachanla get a patient comfortable on the new CT scanner recently installed at the Tammy Walker Cancer Center.

Less time on the table

Another benefit of the new CT scanner is that its Respiratory Motion Management allows 4D scans to be automatically created. Typically, a 4D scan is created by moving over internal organs and the target, mainly around the diaphragm that moves with breathing. This type of scan allows clinicians to assess motion of the target during a breathing cycle.

Formerly, data from the CT scanner would have to be sent to a second computer that also received data from a third-party computer that is attached to the camera watching the patient breathe. The data would be combined and then the 4D scan would be manually created. With the new scanner, the 4D scan now is created automatically on the CT console, which significantly reduces the time the patient needs to lie on the table.

“We want to be able to give the best care possible to everyone who comes to our cancer center,” says Potter. “With this new machine, the speed is so much faster in reconstructing the treatment plan, and that means less time on the table for the patient.”

Better clarity

Another benefit for the patient is the clarity. The iMAR metal artifact reduction algorithm reduces and improves artifacts caused by metal implants, such as screws, plates, dental fillings or implants. The artifacts would look like white streaks across the CT scan. Reduction of artifacts is important in viewing all the internal structures in their entirety.

Potter says the radiation therapists and the radiation oncologist are all very pleased with the new scanner.

“They are the ones that complete the entire process of the simulation. There are many detailed steps that go into proper positioning and immobilization devices,” she explains. “The new CT scanner allows them to have the patient on the table for less time and be with the patient more directly during the simulation process. This is vital to ensure that there is no external movement and that patients are comfortable, with minimal stress on them.”

What the new CT scanner means for you

Why this technology is important

- + Providing efficient and fast scans helps reduce time and stress on patients.
- + Better motion management allows for better accuracy in targeting moving tumors in different positions during a breathing cycle.
- + Acquiring better quality scans and images will eventually be used to produce a radiation plan specific for the patients and improves the quality of the radiation treatment that is delivered.

A simulation is being developed for treatment. The data collected from the scan is then sent to the planning department, consisting of the radiation oncologist, dosimetrist and medical physicist.



CASTING AWAY PAIN

Fisherman reels in relief, happy to be pain-free after robotic surgery

By Aaron Anders

Any day fishing at the lake is a good day for Robert Falk, of Herington. Falk, a retired 74-year-old, enjoys going fishing with his nephew about three times a week at the two lakes in Herington. Going fishing and doing his everyday activities became difficult because of extreme pain in his right knee. After having a total knee replacement surgery performed with the Stryker Mako Robotic Surgical System at Salina Regional Health Center, Falk is now back to catching fish without the intense knee pain.

Wear and tear

“Before the surgery I was in pain every day—I wore a knee brace 24/7 for an entire year,” Falk says. He consulted with his primary care physician, Chad Schroeder, MD, at COMCARE. After an exam, Dr. Schroeder recommended that he visit the Salina Regional Orthopedic and Sports Medicine Clinic to be further evaluated by orthopedic surgeon Todd Reilly, DO.

An x-ray showed Falk’s knee joint had wear and tear that was causing the pain. The treatment they decided on was a total knee replacement using the Mako Robotic Surgical System.

Surgical repair

“The Mako gives me real-time visuals of the knee, so I can see the knee alignment instantly,” says Dr. Reilly.

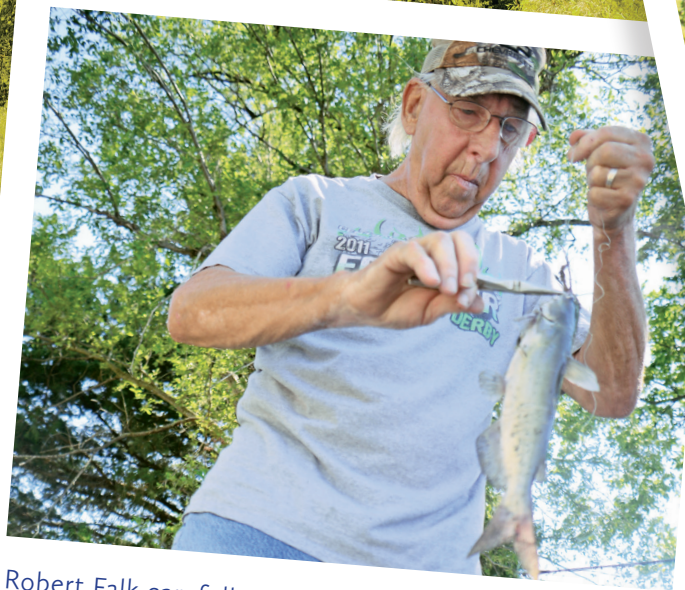
With the Mako’s software, Dr. Reilly created a 3D virtual model of the affected joint from CT scans taken before surgery. The Mako system helps identify the prosthetic implant, orientation and alignment based on each patient’s unique anatomy. Reflectors are placed on surrounding bones to create a reference point during surgery that gives the robotic arm and instrumentation precision.

In 2012, Falk had a traditional knee surgery done on his left knee. “I could tell a big difference



Herington Lake

Robert Falk casts out a hook in hope of catching a fish at Herington Lake, just four months after having a robotic arm-assisted surgery at Salina Regional Orthopedic and Sports Medicine Clinic.



Robert Falk carefully removes the hook from the catfish he reeled in at Herington Lake before releasing it back into the water.



Falk, of Herington, plants his second fishing rod holder in the ground at the lake.

between the traditional knee surgery and the robotic surgery,” he says. “The robotic surgery went faster, and I had a faster recovery time.”

After the robotic surgery, Falk did outpatient physical therapy, along with stretching and riding his exercise bike at home.

“Dr. Reilly did a tremendous job—I am back to a full range of motion,” Falk says. “I am back to fishing, and I also was able to mow my yard and some other people’s yards this past summer.”

Is joint pain limiting your activities?

We can help you get back to doing what you love. Visit www.salinaregionalorthopedicclinic.com or call **785-452-7366**. In October, Salina Regional Orthopedic and Sports Medicine Clinic will be located on the fourth floor of the Salina Medical Arts Building at 520 S. Santa Fe Ave.



A few months after having a total knee replacement, Falk is enjoying fishing again.



Meet Todd Reilly, DO

Dr. Reilly is a board-certified orthopedic surgeon with over two decades of experience in the evaluation and treatment of orthopedic injuries of adults and children. He performs the latest techniques in joint replacement of the shoulder, hip and knee, as well as hand, foot and ankle surgery. In addition to his practice in Salina, Dr. Reilly holds outreach clinics in Abilene at Memorial Health System and at McPherson Hospital.



PREDIABETES

Take the path to prevention

Sometimes, if we're lucky, we get a heads-up about a potential problem—like a traffic jam that is blocking our route—which allows us to change course and go in a different direction.

Learning you have prediabetes is a little like that.

Prediabetes means your blood glucose (sugar) levels are higher than normal but not high enough to be type 2 diabetes. However, it also means you're at high risk of developing type 2 diabetes.

Almost everyone who has type 2 diabetes had prediabetes previously. But not everyone who has prediabetes will progress to full-blown diabetes. In fact, if you're diagnosed with prediabetes it's crucial to know this: You can often reverse prediabetes by making a few changes in your eating and exercise habits

that will put you on a route to a healthier life.

Are you at risk?

Many people who have prediabetes don't realize it because the condition doesn't cause symptoms. The only way to know for sure is with a simple blood test. You might want to talk to your health care provider about being tested if you have any of these risk factors:

- + You're overweight.
- + You're at least 45 years old.
- + Your parent or sibling has type 2 diabetes.
- + You are physically active fewer than three times a week.
- + You ever gave birth to a baby that weighed more than 9 pounds.
- + You had gestational diabetes (diabetes during pregnancy).

Turn it around


In addition to raising your risk of type 2 diabetes, prediabetes also makes you more vulnerable to having heart disease or a stroke.

That's why it's important to make lifestyle changes that can return your blood sugar levels to the normal range and significantly lower your risk of developing type 2 diabetes. Those changes include:

Losing 7% of your body weight if you're overweight. For someone weighing 200 pounds, that's a loss of 14 pounds.

Exercising moderately. You don't have to join a gym. Moderate exercise can be as uncomplicated as taking a brisk walk at least five days a week.

Eating a healthy diet. Focus on foods such as vegetables, fruit, whole grains, lean protein (think fish and chicken), and low-fat dairy products. Cut back on processed, fried and fatty foods. Choose water over sugary drinks.



Sprained ankle?

Don't just limp away

Your ankle bones and joints are held together with tough, stretchy bands called ligaments.

Although they support your ankle as it moves, bends and twists, ligaments do have their limits. And when they are stretched past those limits, such as when you step awkwardly and twist your ankle, you may end up with a sprain.

Sprains can range from mild, with a slight amount of tenderness and swelling, to severe, where the ligaments tear completely, and swelling and pain are significant.

Play it safe

The worse the sprain, the longer it will take to heal. Mild sprains might feel better after just a few days. For severe sprains with torn ligaments, healing could take months, and surgery could be needed to repair the ligament, though even a complete tear may heal without surgery.

If you suspect you've sprained your ankle and it's very swollen and painful or you can barely put any weight on it, it's best to have a doctor check it out. These symptoms could also be signs of a broken ankle.

A doctor can determine what is wrong with your ankle and the best way to treat it. He or she will also let you know when it's OK to return to your usual activities, including playing sports. If you try to do too much too soon, you could reinjure the ankle.

Sources: American Academy of Family Physicians; American Academy of Orthopaedic Surgeons; American College of Foot and Ankle Surgeons; National Institute of Arthritis and Musculoskeletal and Skin Diseases



When you need us, we're ready

An urgent care center is a good place to go if you think you've sprained your ankle. See our current wait times, locations and more at salinaurgentcare.com.

RICE it for best results

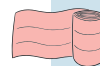
For mild or moderate sprains, treatment is pretty much the same. Apply the tried-and-true RICE method, which helps reduce pain and swelling.



Rest the ankle. Don't walk on it.



Ice keeps swelling down. Apply ice to the injured ankle for 20 to 30 minutes at a time, three or four times a day for about three days.



Compression bandages or elastic bandages can help immobilize and support the ankle.



Elevate your ankle above heart level as much as possible for the first 48 hours.

Over-the-counter pain relievers, such as naproxen or ibuprofen, can help ease the ache.

A joyous revival

Smoky Hill River Festival makes a welcome return, aided and celebrated by hospital volunteers

By John Berggren

The Salina community rejoiced with the return of the Smoky Hill River Festival to its traditional date of the second weekend in June. An abbreviated festival had been rescheduled from summer to fall 2021, and the event had been canceled completely in 2020 due to COVID-19.

Employees of Salina Regional Health Center (SRHC) also returned to their traditional roles for the four-day event, providing volunteers for the Festival Fitness 5 run's 5-mile, 2-mile and children's races and for the Children's Art Tent and the Baby Station. More than 230 SRHC employees and their family members enthusiastically gave their time and talent to support the event in various roles.

Coming together as a community

Things fell back into place in large part because there was a very low risk of COVID-19 transmission in June, with very few positive cases being detected in the region.

"It was just nice to get back and see people enjoying themselves and see the kids working on their art projects," says Romeyn Lauber, an administrative assistant in the hospital's Information Technology department who has helped direct volunteer efforts in the Children's Art Tent for many years.

Coming together as a community is heartfelt and bittersweet for Lauber, who lost her son to COVID-19 in 2020. "It seems like we appreciate these kinds of events more and more after they've been taken from us," she says.

Persevering and giving back

"The staff of SRHC plays a critical role in the success of the Smoky Hill River Festival," says Brad Anderson, Executive Director of Salina Arts and Humanities. "Their leadership, passion and volunteer service beautifully reflect the spirit of Salina's most cherished event."

The future of COVID-19 is anyone's guess, but there's a strong general belief that even though the



virus isn't going away, the community will return to normal and continue to cope with COVID-19's presence.

"It's been hard on us as an organization and on our employees to have missed participating in these types of events for so long," says Rob Freelove, MD, Senior Vice President and Chief Medical Officer at SRHC. "We have a workforce that went into a field of work that is focused on helping others and giving back to the community. Participating in community events helps fulfill a need that a lot of us have."

Lindsborg community celebrates new CNA graduates

After a couple of years of turmoil induced by COVID-19, Lindsborg Community Hospital and Bethany Village were able to host their free Certified Nursing Assistant classes on-site again this summer. Due to COVID-19 precautions, the classes were canceled in 2020, and in 2021 they were held at Bethany College in Lindsborg.

The 14-day program, offered through Hutchinson Community College and underwritten by an anonymous donor, encourages careers in health care and helps equip students with the skills they need to secure viable employment. Courses are held each summer. Students must be age 16 or older, able to commit to the training schedule, fully vaccinated against COVID-19, and meet some other basic requirements.

A number of graduates have used the experience as a springboard to advance careers in nursing and many other specialties in health care. Students from around the region and beyond have participated in the program, and more than 900 have earned their certificate through the program so far.

Join us next summer!

Dates for next summer's course offerings will be available soon. You can sign up to be notified by calling Kale Kuhlmann at **785-450-5238** or emailing program.enroll@lindsborghospital.org. More information can also be found by clicking on the "Scholarships" link at lindsborghospital.org or following Lindsborg Community Hospital on Facebook.



Students practice taking a person's blood pressure.



Lindsborg Community Hospital and Bethany Village began hosting free summer CNA classes in 2002 through Hutchinson Community College.

Hospitals share contrast media during shortage

You may have noticed national headlines in late May and early June detailing a shortage of contrast media used for radiologic exams due to COVID-19-related shutdowns in China, where many of the supplies are produced. The shortage threatened to delay many nonurgent medical tests or forced practitioners to use alternative methods.

Locally, Sunflower Health Network Hospitals pooled their resources to help one another through the crisis. In one instance, Jewell County Hospital in Mankato was able to share some of its excess supply with hospitals in Osborne and Colby.

"There have been a number of times since COVID that communication between hospitals has helped us obtain supplies that were short, including all sorts of lab supplies and blood products," says Paula Hancock, Radiology and Lab Director at Jewell County Hospital. "We were happy to help others out when we could."



Chandler Loomis, radiologic technologist at Salina Regional Health Center, prepares to perform a CT exam with contrast.

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