

FALL 2007

YAKIMA
REGIONAL
MEDICAL
& CARDIAC
CENTER

House Call

The Digital Revolution

Your Imaging Results at the Click of a Mouse

Summitview Family Medicine Clinic

Open to Serve You

THE FACE OF Breast Cancer

Yakima resident Wendy Ross is a model of strength for those battling the disease.

Thank You, Yakima Regional!

Yakima Regional Medical and Cardiac Center receives many letters each month and was recently honored to get the following letter from LifeCenter Northwest.

Your feedback is important to us—if you would like to share your experience, we would like to hear from you.

Dear Mr. Finnegan,

Thank you for the \$10,000 directed contribution to LifeCenter Northwest to fund the design, translation, production, and promotion of the Spanish-language informational brochure and eldondevida.com.

We admire Yakima Regional's dedication to donation in the Yakima Valley and are thrilled to include the Spanish-speaking population in the growing number of people who receive accurate information about organ and tissue donation.

The partnership between Yakima Regional and LifeCenter Northwest enhances our efforts to compassionately improve the quality of life for all patients through organ and tissue donation and transplantation. Your endorsement will empower the Hispanic community members of central Washington to make the lifesaving decision to register their wish to be an organ donor.

This partnership is an especially good fit because of your demonstrated interest in innovative health services that ensure equal access to healthcare information and treatment options. We will utilize each communication piece as a platform to educate and inspire our diverse constituents. Our collaboration is the first step toward increasing consent rates that will provide opportunities for the diverse community of Yakima to benefit from organ and tissue transplantation.

We look forward to building on this collaboration in order to truly serve as a bridge between donor families, recipients, living donors, and the community.

With Gratitude,

Diana Clark

CEO, LifeCenter Northwest

Megan Erwin

Executive, Director, Living Legacy Foundation

Welcome, New Physicians

Yakima Regional Medical and Cardiac Center is proud to welcome the following physicians to the medical staff. To learn more about medical staff members, visit www.yakimaregional.org.



Kathryn L. Carlson, MD
Pediatrics



Bernard L. Swartz, MD
Board-certified plastic surgeon



Daniel E. Dulek, MD
Pediatrics



Gregory A. Wright, MD
Board-certified radiologist



Gene L. Griffiths, MD
Board-certified orthopedic surgeon



David Angulo-Zereceda, MD
Cardiology; Board certified in internal medicine specializing in critical care and pulmonary diseases



Laura A. Sohren, MD
Emergency medicine

Family Practice Residents

Maria C. Celerian, MD; Wilson Chan, MD; Suneeta Khanwani, MD; Clark T. Kwok, MD; David A. Lindgren, MD; Esther N. Nwogu, MD



Mammograms: They're a Lifesaver

The American College of Physicians (ACP) recently announced new mammography guidelines that may help women determine the appropriate screening schedule for this essential exam.

According to the ACP, women ages 40 to 49 should consult with their physicians to determine when the routine of annual mammograms should begin.

Previous screening guidelines from the American Cancer Society suggested that women receive a

baseline mammogram at age 35, with yearly mammograms beginning at age 40 if no family history of the disease or other risk factor is present. While this has been widely accepted as a suitable schedule, the ACP reports that this may cause undue anxiety for some women.

Speak with your physician to discuss which mammogram screening schedule is right for you.

To learn more about how screenings and mammograms save lives, see page 4.



For Our Newest Hospitalist, Community Is Everything

By Pham, MD, a Davis High School graduate, always thought he would return to Yakima—and

he was right. After spending the last 15 years in Seattle, where he attended the University of Washington and worked as a family practitioner in several area clinics, the opportunity to return to Yakima as a hospitalist presented itself.

“The people who influenced my life are still in Yakima, and it is the place I want to raise my family,” Dr. Pham says. “I am glad my children will have the same opportunity to grow up in this area and interact with the community.”

As a hospitalist, Dr. Pham provides care for hospitalized patients, allowing primary care physicians to concentrate on meeting the needs of patients at their clinics and private practices. Working at Yakima Regional provides

Dr. Pham with a flexible schedule that allows him to spend time with his family and help patients when they are most in need.

Dr. Pham is excited to be a part of the growth in the community and wants to continue the legacy of community involvement he feels was passed on to him. He is grateful that the hospitalist program at Yakima Regional allows him to live in and better the community he loves.



New Clinic to Serve You

Residents of the West Valley region now have a better choice for health care — Central Washington Medical Group’s new Summitview Family Medicine.

Summitview Family Medicine is conveniently located to provide patients with the medical care they need, close to home.

“The West Valley region is one of Yakima’s fastest growing areas, but prior to August 2007, there were no primary care physicians located in the area,” says Tim Thornell, administrator of Central Washington Medical Group. “Yakima Regional recognized the need for comprehensive health care locally and created the Summitview clinic to meet those needs.”

AT YOUR SERVICE

Located at 6201 Summitview Avenue, Suite 106, in Yakima, the new clinic opened in August and offers a full range of family medicine services for adults,

seniors, pediatrics, and adolescents, delivered by Yakima Regional physicians, including:

Scott Heflick, MD, board-certified family practice physician

Vani Bremjit, MD, board-certified family practice physician

“Dr. Heflick and Dr. Bremjit joined the Summitview Family Medicine team after serving patients at Terrace Heights Family Physicians for many years,” says Thornell. “While the Terrace Heights location will remain open and will work in partnership to care for patients, these physicians will use their experience to offer the best in care.”

To schedule your appointment with a physician at Summitview Family Medicine, call (509) 454-6300.





Living and Learning: One Breast Cancer Survivor Shares Her Story

In May 1998, Yakima resident Wendy Ross was sitting in her doctor's office listening to the words every woman fears: "You have breast cancer." She turned to Yakima Regional Medical and Cardiac Center for screenings and surgery, and nine years later, she's an inspiration to family and friends and a model of strength for women battling the disease.

"After performing a breast self-exam, I found an unusual lump in my breast. I called my doctor, and had a mammogram, ultrasound, and a needle core biopsy," says Wendy. "I knew I had breast cancer when they asked me to come in for a consultation instead of telling me the biopsy results over the phone."

Wendy's mother passed away at age 47 after a battle with breast cancer, and her mother's sister also died of breast cancer at a similar age. Despite her family history, Wendy, at the time an active, 45-year-old middle school counselor, never expected to come face to face with the disease herself.

"When I reviewed my family medical history, I realized there were probably also relatives with prostate and ovarian cancers," says Wendy. "My familial risk for cancer was huge, but I was still convinced that I wouldn't get it."

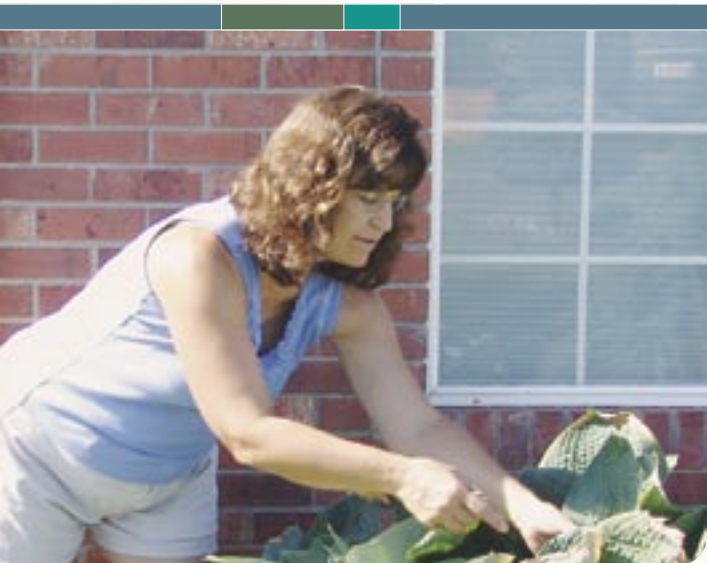
PEACE AMIDST THE STORM

When Wendy came to Yakima Regional for a consultation, she was diagnosed with stage II breast cancer, meaning the cancer had possibly spread to her lymph nodes. She was stunned and in disbelief but says her faith kept her composed.

"I tried to listen to the doctor and write down his words," says Wendy. "I resolved to do whatever I needed to do, and I could feel God reassuring me that I wasn't going to die."

During a lumpectomy performed at Yakima Regional, the mass in Wendy's breast and several lymph nodes were surgically removed, but a marathon of medical treatments still lay ahead. Wendy lost her hair during three months of chemotherapy.

"I often developed high fevers during my treatment," says Wendy. "But the people at the hospital were always responsive and compassionate when I was sick. They made me feel like I was going to be okay."



Wendy continued her fight against cancer with three additional months of taxol chemotherapy combined with radiation therapy. After taking the medication Tamoxifen (a drug that reduces the risk for breast cancer recurrence) for five years, Wendy is in remission.

“When it comes to breast cancer screenings and follow-up mammograms, Wendy is unfailing,” says Joanne Callahan, RT, RN, mammography coordinator at Yakima Regional. “Thanks to her diligence and positive attitude, she was able to beat this disease and become an inspiration to many.”

LIGHTS IN THE DARK

Those with a loved one who has survived breast cancer know that the treatment period is a time of physical, emotional, and spiritual trial. Fortunately, Wendy found encouragement along her road to wellness through writing and friendship.

“Cancer taught me that I don’t have control of everything, but writing down my feelings gave me a sense of empowerment and helped me look at things less emotionally,” says Wendy. “I also had friends drop by to pray with me at the moments when I needed comfort the most.”

A month after treatment, Wendy and her husband David opened their home to about 60 people who helped Wendy during her time of need.

“There were a lot of people who brought meals, came to visit, or sent cards, so we thought a party would be a fun way to thank them,” says Wendy. “We all had an awesome time!”

Thanks to monthly breast self-exams, Yakima Regional Medical and Cardiac Center patient Wendy Ross discovered a cancerous lump. You too can take a proactive approach to detecting breast cancer: Perform monthly self-exams and schedule an annual clinical breast exam and mammogram.

Like Wendy’s situation, it may save your life.

NEW LIFE IN BLOOM

As a mother of a high school senior and two adult children with families, Wendy is not only a cancer survivor—she is an active grandmom with five grandchildren. Her experience with breast cancer left her not only surviving but thriving and exploring a new passion.

“When I was diagnosed with cancer, I asked myself what I was going to do with my life and what I wanted to accomplish later,” says Wendy, who describes herself as a “people person” who enjoys a challenge. “So I decided to learn to paint portraits in watercolor. It’s challenging, but as a cancer survivor, I’ve learned to accept and conquer life’s challenges.”

For more information on mammography and surgical services available at Yakima Regional, visit www.yakimaregional.org.

Taking Breast Health to Heart

If there is one thing you shouldn’t have to wait for, it is an answer about your health.

If your physician discovers suspicious tissue through a screening mammogram, a minimally invasive diagnostic procedure called ultrasound-guided core biopsy may restore your peace of mind sooner. In the past, patients had to schedule a surgical biopsy. However, physicians at Yakima Regional Medical and Cardiac Center’s Breast Health Center can now extract a tissue sample soon after a mammogram with a vacuum-assisted needle. The minimally

invasive procedure takes only 15 minutes, and results are available in one to two days.

Another innovative imaging technology available at Yakima Regional is breast magnetic resonance imaging (MRI). The high sensitivity of MRI helps physicians determine the stage of breast cancer or identify the disease in certain patients, including younger women with denser breast tissue. Combined with regular breast self-exams, clinical breast exams, and screening mammograms, breast MRI offers another method to detect breast cancer in its earliest, most treatable stages.

“From the front desk to the screening rooms, our entire staff provides compassion and sensitivity when women need it most,” says Joanne Callahan, RT, RN, mammography coordinator at Yakima Regional. “We’re excited to combine personal touch with the latest technology, using advanced diagnostic tools to help physicians save lives by identifying cancer in time to effectively treat it.”

For more information about services available at the Yakima Regional Breast Health Center, or to schedule your yearly mammogram, call (509) 454-6130.

Easier Access to Radiology Images

New technology allows you to receive your test results faster than ever.

Cameras, cell phones, and DVD players—many devices you use every day are now digitized. The same is true in the medical world. Picture archiving and communication system (PACS) is one such exciting digital advancement—and it's available at Yakima Regional Medical and Cardiac Center.

"PACS has revolutionized the way physicians and technologists view and store images," says Jim Benoit, RT, BA, director of radiology at Yakima Regional. "It allows physicians to view radiology images from their offices, the emergency department, or even their homes."

HOW IT WORKS

Instead of relying on film images, when you turn to Yakima Regional for an imaging examination, digital technology is used for your scan. When your magnetic resonance imaging (MRI), computed tomography (CT), ultrasound, or other exam is performed, the images are immediately ready for interpretation via computer.

Once your exam is complete, PACS takes over. Through a secure Internet server, physicians can view your radiology images from any location with Internet access via PACS. This allows more than one physician to view your images at once, making it possible to obtain simultaneous second or third opinions. Also, the images are often clearer than traditional film, allowing for a more accurate diagnosis.

HELPING YOU

Thanks to PACS, your imaging examination is reviewed and evaluated as quickly as possible, allowing your physician to begin an appropriate treatment plan.

"Our speed of care is much faster because of PACS," Benoit says. "If a trauma patient comes to the emergency department, medical staff doesn't have to wait for an X-ray or CT scan to be available, and patients appreciate that we're looking for ways to provide faster, more accurate diagnoses."

To learn more about imaging advances available close to home at Yakima Regional, please visit www.yakimaregional.org.

Fast turnaround, 24 hours a day. In the event you turn to Yakima Regional Medical and Cardiac Center late at night, NightHawk is here. An Australian radiology group, NightHawk uses the picture archiving and communication system (PACS) to interpret imaging exams taken at Yakima Regional after 11 p.m., ensuring a quick and accurate interpretation every time.

Imaging Tools

At Yakima Regional Medical and Cardiac Center, we've gone digital with innovative imaging technologies. These improvements provide clearer images and make it possible for physicians to access your images with ease using the picture archiving and communication system (PACS).

The following advanced imaging technologies are currently available at Yakima Regional:

- bone density
- 64-slice computed tomography (CT)
- magnetic resonance imaging (MRI)
- mammography
- nuclear medicine imaging
- ultrasound
- X-ray



Lights Out Program Put Patients First

At Yakima Regional Medical and Cardiac Center, the Lights Out program makes patient comfort and care a top priority.

When you are in the hospital, the call light helps you alert a nurse that you need attention. Thanks to the Lights Out initiative at Yakima Regional, the medical staff is teaming together to ensure you receive the fastest response possible.

“Our medical staff understands the importance of responding to patient requests in a timely manner,” says Ron Fought, RN, chief nursing officer at Yakima Regional. “By establishing the Lights Out protocols, we will be best equipped to respond to patient needs.”

CALL AND RESPONSE

The Lights Out initiative began this past June in the hospital’s largest

nursing unit and included laboratory personnel and physical, occupational, and rehabilitation therapists. All units and ancillary personnel adopted this protocol August 1, and the program is improving care, one patient at a time with these measures:

- When a patient turns on their call light, no medical staff member will pass the room without determining how to help the patient, unless the associated staff member is responding to an emergency.
- The associated staff member will introduce himself or herself to the patient and learn what the patient needs.

- The task will be completed by the first person who responds, provided they are able to complete the task.
- If the individual who first responds cannot provide assistance, he or she will report the request to the charge nurse.
- The call light will be turned off, and the patient will be instructed to re-illuminate it if no one comes within five minutes.

For more information about quality care at Yakima Regional, visit www.yakimaregional.com.

New Barcode System Increases Patient Safety

Yakima Regional Medical and Cardiac Center has implemented a new program that helps nurses administer medication to patients more safely and accurately.

“The IntelliDOT Safescan system helps ensure the 5 Rs—the right patient, the right drug, the right dose, the right route, and the right time,” says Sheila Leman, director of the medical/surgical unit at Yakima Regional. “A lot of patients know what the system does, and they feel safe knowing that we are using it.”

The system includes a handheld barcode scanner that is connected to a computer network. Each nurse must scan their own name badge, the patient’s bracelet, and the barcode on the medication each time any dose is given. The system has alerts, so the patient always receives their medication at the right time. It also creates a permanent



record of all medication transactions.

“The IntelliDOT Safescan system has made us more proficient in what we do. It allows for more communication between pharmacists and nurses,” says Keith Prouse, pharmacy director at Yakima Regional. “It has become an important tool in patient care.”

Safescan allows for a “triple check” of medication accuracy. A pharmacist, charge nurse, and the patient’s nurse all see the medication information and check its accuracy before any medication is given to a patient.

“The system is one more way we’re making patient safety our top priority,” Leman says.

Cardiac Rehabilitation Classes

Yakima Regional Medical and Cardiac Center offers the following free classes in the ICCU Conference Room. Call (509) 573-3592 to find out more about dates and times and to register.

Behavioral Health 101: Living Well

This class provides an orientation to the cardiac rehabilitation program. You will learn ways to work with emotions commonly experienced after a cardiac problem, complete a risk assessment, clarify values, and decide which classes to attend in the program. You will learn skills for monitoring your mood and week-to-week success in living an intentional life designed to improve your health and longevity.

Behavioral Health 102: Life Effectiveness Training

This class provides an opportunity for you to identify barriers to living an effective and enjoyable life, as well as how you deal with the barriers. You will learn new strategies for working with internal struggles (e.g., worry and negative thinking) that may block your progress. Mindfulness exercises and a review of problem solving strategies are two methods that support long-term behavior change.

Behavioral Health 103: Putting It All Together

This class helps you make a plan based on your experience in the cardiac rehabilitation program. You will develop a lifestyle plan and write a letter to your primary care provider concerning your plan for maintaining changes you have made in your life while in the program. This class includes a graduation ceremony to which your whole family is invited. Once graduated, consider attending this class when you need a booster or you want to support a new graduate.

Heart Basics

This class is designed to give you an understanding of how your heart works, as well as diagnosis and treatment options for heart disease. Risk factors, signs and symptoms of heart attack, and skills to assist you in living with your cardiac disease will be covered.

Heart-Healthy Eating

Changing what you eat is one of the most effective ways to reduce cholesterol levels, blood pressure, and weight. Today's foods and recipes offer many good-tasting choices. Topics to be discussed and information may include: nutrition guidelines, label facts, restaurant dining, and "good" versus "bad" fats. Also included are clarification of terms such as cholesterol, fat, unsaturated fat, etc. Learn how food and exercise work together to improve your numbers. (Please attend Heart-Healthy Eating before attending Label Reading.)

Label Reading

Learn what facts on food labels are important and how to apply this information to your individual needs.

One-on-One Nutritional Counseling

A registered dietitian is a reliable source of food and nutrition advice, can separate fact from fad, and can translate scientific findings into easy-to-understand information. One-on-one nutritional counseling with a registered dietitian can help you create an eating pattern and nutrition program designed especially for you.

Principles of Exercise

This class will highlight aerobic exercise, strength, and flexibility. Answers to the following questions will be addressed:

- How often should I exercise?
- How long should I exercise?
- How do I know how hard to exercise?
- What if I don't even like to exercise?

Stretch, Flex, and Relax!

This class discusses the importance of maintaining flexibility through stretching. In addition, the class covers ways to use stretching exercises as a form of relaxation when dealing with stress.

Understanding Your Medications

This class offers expert advice concerning problems frequently encountered with medications, how to make your prescription dollar count, medication rules to save your life, and what to do when medication becomes your worst enemy.

Tobacco 101

This class is designed to help you understand nicotine addiction and why it is so hard to quit. You will learn about the benefits of quitting tobacco use and tips on how to develop a successful quit plan.

Want more information? Call (509) 573-3592.

Yakima Regional Medical and Cardiac Center

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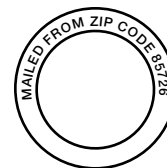
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