

SUMMER 2008

YAKIMA
REGIONAL
MEDICAL
& CARDIAC
CENTER

House Call

Regular Screenings Help You Beat Prostate Cancer

Find out how you can sign up
for a free screening.

Catheterization Procedure Saves Man's Leg *and* Life

Growing **Bigger** to Better Care for Hearts



Drive against Prostate Cancer Comes to Yakima Regional

Yakima Regional Medical and Cardiac Center and KIMA-TV will be offering free prostate cancer screenings July 9 and 10. The National Prostate Cancer Coalition's special traveling bus, which will be parked in the Yakima Regional parking lot, will serve as the location for the screenings. No appointment is needed.

Screenings will consist of a blood test to determine prostate-specific antigen (PSA) levels and a physical exam, called a digital rectal examination (DRE). A doctor will provide a brief consultation about the DRE findings, and the PSA results will arrive by mail within a month of the screening.

The American Cancer Society recommends that men over age 50 get screened, and those with risk factors, such as a family history of prostate cancer, begin screenings at 40. Last year, Yakima Regional screened almost 500 men in two days, and looks forward to providing this valuable test for men again.



Yakima Regional Welcomes New Diabetes Educator



Cameron Van Tassell, RD, has recently been hired as the diabetes education program coordinator at Yakima Regional Medical and Cardiac Center. He will work closely with Gary Treece, MD, endocrinologist at the Central Washington Endocrine Center.

As the program coordinator, Van Tassell will visit patients with diabetes while they are in the hospital and provide them with education and diabetes resources. He also will be working with patients who have recently been diagnosed with diabetes, helping them learn how to manage their disease.

Van Tassell received his undergraduate degree from the University of Wyoming in Laramie, Wyoming, and completed his master's degree at Central Washington University in Ellensburg, Washington. He has worked as a registered dietitian at several facilities during the past two years.

Yakima Regional is excited to provide our patients with diabetes this important service and will continue to expand our diabetes education programs in the future.

Software Saves Patients and Physicians Time

Yakima Regional Medical and Cardiac Center is now home to ProVation® software, the latest software program to help physicians focus on patients—not paperwork.

In a day's work, your physician performs many tasks—seeing patients, consulting with other physicians, and evaluating tests and imaging scans. In the past, another large and time-consuming part of the day was paperwork and documentation.

That's why Yakima Regional acquired ProVation software. Launched in February to Yakima Regional physicians, the program replaces paper charting with computer software that uses special codes that allow physicians to quickly enter patient information.

"ProVation streamlines the patient information process, allowing doctors to spend more time with patients," says Polly Neu, director of surgical services at Yakima Regional. "Once the information is entered, physicians also can include imaging

studies and billing information that is easily printed at the touch of a button."

LEADING-EDGE TECHNOLOGY

Yakima Regional was one of the first hospitals in the country to use the latest version of the ProVation software, which can automatically generate letters, requests, reports, and patient instructions. Physicians also can use ProVation to access notes and other information from locations outside the hospital.

"At Yakima Regional, we seek the latest technology to help physicians offer the best in care," says Neu. "By implementing this software, our physicians are continuing to set high standards."

For more information on Yakima Regional, visit www.yakimaregional.org.

Yakima Regional Doc Among the First on the West Coast to Perform Aneurysm Procedure Using New Technology

Sören Singel, MD, neurosurgeon on staff at Yakima Regional Medical and Cardiac Center, performs stent-assisted endovascular coiling using a new Cordis Enterprise stent.

Stent-assisted endovascular coiling is used to treat "wide-neck" brain aneurysms. A brain aneurysm develops when a weak spot in a blood vessel causes a bulge. The bulge then fills with blood, which if not treated can burst and cause serious health problems.

In a "wide-neck" aneurysm, the neck, or opening, of the aneurysm is very large and difficult to block. In order to treat a "wide-neck" brain aneurysm, a stent (a small, metal, mesh tube), similar to what is used in cardiac procedures, is placed in the blood vessel next to the opening of the aneurysm, forming a bridge. A tiny catheter (tube) is navigated between the openings of the stent into the aneurysm. Small metal wires are then coiled into the aneurysm

until it is full. The wall of the stent holds the coils inside the aneurysm and helps a clot to form over the neck, while keeping the blood vessel clear.

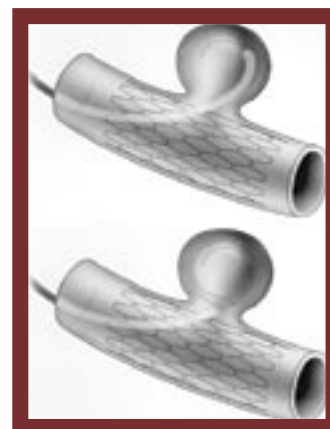
AN INNOVATIVE TOOL

The new stent is designed specifically for treating wide-neck aneurysms, which account for about a quarter of all aneurysms found.

"The engineering involved in this stent is really quite remarkable," stresses Dr. Singel. "It allows for the flexibility necessary to navigate through the many curves of the cranial area, but is much stronger than earlier versions."

Dr. Singel is one of only a few surgeons in the country trained in endovascular coiling, and is among the first surgeons on the West Coast to

use the Cordis Enterprise stent. Yakima Regional is proud to be able to keep up with the latest technology, which allows us to offer the best treatment options for our patients.



Stent-assisted endovascular coiling of a "wide-neck" aneurysm.



TOP 100 HEART HOSPITAL: WHAT DOES IT MEAN?

Yakima Regional Medical and Cardiac Center is proud to be named one of the Top 100 Heart Hospitals in the country. Determined by healthcare ratings company Thomson (formerly Solucient), the award measures hospitals' performance treating congestive heart failure and heart attacks.

Thomson used performance criteria including complication and survival rates, number of procedures performed, and average length of stay after surgery. The award puts Yakima Regional in good company—the Mayo Clinic Hospital and the Cleveland Clinic were also award recipients.

Being chosen as one of the top hospitals in the nation for heart care means when you need cardiac care, Yakima Regional is here for you and your family, offering our best every day.



Cardiac Care Center Expansion Is Good News for Hearts

As the area's only Thomson (formerly Solucient) Top 100 heart facility and provider of open-heart surgery services, community members count on Yakima Regional Medical and Cardiac Center to provide the best care for their hearts. Now, the Cardiac Care Center has expanded to offer an intermediate care unit, offering patients specialized care after a cardiac event.

When a patient experiences a heart attack or undergoes a cardiac procedure, he or she often spends time in the intensive care unit ICU. After an initial recovery period, patients may no longer require close watch in an ICU, but are not quite ready to be transferred to a step-down unit, which offers less monitoring. In response to physician and patient requests for an intermediate unit, Yakima Regional has expanded its services.

"After months of meeting with members of our hospital staff and gaining physician feedback, we have created a 12 bed specialized unit," says Corinne Murphy Hines, MS, MSM, executive director of cardiovascular services at Yakima Regional. "This unit offers tremendous benefits to patients—they will receive care from nurses highly trained in treating cardiac patients, as well as have a cardiologist visit daily to evaluate their patients' progress."

The intermediate cardiac unit opened on March 17, 2008, and is designed to care for patients after open heart surgery, invasive cardiac catheterization interventions, heart attack, or other chest surgeries.

DESIGNED WITH THE PATIENT IN MIND

The intermediate care unit is located on the same floor as the ICU and is staffed by critical care nurses who use state-of-the-art technology to monitor patients' vital signs. All patient rooms in the unit are private with individual bathrooms. The unit provides a comfortable and relaxing atmosphere for recovering patients and their families.

"The nurse to patient ratio is one nurse to one patient, so patients feel comfortable knowing someone is there to care just for them," says Ron Fought, chief nursing officer at Yakima Regional. "The entire area also has been remodeled, and patients and visitors can enjoy bright colors on the walls and new furniture."



SPECIALIZATION MAKES A DIFFERENCE

In addition to recovering in a pleasant atmosphere, having a dedicated nursing team benefits patients. Not only are the unit's nurses experienced in critical care, they also have received training from Yakima Regional physicians representing a variety of specialties.

"When recovering from a cardiac event, a patient's health status can change quickly," says Murphy Hines. "Our nurses are equipped with the education and experience to recognize signs a patient's condition may become more severe."

Patients also can receive support from specialists in other disciplines, including pharmacy, social work, rehabilitation services, and pain management.

"At Yakima Regional, we are constantly looking for ways to ensure we are providing the best, most technologically advanced services to patients," says Murphy-Hines. "We are proud to offer the intermediate care unit to expand our already exceptional services."

For more information on cardiac care at Yakima Regional, visit www.yakimaregional.org.

CHECK IN ON YOUR HEART

Understanding your risk for heart disease is the first step toward good heart health.

Heart disease currently tops the charts as the leading killer of men and women in the United States, according to the American Heart Association. Whatever your age, taking action to control your risk factors can add years to your life.

KNOW YOUR RISK

Check all boxes below that apply to you. If you check one or more, talk to your doctor about how to reduce your risk of heart disease.

- AGE. I'm over age 50.
- FAMILY HISTORY. My father or brother had a heart attack before age 55, my mother or sister had one before age 65, or one or both of my parents, siblings, or grandparents had a stroke.
- PERSONAL MEDICAL HISTORY. I've had a heart attack or have coronary heart disease, arterial fibrillation, or another chronic heart condition.
- PERSONAL STROKE HISTORY. I've had a stroke or have been told I have carotid artery disease.
- BLOOD PRESSURE. My blood pressure is 120/80 to 139/89 mm Hg (prehypertension), 140/90 mm Hg or higher (high blood pressure), or I don't know what my numbers are.
- SMOKING. I smoke or am frequently around people who smoke.
- CHOLESTEROL. My total cholesterol is 200 mg/dL or higher, my HDL ("good") cholesterol is less than 40 mg/dL, or I don't know my numbers.
- PHYSICAL ACTIVITY. I exercise less than 30 minutes on most days of the week.
- OVERWEIGHT. I'm 20 or more pounds over the ideal weight for my height and build.
- DIABETES. I have diabetes (fasting blood sugar reading of 126 mg/dL or higher), or I need medicine to control my blood sugar.

Catheterization Procedure Saves Man's Leg and Life



Michael Leonard Hangge, sales professional with Specialized Motors, Ltd., in Yakima, knew his family history of heart disease and stroke. That's why he ate healthy, exercised four to five times a week, and even quit smoking to improve his health. But when his right leg began cramping after walking only a few minutes at a time, he decided it was time to see his physician.

"I knew something was wrong, and when I spoke with my physician's assistant who examined my leg, she immediately sent me to the Yakima Regional Medical and Cardiac Center vascular laboratory," says Michael. "At the lab, the team did a vascular sonogram and found a blockage in my calf."

Michael's physicians found his right femoral artery, which runs from the groin down the inner leg, was almost completely blocked at his calf area. The calf pain and cramping resulted because his arteries below the blockage were not getting enough blood. His physicians recommended a catheterization procedure to clear the buildup in the artery and prevent a deadly blood clot.

A PAINLESS PROCEDURE

On January 22, 2008, Yakima Regional cardiologist R. Thomas McLaughlin, MD, performed Michael's catheterization procedure. To enhance comfort, Michael remained awake, but was given a sedative as well as a local anesthetic at the site at which the catheter (a thin, flexible tube enters the leg.

Dr. McLaughlin used a SilverHawk™ catheter, which is inserted through the incision and threaded down the artery. When the SilverHawk reached the blockage, the doctor activated a small blade, which rotates 8,000 times a minute, in the catheter to remove built up plaque.

"During the procedure, Dr. McLaughlin explained every step he was taking—I even got to see what the blockage looked like," says Michael. "I felt no pain and I was absolutely amazed at how well the team worked together."

A FAST RECOVERY

Michael was kept overnight for observation and returned home the next morning.

"I could immediately feel that my circulation had improved," Michael says. "Some of the muscles in my leg had previously atrophied, and as I continued to recover, the difference was amazing."

After completing follow up appointments with Dr. McLaughlin and his staff, Michael says he was consistently impressed with the level of care he received at Yakima Regional.

"When I had my surgery, I was the last patient of the day, but Dr. McLaughlin and his staff treated me as if I was the first," he says. "They all could have just gone through the motions, but I felt they cared about me and my concerns and were always right there for me."

For more information about catheterization procedures at Yakima Regional, please visit www.yakimaregional.org.



Oatmeal Offers Healthy Benefits

You know your morning bowl of oatmeal tastes good, but did you know it's also good **for** you?

In 1997, the U.S. Food and Drug Administration (FDA) released findings that concluded oatmeal made from whole oats was good for your heart. Because the soluble fiber in the oats lowers LDL ("bad" cholesterol) levels, the FDA determined that eating oatmeal could reduce the risk of heart disease.

The FDA also recently conducted a follow-up study and found that oats may have additional benefits, including antioxidants that can have anti-inflammatory properties when consumed over time. Additionally, the whole grains in oatmeal have been shown to reduce high blood pressure.

Eating oatmeal can also help those with Type 2 diabetes avoid spikes in blood sugar. Because

soluble fiber slows the digestion of starch, blood sugar rises more slowly after consuming oatmeal than usual.

WHICH TYPE IS BEST?

You may have heard that slow-cooking oatmeal is preferable to its instant counterpart when it comes

to health benefits. While instant oatmeal often contains additional sugar and flavorings, it still offers the same cardiac benefits as slow-cooking oats. Instant oatmeal contains more carbohydrates and empty calories per serving, but if it just tastes better to you, it still offers a great health boost.



Stroke Care: Reaching for the Best

Yakima Regional Medical and Cardiac Center is proud to be working with the American Heart Association, the American Stroke Association, and The Joint Commission toward becoming a Primary Stroke Center. Yakima Regional has achieved the first step and has been recognized as a Participating Hospital in this nationwide initiative to provide the highest quality care and patient education.

"We're very excited to be working toward designation as a Primary Stroke Center," says Kimberly Cree, RN, nursing director for

Yakima Regional's neurology unit. "We already offer some of the best stroke care in Central Washington, and our participation in this program has helped us to improve our treatment standards. It gives us the necessary tools to provide the best possible outcomes for our stroke patients."

COMPREHENSIVE CARE

Yakima Regional offers a full complement of services for stroke patients, including a state-of-the-art emergency department, onsite magnetic resonance imaging (MRI), 24-hour neurology and neurosurgery, intensive and acute

care stroke units, and inpatient rehabilitation. Primary Stroke Centers must prove that they have the capability of treating all aspects of a stroke, from diagnosis through recovery.

Primary Stroke Centers have shown that staffs have the skills and knowledge to coordinate the best care for stroke patients, and have met more than 30 standards in a rigorous approval process. Achieving designation is voluntary, and it shows that Yakima Regional has a strong commitment to providing excellent stroke care for all Yakima Valley patients.

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.

Label Reading

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

Tobacco 101

A tobacco control manager from the American Lung Association will help you understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan.

Getting to Sleep

Would you like to look forward to going to bed and getting a good night's rest? Many people struggle with getting to sleep and/or staying asleep. This class covers the basics of good sleep hygiene. Come and sleep better!

Heart Basics

This class is designed to give you an understanding of how your heart works. Identified are basic heart anatomy and physiology, cardiac risk factors and ways to reduce your risk, symptoms of heart attack, and skills to assist those who recently had cardiac surgery or heart attack through the recovery process.

Diabetes: Another Word for Heart Disease

Diabetes is such an important risk factor for heart attack that it is often referred to as "another name for heart disease." Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease, and this class helps you to recognize the signs and symptoms.

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?

Introduction to Relaxation Techniques

The ability to relax or de-stress is as simple as taking a breath, and as challenging as focusing on that breath without distractions. Come and learn some simple tools you can use to create a more peaceful, reduced-stress life for yourself. Discover the power and rejuvenating benefits of relaxation.

Heart Healthy Eating

Changing what you eat is one of the most effective ways to reduce cholesterol levels, blood pressure, and weight. This class covers nutrition guidelines, label facts, restaurant dining, and "good" vs. "bad" fats, as well as how to put exercise and food together to make positive lifestyle changes.

Pleasure

Pleasure is commonly thought of as a positive experience related to happiness, entertainment, and enjoyment. People usually feel pleasure through activities, like being with loved ones, listening to music, writing, and/or accomplishing something. As we age and confront illness, our experience of pleasure can be interrupted. This class offers you a chance to consider dozens of potentially pleasurable activities and decide which new ones you might like to try. The presenter also explains the concept of psychological neoteny, which might offer you a few ideas about play, spontaneity, and reckless abandon—why not?

Understanding Your Medications

A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count, and how to keep your medications straight.

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

Yakima Regional Medical and Cardiac Center

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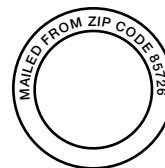
For health information, physician referral, employment opportunities, and more, please visit our Web site at www.yakimaregional.org.

House Call is published by Yakima Regional Medical and Cardiac Center as a public service to the people of Central Washington. This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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