

HEARTBEATS

2024

PREVENTION:
**YOUR
PATH
TO
HEALTH**



ISLAND HEALTH
Care Courageously™

Dr. Elke Neuschwander, one of the newest additions to Island Primary Care - M Avenue.

Implementation:

New Providers, Technologies and Projects to Improve Care in Your Public Hospital District

As I enter my third year as the CEO of Island Health, I am thrilled to report on the progress we have made executing action items from our strategic plan and community health needs assessment.

In the spirit of accountability—one of our core values at Island Health—I'd like to highlight a few of our team's key accomplishments in 2023:



New Providers to **Expand Access to Care**

With the addition of eight new providers in the last seven months, we have expanded access to 5-star healthcare close to home. We have created capacity for over 6,000 additional community members to establish primary care at Island Health. There is now no need to leave our community for primary or obstetric care. Learn more about our new providers, starting on page 5.



New Technologies to **Improve Care**

We are thrilled to bring new technologies to Island Urology, diagnostic imaging and surgical services. A new robot is here to support our orthopedic partners and help maximize surgical outcomes for hip and knee replacement patients. With support from the Island Health Foundation, we now offer the latest technologies for mammography, X-rays and more. Read more about the new CORI robot for hip and knee replacements on [page 21](#) and our new robotic Aquablation® procedure for urology patients on [page 27](#).



Newly Remodeled Spaces to **Enhance the Patient Experience**

Our Emergency Services Project is nearing completion with a new lobby, a new Central Waiting area, and a secured and updated Emergency Department. We're also excited to unveil the helipad this summer. Follow our construction progress at islandhealth.org/progress or read about it on [page 28](#).

With a growing community and continual process improvement in mind, our work is just beginning. In 2024, we are focused on continued updates to our spaces, technologies and equipment. We are also dedicated to retaining our exceptional staff, who were awarded 5-star honors from the Centers for Medicare and Medicaid for two consecutive years.

I am proud to serve you and our entire Public Hospital District, and I am always open to your feedback. Feel free to contact me at 360.299.1327.



Elise Cutter, MBA
Chief Executive Officer
Island Health



in this issue

- 1** CEO MESSAGE
- 3** COMMISSIONER MESSAGE
- 5** WELCOME NEW PROVIDERS

FEATURED ARTICLES

- 4** PREVENTIVE CARE
- 15** PULMONOLOGY SERVICES AND SCREENINGS
- 17** COLORECTAL CANCER Screenings for early detection
- 19** 2023 IMPACT REPORT
- 21** MEET CORI New orthopedic robot
- 27** AQUABLATION® THERAPY Improved prostate care

IN EVERY ISSUE

- 11** HEALTH EDUCATION PROGRAMS Free and low-cost classes and events
- 18** HEALTHY RECIPE Gut-friendly goodness
- 29** VOLUNTEER SERVICES

PATIENT STORIES

- 8** PRIMARY CARE Nurturing patient/provider relationships
- 10** SPORTS & SPINE Patient triumphs over pain
- 16** PULMONOLOGY Respiratory resilience
- 22** ORTHOPEDICS Tenacity on the trail

FOUNDATION

- 23** WELCOME NEW EXECUTIVE DIRECTOR
- 23** HONOR AND MEMORIAM
- 25** GALA OF HOPE A call to support pulmonology services

HEARTBEATS

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Setting an example for healthy living is primary care physician Elke Neuenschwander, MD. Read more about her on page 6.

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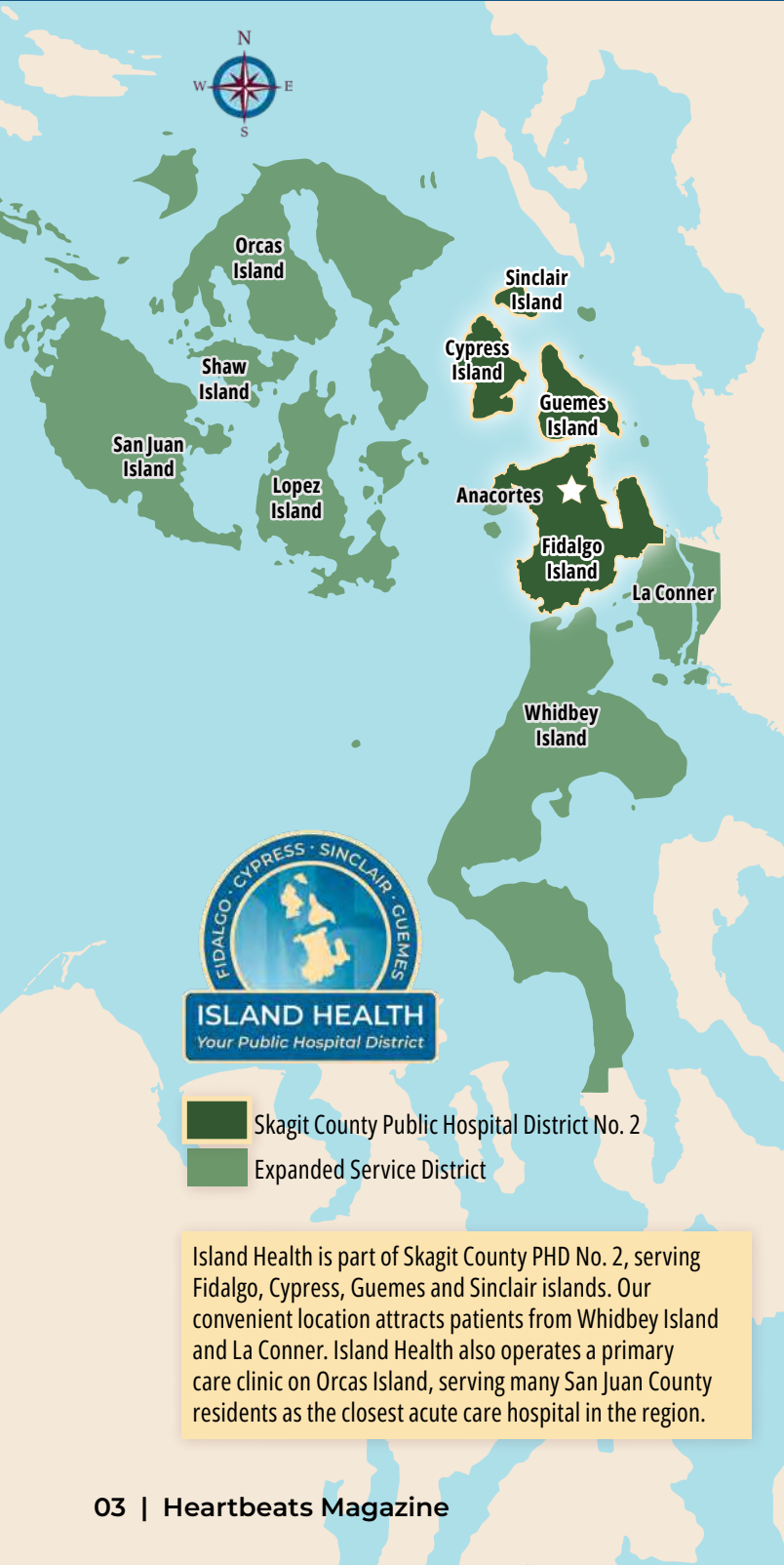
Español (Spanish)

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Get to Know Your Local Public Hospital District



Island Health Board of Commissioners: Jan Iversen; Chip Bogosian, MD; Warren Tessler; Paul M. Maughan, PhD; Lynne M. Lang, PhD



Skagit County Public Hospital District No. 2: Where we call home

Did you know that Island Health is a public hospital district? Public hospital districts (PHDs) are community-created, governmental entities authorized by Washington State law to deliver health services. Island Health (Skagit County Public Hospital District No. 2) is a non-profit, governmental entity owned by you, the citizens in our district. We are one of 44 public hospitals in Washington State.

A PHD is a commitment to our community to keep exceptional care close to home, and I am privileged to serve as one of five commissioners in our district. As publicly elected officials, our role is to provide governance to the hospital, help guide strategy and hear from the community on what you need and how we're doing. Learn more about public hospital districts at islandhealth.org/about.

If you have questions or comments for any of the Commissioners, please email us at commissioners@islandhospital.org or call 360.299.1327. We appreciate your input.

Island Health is part of Skagit County PHD No. 2, serving Fidalgo, Cypress, Guemes and Sinclair islands. Our convenient location attracts patients from Whidbey Island and La Conner. Island Health also operates a primary care clinic on Orcas Island, serving many San Juan County residents as the closest acute care hospital in the region.



Chip Bogosian, MD
President
Island Health Board of Commissioners



New providers at Island Primary Care – M Ave:
Jason Blair, MD; Sarah VanGaasbeek, MD; Caitlin MacCoun, MD; Elke Neuenschwander, MD

Preventive Care: The Best Medicine for a Healthier Community

We've all heard the mantra, **"prevention is the best medicine,"** but is it true? As a family physician and Island Health's Chief Medical Officer, I can attest that preventive medicine is vital to healthier patients and communities.

Preventive medicine is routine care. Just like you service your car to keep it running smoothly, the same is true with your body. I always tell my patients they should see me when they're healthy, not just when sick. Annual wellness exams enable your provider to order essential health screenings for diseases like diabetes, cancer and heart disease; ensure your vaccinations are up to date; and check your key indicators of health, such as your blood work and blood pressure. Wellness exams help you stay healthy and detect problems before they become severe or life-threatening.

The cornerstone of preventive health is primary care practitioners, who help improve the health of entire communities. For every additional 10 family physicians per 100,000 people, there are 15 fewer deaths, 40 fewer hospitalizations and an average increase in life expectancy of 52 days.⁽¹⁾

One of Island Health's strategic initiatives has been to increase access to care in our hospital district, particularly for primary care patients. Over the last two years, we have been working diligently to recruit and onboard new providers to our community. Since September 2023, Island Health has welcomed six new primary care providers and two new OB/GYNs.

I am pleased to introduce our newest family physicians, OB/GYNs and nurse practitioner, who are all dedicated to improving the health and well-being of our community. Please enjoy getting to know our providers on the following pages and at your future wellness exam.



Jason Hogge, MD
Chief Medical Officer and Family Physician
Island Health

1. National Library of Medicine, The Value of Family Medicine.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10112714/#b14-0690269>



Jason Blair, MD

Medical School: University of North Carolina
Residency: Sutter Santa Rosa Family Medicine
Fellowship: Medicos Para La Familia

Family Medicine

Obstetrics

Bilingual: English/Spanish

What do you enjoy most about being a family medicine provider?

I love the opportunity it provides for me to play a role in the health of an entire family, through each individual.

What are some of your clinical interests?

I am particularly interested in fostering the parent-child relationship and using the unique role of the family physician to partner with patients for positive change in their health so they can flourish in other areas of life.

Why did you choose Island Health?

The allure of Anacortes and its beaches motivated us to choose Island Health.

How do you like to spend your time when not seeing patients?

I enjoy being involved in my local church and partaking in a good fermented beverage, eclectic food and music. I also love teaching our four children the art of crafting the perfect espresso shot.



Caitlin MacCoun, MD

Medical School: University of Wisconsin
Residency: Cascades East Family Medicine
Fellowship: Swedish Family Medicine

Family Medicine

Obstetrics

What do you enjoy most about being a family medicine and obstetrics provider?

I love the relationships I am able to build with patients and their families.

How do you like to spend your time when not seeing patients?

I enjoy spending time outside with my husband and dogs hiking, biking, running, kayaking and cross country skiing. I am looking forward to improving my gardening skills and building a hobby farm.

What are some of your clinical interests?

I have a special interest in preventive health and wellness, women’s health and obstetrics, as well as sports medicine.

Why did you choose Island Health?

Island Health was an easy choice, as both my husband and I have spent lots of time in Anacortes, and we are excited for all the community has to offer.



Elke Neuenschwander, MD

Medical School: Oregon Health & Sciences University

Residency: Providence Alaska Medical Center

Fellowship: Tacoma Family Medicine

Family Medicine

Obstetrics

What do you enjoy most about your job?

My favorite aspect is hearing the stories of my patients, which enables me to guide discussions on complex decisions and medical management.

How do you like to spend your time when not seeing patients?

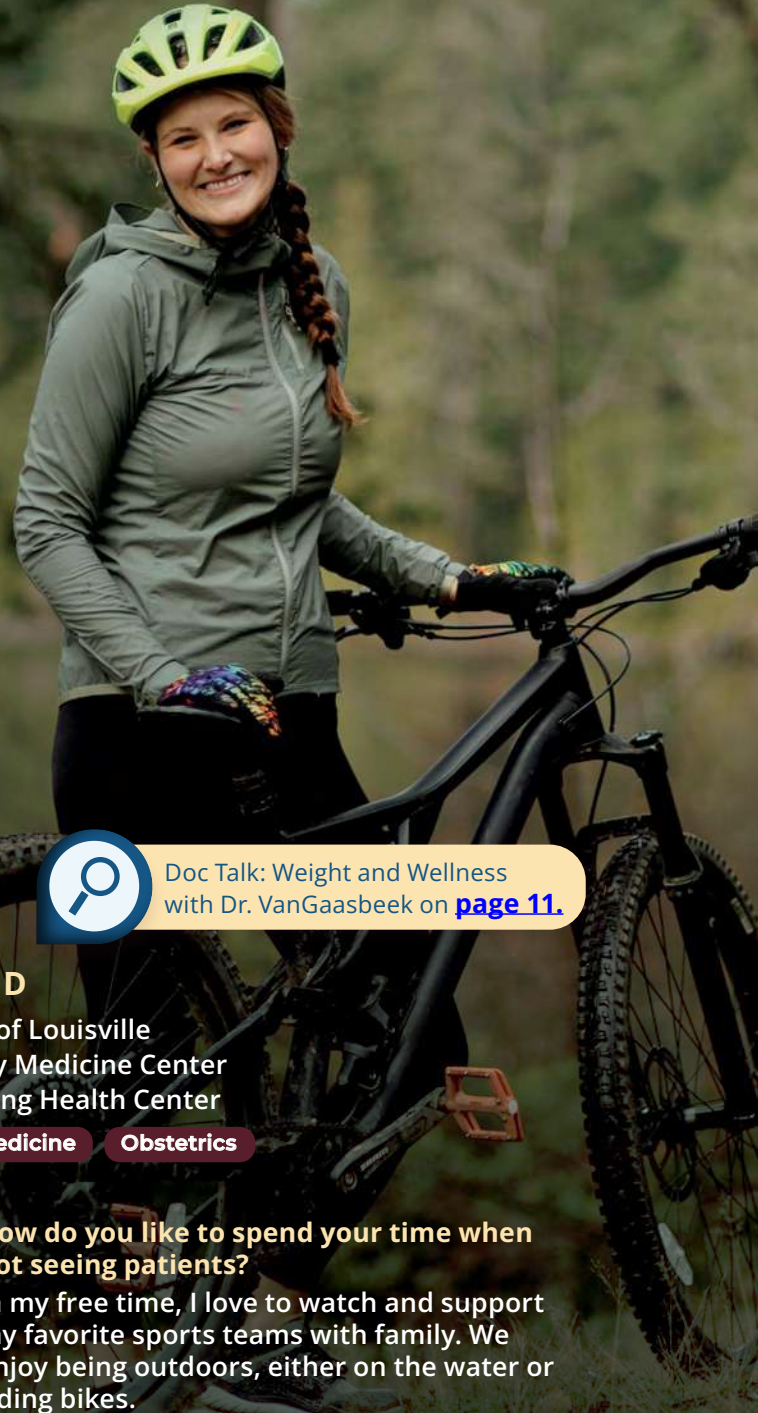
As a Pacific Northwest native, I enjoy spending my free time in the mountains, hiking, trail running, mountain biking and backcountry skiing.

What are some of your clinical interests?

I am very passionate about preventive medicine and whole-person health. I like to employ lifestyle changes as a management strategy when possible, but think that it is important to know when additional steps should be pursued.

Why did you choose Island Health?

Island Health provided me with an opportunity to practice full-scope family medicine with obstetrical care while working in a beautiful community.



Doc Talk: Weight and Wellness with Dr. VanGaasbeek on [page 11](#).



Sarah VanGaasbeek, MD

Medical School: University of Louisville

Residency: UCHealth Family Medicine Center

Fellowship: Spokane Teaching Health Center

Family Medicine

Obesity Medicine

Obstetrics

What do you enjoy most about your job?

It is the meaningful connections I make with my patients that truly drives my passion as a physician. Walking through the joys and sorrows of life alongside my patients is very rewarding.

What are some of your clinical interests?

I have a keen interest in obesity medicine because it is a disease that affects so much of our population and effective treatment can be life changing. Being on the forefront of many new management and medication options is very exciting.

How do you like to spend your time when not seeing patients?

In my free time, I love to watch and support my favorite sports teams with family. We enjoy being outdoors, either on the water or riding bikes.

Why did you choose Island Health?

I chose Island Health for the opportunity to serve a vibrant, tight-knit community and work with an exceptional group of doctors.



Janelle Peranteau, FNP

Medical Education: Gonzaga University

Family Medicine

What do you enjoy most about your job?

My favorite aspect of my job is my time spent getting to know my patients. I enjoy building trusting relationships that address every patient's unique needs.

What are some of your clinical interests?

I strive to combine a holistic approach with evidence-based medicine to aid everyone in reaching their goals for optimal health and well-being. I have a special interest in pediatrics, women's health and wound care.

How do you like to spend your time when not seeing patients?

I enjoy being outdoors with my family, usually hiking, camping or exploring the beach. When I find myself solo, I'll be trail running or buried in a book.

Why did you choose Island Health?

After spending time working in other hospitals around the country, my family and I returned to Anacortes in 2019 to call this home. I am thrilled to continue my journey at Island Health as a nurse practitioner.



Doc Talk: Hypertension Prevention with Dr. Whitaker on [page 11](#).



Brittany Whitaker, DO

Medical School: University of New England

Residency: Samaritan Health Services

Family Medicine

Why did you choose Island Health?

I chose Island Health because of the people, the inviting culture and the mission of primary care in the community.

What do you enjoy most about being a family medicine provider?

I am passionate about community engagement and believe in treating the individual, not just the disease. I enjoy taking the time to foster a culture of safety and collaboration with each patient.

What are some of your clinical interests?

My clinical interests encompass rural, international and travel medicine; women's health; and the integration of lifestyle and nutritional medicine.

How do you like to spend your time when not seeing patients?

Outside of practicing medicine, I am an avid traveler, both nationally and abroad. On the weekends, I enjoy hiking with my family and two dogs, fly fishing and camping.





LEARN MORE: 

Nurturing Health:

Fostering the Patient/Provider Relationship Across Generations

Island Health's (IH) Amanda Jonassen, RN, decided to work at IH because of the care she received when she was pregnant with her first child, 10 years ago. Her physician, Dr. Jason Hogge, not only saw her through her pregnancy and delivered her children, but has remained her family's primary care provider ever since. He also cares for her parents and grandparents.

"It's why I work here now. The staff worked so well together, and I knew I wanted to be a part of that," Amanda said.

It's important to find a provider you're comfortable with and make annual visits, even when you're not sick, so that a good relationship can be formed.

"That's how we can best care for our community," Amanda said. "The annual visit fills in key pieces of our health that can be crucial when something actually does happen."

Dr. Hogge added that annual visits help providers keep track of a patient's health history and also help build a lasting relationship of trust, compassion and mutual respect.

Island Health primary care clinics have new patient appointments available. Call 360.293.3101 to book your appointment today!



Enhancing Accessibility to Quality Care on Orcas Island

In addition to primary care, Island Health is enhancing medical services for the Orcas community. The October 2020 agreement with the Orcas Island Health Care District outlines our commitment to primary care services, including same-day care and after-hours care, as needed. Island Health recognizes the value in offering convenient options within the clinic's scope. This not only benefits our patients by saving time and money, but also aligns with our commitment to enhancing local healthcare.

We believe in making healthcare more accessible and convenient for Orcas residents, and we're proud to contribute to a healthier community.

Island Primary Care – Orcas is very pleased to offer these additional services:

- Pediatrics
- Women's Health
- Telehealth Cardiology
- Imaging and Courtesy Imaging
- Courtesy Lab
- Limited Ultrasound

In addition, we are exploring the opportunity for telehealth pulmonology, on-site interventional pain treatments and diagnostic dermatologic equipment at the Orcas clinic. We look forward to another year serving the Orcas community.



Island Obstetrics & Gynecology – 24th Street providers: Lisa Melody, PA-C; Elizabeth Waring, MD; Joseph Wilson, MD; Kathleen Garde, MD; Julie Watters, DO. Not pictured: Nadine Foist, MD.

Supporting Women of All Ages

From adolescence to childbirth, throughout menopause and beyond, our OB/GYN team is here to support women of all ages. With two additional physicians, there's no need to leave the community for excellent care.



Elizabeth Waring, MD

Medical School: Tulane University
Residency & Fellowship: Virginia Commonwealth University Health System

Obstetrics & Gynecology

What do you enjoy most about your job?

I take the relationship with my patients very seriously and enjoy providing meaningful, personalized care through all stages of life.

What are some of your clinical interests?

My fellowship training in hospice and palliative medicine allows me to better address the needs of women and their partners who experience difficulties during high-risk pregnancies and to support patients with gynecological cancer.



Julie Watters, DO

Medical School: Rocky Vista University
Residency: Walter Reed National Military Medical Center

Obstetrics & Gynecology

What are some of your clinical interests?

I have a special interest in managing complicated pregnancies and deliveries, as well as challenging gynecologic issues such as cervical dysplasia.

What do you enjoy most about your job?

I enjoy caring for women at every stage of their lives. Taking care of women is a special privilege, one that I'm honored to be able to do!

Tele-NICU

Island Health's Birth Center will participate in a tele-neonatology (NICU) trial sponsored by the Mayo Clinic. Island Health is one of 50 rural hospitals nationwide participating in the five-year trial, including two other hospitals in Washington State. Neonatologists are specialized pediatricians who care for premature or sick newborns.

By participating in this trial, Island Health will have neonatology expertise at the bedside of any newborn needing critical care. Island Health's pediatricians and family physicians will receive training from the Mayo Clinic and they will work with neonatologists from Seattle Children's Hospital. The goal of the trial is to determine the risk of early neonatal mortality for at-risk babies born in community hospitals.



LEARN MORE: 

STORY OF COURAGE

Grateful Patient's Triumph Over Pain

"Dr. Krause literally changed my life," Ashley McArthur said, not only of Dr. Krause's treatment, but of his overall care. Ashley was first referred to Dr. Krause after several doctors, physical therapists and even an orthopedic surgeon could not help her with her back pain.

Island Sports & Spine patient Ashley McArthur.

Don't let pain keep you down.

Minimally invasive, non-surgical pain intervention.

For more than a year, 29-year-old Ashley, a lifelong runner and CrossFit athlete who moved to Oak Harbor from Pensacola, Florida in 2022, had severe back pain. The mysterious pain started in her thoracic area and moved down toward the lumbar region, worsening over time. MRIs were inconclusive, and surgery was discouraged. Once Island Sports & Spine got involved, things got much better.

"The whole staff helped me so much," she said. "Dr. Krause was the only provider who listened to me and who has tried so hard to help me, even when we weren't sure what was causing the pain."

Ashley is doing much better. She now receives spinal injections along with continued physical therapy. She was even able to compete in a CrossFit competition earlier in 2024.

Island Sports & Spine offers minimally invasive, innovative treatments—rather than medications or surgery—to help patients with chronic pain. For more information, call 360.299.4929.



Robert Billow, DO, FAOCPMR
Interventional Pain Medicine



Jeffrey Krause, MD
Anesthesia, Interventional Pain Medicine



Lifestyle & Wellness

Move Your Way®

Learn the most up-to-date recommendations for staying physically active as you age, as well as strategies for sitting less and preventing falls.

- March 28, 11 a.m.
- May 16, 1 p.m.
- July 18, 11 a.m.
- Free
- Kess Walp, CHES, CPT



CPAP, BI-PAP and Home Ventilator Education

Bring your CPAP for a hands-on class that will address common CPAP issues.

- April 10, 4 p.m.
- June 12, 4 p.m.
- Free
- Robert Down, RT

Freedom from Smoking®

Get ready to quit tobacco products with this eight-session group quit program. Work with a trained facilitator to set a quit date and build a quit plan.

- Mondays: April 1–May 13, 4:30–6:30 p.m.
- \$50
- Robert Down, RT

Osteoporosis: Exercise & Nutrition

Learn what types of exercises are most beneficial for your bones and which foods will help them stay healthy as you age.

- March 28, 3:30 p.m.
- June 27, 3 p.m.
- \$10
- Amber Phillips, MS, RD; Kess Walp, CHES, CPT

Bodyweight for Beginners

Learn how to build an exercise routine in this four-week series. Each week will introduce staple bodyweight movement patterns without the use of expensive equipment.

- Tuesdays: May 7–28, 7 a.m.
- \$20
- Kess Walp, CHES, CPT

DOC TALK



Weight and Wellness

Our board-certified obesity medicine physician will share lifestyle-management techniques, medication strategies and surgical options to help manage the disease of obesity.

- June 6, 12:30 p.m.
- \$10
- Sarah VanGaasbeek, MD

REGISTRATION IS EASY!

Call 360.299.4204, or visit: islandhealth.org/classes

DOC TALK



Hypertension Prevention

This four-week series will focus on education and preventive strategies for high blood pressure. Learn easy and sustainable ways you can make a difference for your heart from an expert at each session.

- Wednesdays: May 1–22, 5:30 p.m.
- \$35
- Brittany Whitaker, DO; Kess Walp, CHES, CPT; Amber Phillips, MS, RD; Kristin Rogers, PharmD, BCPS

Pelvic and Bladder Health

Come learn physical therapy interventions to strengthen your pelvic floor muscles and prevent urinary leakage.

- May 8, 10 a.m.
- June 19, 10 a.m.
- \$10
- Reiko Nystrom, MPT; Amy Harrington, PT

Medication Counseling Appointments

Questions about your prescription? Book a free 30-minute appointment with our pharmacist to learn more about your medications.

- April 17, 1:30–4:30 p.m.
- Free
- Kristin Rogers, PharmD, BCPS



Nutrition

Healthy Digestion

Take a journey into the digestive system! Learn the symptoms of digestive distress and nutrition strategies to improve gut health.

- May 2, 3:30 p.m.
- \$10
- Amber Phillips, MS, RD

Living Better with Diabetes

Join this discussion on eating healthy, being active and reducing risks to help manage diabetes.

- May 9, 11 a.m.
- August 22, 11 a.m.
- \$10
- Amanda Lungren, MPH, RD, CDCES

Practical Mediterranean Diet

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol and body weight. Learn more about this exciting eating style and practical tips for making it work for you!

- May 23, 3 p.m.
- \$10
- Amber Phillips, MS, RD

Prediabetes Education & Prevention

One in three U.S. adults have prediabetes, but diabetes doesn't have to be the final destination. There are steps you can take to prevent or delay diabetes and other serious health problems.

- June 6, 3:30 p.m.
- \$10
- Amber Phillips, MS, RD



Healthy Aging

Otago™ Fall Prevention Program

Come join a transformative eight-week exercise program that will enable you to improve your strength and stability to reduce your risk of falling.

- Mondays & Wednesdays:
April 1–June 3, 12 p.m.
- \$50

Improving Aging Memory

Is your memory not quite what it used to be? Join a speech-language pathologist to learn strategies and activities to improve your memory and keep your mind sharp.

- April 10, 10 a.m.
- June 5, 10 a.m.
- \$10
- Morgan Allen, MS, CCC-SLP;
Caitlin Gragg, MS, CCC-SLP

Hospice 101

Learn the basics of hospice care, including: the types of support it provides to patients and families, eligibility requirements, how it's paid for and how to get started.

- April 3, 10:30 a.m.
- Free
- Hospice of the Northwest

End-of-Life Paperwork

What documents should you have prepared for end of life? Join an end-of-life expert to learn more about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives and Health Care Durable Power of Attorney. All forms provided free of charge.

- May 1, 10:30 a.m.
- August 7, 10:30 a.m.
- Free
- Hospice of the Northwest

Aging in Place

Learn tips and strategies for healthy aging and living independently in your home for as long as possible.

- July 9, 10:30 a.m.
- Free
- Hospice of the Northwest



REGISTER TODAY:

Call 360.299.4204, or visit: islandhealth.org/classes

Registration is required unless specifically stated in the description. If you cancel your registration, we ask for a minimum of 24 hours advance notice. All programs at Island Health are held in the Fidalgo Room unless noted otherwise.



Health Education Programs



Birth & Beyond

Childbirth Education Class

Prenatal nutrition, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. This class is a blend of discussion, videos and hands-on practice.

- \$115, covered by Apple Health
- Teri Shilling, MS, LCCE, CD(DONA), IBCLC

Choose from a one-day Saturday class or a five-week series.

One-day Saturday class:

- April 13, 10 a.m.–6 p.m.
- June 15, 10 a.m.–6 p.m.
- August 17, 10 a.m.–6 p.m.

Five-week series:

- Tuesdays, May 7–June 4, 6–8:30 p.m.
- Tuesdays, July 2–30, 6–8:30 p.m.
- Tuesdays, Sept 3–Oct 1, 6–8:30 p.m.

Infant Massage

Learn how to use massage as a way to connect with your baby. This class will demonstrate ways massage can be used to help manage colic and sinus issues, improve digestion and increase your baby's positional awareness of their extremities.

- April 17, 10:30 a.m.–12 p.m.
- June 12, 10:30 a.m.–12 p.m.
- \$10
- Lindsay Harris, PT, DPT, CSCS, CIMI



Screenings

Balance

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required.

- May 7, 10 a.m.–12 p.m.
- June 18, 10 a.m.–12 p.m.
- Island Health 25th Street Building
- Doug Weaver, PT, DPT

Memory

Are you concerned about your memory? Island Health speech-language pathologists can help determine if you have a cognitive communication deficit and provide insights for next steps. Appointments are required.

- April 9, 9:30–11:30 a.m.
- June 4, 9:30–11:30 a.m.
- Island Health 25th Street Building
- Morgan Allen, MS, CCC-SLP; Caitlin Gragg, MS, CCC-SLP

Swallow

Are you concerned about your swallow? Do you have difficulty with chewing and/or require multiple swallows with bites or sips? If you cough or clear your throat frequently, have wet sounding vocal quality or have congestion with repetitive colds or pneumonia, meet with a speech-language pathologist to determine if you might have a swallowing disorder. Appointments are required.

- April 16, 9:30–11:30 a.m.
- June 11, 9:30–11:30 a.m.
- Island Health 25th Street Building
- Morgan Allen, MS, CCC-SLP; Caitlin Gragg, MS, CCC-SLP



REGISTER TODAY:

Call 360.299.4204, or visit: islandhealth.org/classes

Registration is required unless specifically stated in the description. If you cancel your registration, we ask for a minimum of 24 hours advance notice. All programs at Island Health are held in the Fidalgo Room unless noted otherwise.





Community Events

Better Breathers Club

Members of this club learn better ways to cope with lung conditions such as COPD, pulmonary fibrosis and asthma while getting the support of others in similar situations.

- First Wednesday of each month
- 4 p.m.
- Cardiopulmonary Rehabilitation
- Robert Down, RT

Stop the Bleed®

Learn how to act quickly to control bleeding and make a life-or-death difference when a bleeding emergency happens.

- April 5, 11 a.m.
- June 20, 1 p.m.
- August 8, 1 p.m.
- Free
- Jet Washington, RN, BSN, TCRN



Car & Booster Seat Clinic

Have your car and booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car.

- Second Thursday of even months, 12-2 p.m.
- Island Health 24th Street parking lot
- Email to schedule your appointment:

CarSeatsNW@gmail.com

Blood Drive with Bloodworks Northwest

One in every seven patients entering the hospital will need a blood transfusion. Your gift of blood may be someone's second chance.

- April 25, 10 a.m.–4 p.m.
- July 10, 10 a.m.–4 p.m.
- Call to schedule: 1.800.398.7888



Colon Care Day

March 27, 2024

10 a.m.–3 p.m.

Fidalgo Room



Scan the QR code to learn more, or visit: islandhealth.org/colon

Colorectal cancer is a leading cause of cancer death in the United States, **but it doesn't have to be.**

Island Health is working hard to make screening for colorectal cancer easy for our community members.

Stop by on Wednesday, March 27 for our Colon Care Day to learn more ways to give your gut some love!

Our experts will also be on-hand to discuss cervical and breast cancer screenings.

Strollin' Through the Colon

Check out our huge inflatable Super Colon, pick up your FREE colorectal cancer screening kit and schedule your screening colonoscopy!

Colon Crash Course

11 a.m.: Join General Surgeon, Mark Donovan, MD, FACS, for a short discussion on everything you need to know about getting a colonoscopy.

Colon Cuisine

2 p.m.: Learn how to eat and prep foods for optimal gut health in this class with a short cooking demonstration by Amber Phillips, MS, RD.



Pulmonology Services and Screenings for Optimal Lung Health

Island Health is here to help you breathe easier! With the addition of pulmonology services last year, Island Health is committed to improving lung health in our community. Our pulmonologists and respiratory therapists are here to help care for patients with lung disease or lung dysfunction in the clinic or hospital. Respiratory Therapy services are available 24 hours a day, seven days a week, for life-threatening heart and lung issues.

Island Pulmonology's board-certified physicians diagnose and treat conditions of the lungs and respiratory system. Our providers also specialize in sleep medicine and the treatment of asthma, COPD, emphysema, hypoxia, occupational lung disease and more.

Meet the Island Pulmonology team!



Abigail Doyle, DO
Pulmonary Medicine, Sleep Medicine



Seth Hartung, MD
Critical Care, Pulmonary Medicine



Niket Nathani, MD
Critical Care, Interventional Pulmonology, Pulmonary Medicine



Tomasz Ziedalski, MD, FCCP
Critical Care, Pulmonary Medicine, Sleep Medicine

Whether you're under the care of a pulmonologist or working with your primary care provider, two screening tests are available at Island Health to evaluate lung function—low-dose CT lung cancer screening and pulmonary function test. Speak with your provider about these tests.

Low-dose CT Lung Cancer Screening

The low-dose CT lung cancer screening is a noninvasive test which allows for early detection of lung cancer before symptoms. Studies have shown that this screening can reduce the mortality of lung cancer for those who are at high risk and improve the rate of surviving five years or more by 60%. This screening is recommended to adults aged 50 to 80 years who have a 20 pack per year smoking history and currently smoke or have quit within the past 15 years.

Pulmonary Function Test

A pulmonary function test (PFT) assesses the power of your lungs by measuring how much air you can inhale and exhale. Anyone who has a chronic lung problem or who has a smoking history should get a PFT. The test is painless and generally takes 45-60 minutes to perform.

ISLAND HEALTH FOUNDATION

PRESENTS



THE 21ST ANNUAL GALA OF HOPE

Join us at Island Health Foundation's Gala of Hope, where we will be raising funds for new pulmonology technology.

See [pages 25-26](#).



STORY OF COURAGE

Respiratory Resilience

Sandy Mason knew something was wrong. She had been having trouble breathing and knew it was from more than just being out of shape. After many tests and doctor visits in Spokane, Sandy was finally diagnosed with Alpha-1 antitrypsin (AAT) deficiency, which basically means her liver doesn't produce an enzyme that protects her lungs. She uses oxygen at night and must wear a mask whenever she is around people or outside in temperatures below 60 degrees.

When Sandy and her husband moved to Concrete last year to be closer to their sons and grandchildren, she knew she needed to find a pulmonologist. Enter Dr. Seth Hartung.

"I was so impressed with his knowledge of Alpha-1, his understanding of my condition and his willingness to treat it," Sandy said.

Sandy added that the clinic staff has helped immensely with insurance and setting up orders for the weekly infusions she gets to treat Alpha-1. The infusions give her body the enzyme that her liver isn't producing. It doesn't stop the process, but it does slow it down.

"I can't sing their praises enough," she said. "They have turned themselves inside out to make sure things work for me."

To learn more about Island Pulmonology and determine if a pulmonologist can help you breathe better, please call 360.299.4273.

[LEARN MORE:](#) 

Pulmonary Rehabilitation

If you've been diagnosed with a lung condition, your physician may recommend pulmonary rehabilitation to improve breathing and increase physical function in your daily life. Breathlessness can make everyday activities such as walking, climbing stairs, gardening and enjoying time with loved ones difficult.



In the Pulmonary Rehabilitation Program at Island Health, you will undergo 36 monitored exercise sessions and weekly education. Your customized program will help you work toward increased muscle strength, building endurance, physical conditioning and reducing respiratory symptoms to help you breathe easier. Our collaborative environment encourages patients to work toward their goals and continue their exercises after they've met them.

If you have a lung-related condition, ask your physician if a pulmonary rehabilitation program is right for you.

For more information, call 360.299.4242.

The Importance of Early Detection in Colorectal Cancer

Colorectal cancer (CRC) is the third most common cancer in the United States, and it's estimated that in 2024, there will be 150,000 new cases of CRC and 50,000 deaths. However, preventive screenings can reduce colorectal cancer mortality by detecting disease early when it is most curable. In fact, 65% of all CRC deaths can be attributed to a lack of screening. With the philosophy that prevention is the best medicine, Island Health offers several types of CRC screenings to help reduce the impact of colon cancer in our community.⁽¹⁾

The incidence of CRC in individuals younger than 50 has been increasing since 2000 for unclear reasons, which is why the recommended age to begin CRC screenings is now 45. Reduce the risk of developing CRC with preventive screenings and healthy lifestyle practices—maintain a healthy body weight through a balanced diet and regular exercise, and get sufficient vitamin D.

Over 45? Consult with Island Surgeons through a **Screening Colonoscopy Assessment**. This is a 15-minute phone appointment where a colonoscopy coordinator will:

- Confirm your insurance information
- Ask a few health questions
- Answer your questions about the procedure
- Schedule a date for your colonoscopy, if applicable.

As a public hospital district, Island Health is proud to offer regular CRC screenings as a proactive step toward a healthier community.

To schedule your screening colonoscopy 15-minute phone assessment, call 360.293.5142.



Kieran Melody, MD, FACS
General Surgeon
Island Surgeons

1. NCCN Guidelines for Patients® Colorectal Cancer Screening, 2021



FIT Kit

Test at home for hidden blood in stool with a FIT (fecal immunochemical test) kit. This screening can be performed annually and does not require any special preparation. Established patients can pick up FIT kits anytime at Island Walk-In Clinic – M Avenue or Island Primary Care – Orcas, or at Colon Care Day on March 27.

FIT-DNA (Cologuard®)

Detect altered DNA associated with CRC cancer in stool with a FIT-DNA test, also known as Cologuard®. It is done once every three years.

Flexible Sigmoidoscopy

A doctor can perform a flexible sigmoidoscopy procedure to check for polyps or cancer inside the rectum. This screening is conducted every five years, or 10 years with an annual FIT.

Colonoscopy

A colonoscopy is similar to a flexible sigmoidoscopy, except the surgeon checks for polyps or cancer inside the rectum and the entire colon. The surgeon can find and remove most polyps and some cancers during the test. Colonoscopies are also used as a follow-up test if anything unusual is found during one of the other screening tests and are performed every 10 years. While most polyps are not cancerous, nearly all CRC develops from polyps.

Pick up your FIT kit at Colon Care Day!

Colon Care Day

March 27, 2024
10 a.m.–3 p.m.
Fidalgo Room

Edamame & Corn Succotash



Smart Tip: Keep bags of frozen corn and edamame in your freezer so you can whip up this quick and healthy side any time. Frozen shelled edamame are the easiest to work with, however, shelling edamame is a fun project for little cooks in your kitchen!

Gut-friendly Goodness

Succotash is a traditional North American side dish which combines corn with beans.

This version of succotash has been tailored to support colorectal health by including plant-based foods high in protein, dietary fiber and bioactive compounds such as isoflavones. Included is edamame, the immature green soybean most commonly recognized as a popular appetizer. Edamame is a complete protein with half a cup providing nine grams of protein and four grams of dietary fiber. Additionally, it is high in soy isoflavones which have been correlated to reduce risk of colorectal cancer.

LEARN MORE: 

Ingredients:

1 Tbs avocado oil
 ½ cup diced red bell pepper
 ¼ cup diced onion
 1 Tbs minced garlic
 2 cups frozen corn kernels
 1½ cups frozen edamame soybeans, shelled
 3 Tbs white cooking wine
 2 Tbs lime juice
 2 Tbs chopped parsley
 2 Tbs chopped basil
 Salt and pepper to taste

Serving size: 1/2 cup

Servings per recipe: 8

Directions:

1. Heat oil in skillet over medium heat. Add bell pepper, onion and garlic. Stir frequently until vegetables start to soften.
2. Stir in corn, wine and edamame. Cook an additional 3–4 minutes.
3. Take skillet off heat. Stir in lime juice, herbs, salt and pepper.



Amber Phillips, MS, RD

Director of Food & Nutrition Services
 Island Health



Here for You

Island Health proudly serves our hospital district and surrounding communities with 5-star care. Whether you need us in an emergency or have attended one of our health education classes, we aim to be the best healthcare partner to those we serve.

Annual and screening exams are key to a healthier community, and our numbers from 2023 reflect the significant impact we have made.

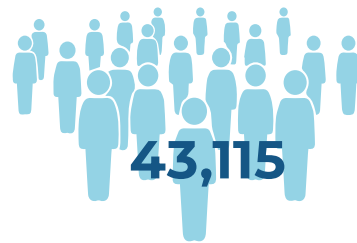


6,211

Diabetes Screenings

Diabetes A1C Screening Recommendations:

If overweight or obese and age 35-70, screen for prediabetes and type 2 diabetes annually or as advised by your healthcare provider.*



Individuals Served

43,115

Walk-in Clinic Visits

11,208

Emergency Department Visits



17,972

Inpatient & Outpatient Surgeries



4,875

2,163

Colorectal Cancer Screenings

Colonoscopy Recommendations:

Screening is recommended if you are 45-75. If you're 76 or older, talk to your doctor to see if a screening is right for you.*

Because I live a very healthy and active lifestyle, I was not concerned about getting my colonoscopy screening. I am so glad I chose to make and keep that appointment, as it saved my life. I feel like the time I now have to enjoy this beautiful world and my family is a gift!

Deb L.

4,461

Breast Cancer Screenings

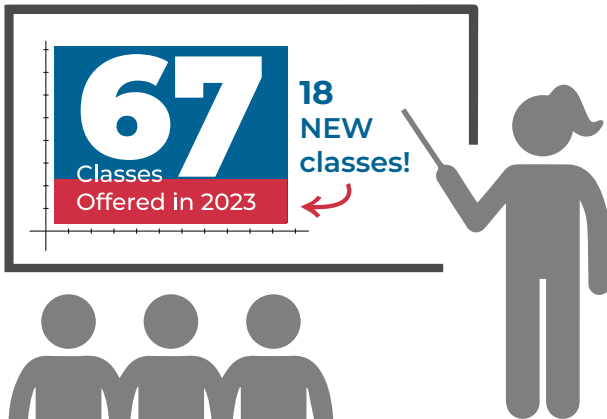
Mammogram Recommendations:

The U.S. Preventive Services Task Force is currently updating their recommendation for breast cancer screening. Speak with your provider to determine what's right for you.*

As a breast cancer survivor, I prioritize getting my yearly mammography screening because early detection is crucial with this disease. It's not about checking a box on the calendar; it's a commitment to my well-being and a promise to myself and my loved ones. Mammograms are not just tests; they are a lifeline, offering the chance for timely intervention and a brighter, healthier future.

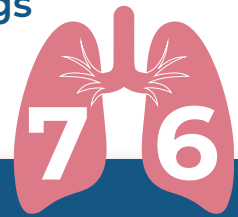
Sharon A.

Health Education



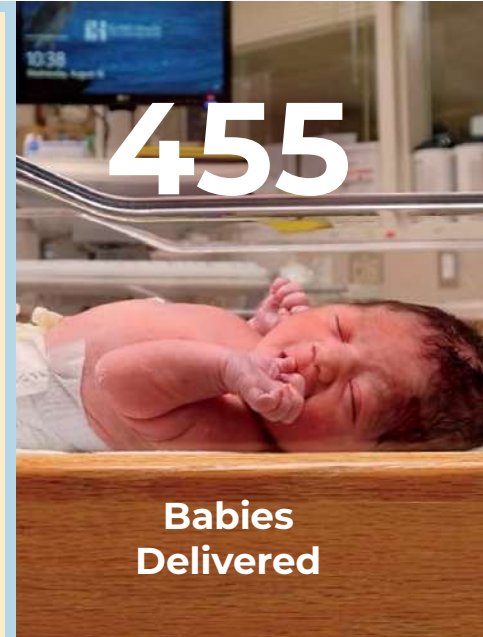
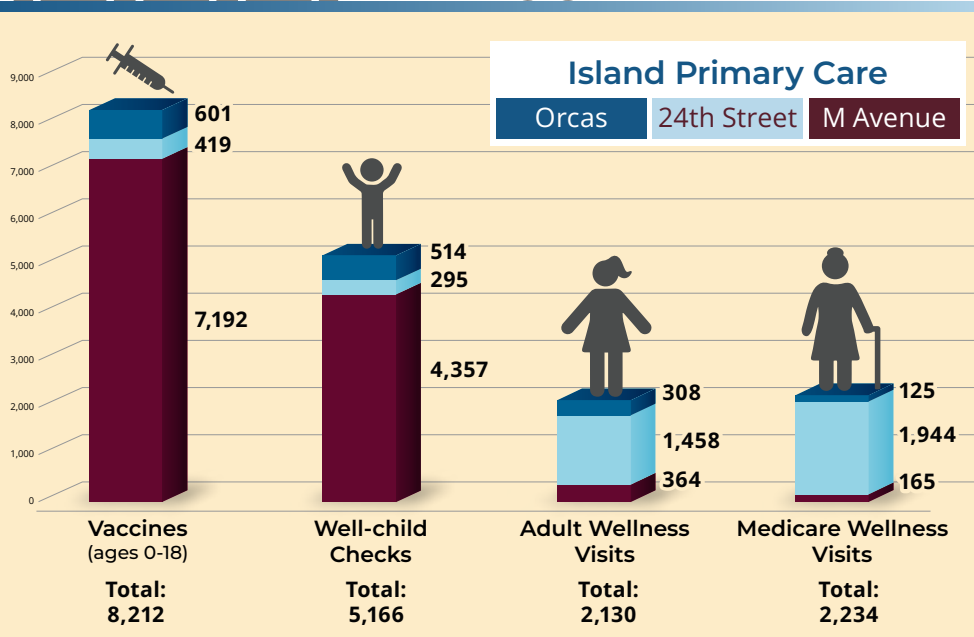
Lung Cancer Screenings

New screening now offered at Island Health!



Low-dose CT Lung Cancer Screening Recommendations:

A low-dose CT is recommended between age 50 to 80 if you have a 20 pack per year smoking history and currently smoke cigarettes or quit within the last 15 years.*



455

Babies Delivered

*Recommendations from the U.S. Preventive Services Task Force

Meet CORI

Island Health's Newest Robot for Joint Replacement

Island Health is pleased to announce the addition of new robotic technology for hip and knee replacements. The CORI® Surgical System uses 3D digital modeling to customize surgical plans for each patient. This robotic procedure assists the surgeon in selectively targeting the portion of the knee or hip damaged by osteoarthritis, helping you keep more of your healthy bone and ligaments.

While this technology is new to Island Health, orthopedic surgeons Dr. Camille Connelly and Dr. Stacia Smith are experienced with the CORI system, having used it for several years at Proliance Surgeons Skagit Northwest Orthopedics.

"You don't have to go to the big city for the latest technology. We are happy to offer this procedure at Island Health for partial and total knee and hip replacements," said Dr. Connelly.

Robotic technologies enhance your orthopedic surgeon's expertise for more precise planning, tissue removal and implant placement.

This is a unique opportunity for a small, rural hospital to have the latest technology and keep cutting-edge care and recovery close to home.

Stacia Smith, MD, FAAOS



CORI Joins Excelsius Spine Robot

The CORI robot joins the Excelsius GPS® spine robot in Island Health's operating room, offering our community the latest in leading-edge technology. Excelsius is a state-of-the-art robot that enhances accuracy and safety for spinal surgeries, combining robotic and intraoperative navigation technology into one system.

The Excelsius spine robot has supported Dr. Dawei Lu's spinal procedures since 2021, maximizing his surgical precision. Patients can benefit from the advantages of robotic surgery, which often involve minimally invasive procedures, quicker recovery periods and reduced tissue damage compared to traditional surgical methods. These robotic technologies allow for even more precision and safety, while also improving the quality of life for our patients.



Dawei Lu, MD, with Excelsius Spine Robot

To schedule an appointment with Proliance, call 360.424.7041.

Meet Our Orthopedic Surgeons

Island Health is pleased to partner with Proliance Surgeons Skagit Northwest Orthopedics to bring our community the latest technologies and the highest level of orthopedic surgical care.



Cindy Bullock, DPM
Podiatry



Camille Connelly, MD, FAAOS
Foot & Ankle; Knee; Sports Medicine



Jacob Gorbaty, MD
Shoulder; Sports Medicine



Dawei Lu, MD
Spine



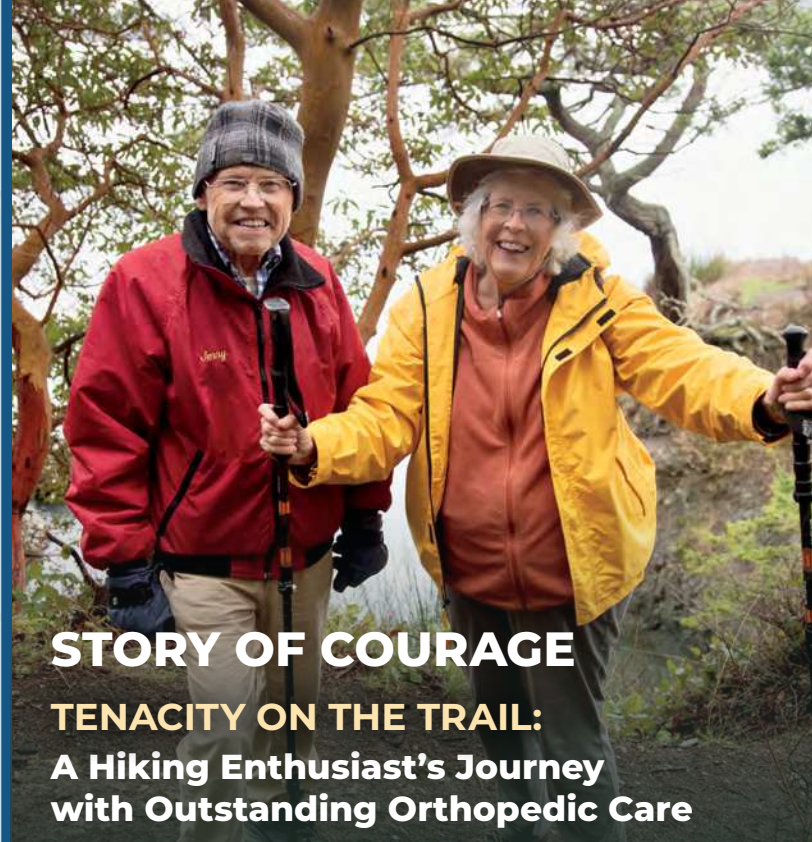
Eric Secrist, MD
Hip; Knee



Jonathan Shafer, MD
Upper Extremity; Shoulder



Stacia Smith, MD, FAAOS
Hip; Knee



STORY OF COURAGE

TENACITY ON THE TRAIL: A Hiking Enthusiast's Journey with Outstanding Orthopedic Care

While hiking one of her favorite trails last fall, Goose Rock near Deception Pass, 78-year-old Susan McClung slipped on steeply sloping bedrock on the trail and broke her hip.

After hours of team rescue efforts in the dark, Susan was taken to Island Health, where she was seen by Dr. Eric Secrist of Proliance Surgeons Skagit Northwest Orthopedics prior to emergency surgery.

"I cannot say enough positive things about my experience at Island Health," Susan said.

Susan is grateful to Island Health's Emergency Department personnel, X-ray technician, surgical staff, patient care technicians, physical therapists, registered nurses and certified nursing assistants who worked to give her the most immediate and thorough care.

"Dr. Secrist took time to go over detailed, yet understandable options. Because I'm so active, we chose a full hip replacement," she said.

Not surprisingly, Susan "put in the work" and recovered successfully and speedily. After two weeks of in-home physical therapy (PT), she graduated to outpatient PT and quickly progressed from walker to a cane and, shortly thereafter, to walking by herself. Susan and Dr. Secrist had a shared goal of her hiking Goose Rock again once she was fully healed. Remarkably, just two months later, Susan successfully realized this goal.

[LEARN MORE:](#)

Island Health Foundation Welcomes Marta McClintock as New Executive Director



The Island Health Foundation has appointed Marta McClintock as its new Executive Director. McClintock, who most recently served six years as Executive Director of the

Anacortes Schools Foundation, brings nearly three decades of fundraising and program management experience to her new role. Her extensive career in development includes noteworthy roles including Assistant Dean of Development for the College of Education at the University of Idaho, Senior Market Director for the American Heart Association and Senior Management Analyst for U.S. Navy Supply in Sicily, Italy.

McClintock is a graduate of the University of Southern California. She and her husband, CAPT (Ret.) Michael McClintock, reside in Anacortes with their yellow lab Brody. They have two children, Lauren and Will, who attend the University of Washington.

Marta has extensive fundraising and management experience, and she's deeply invested in our community. We're thrilled to have her join our team.

Elise Cutter, Island Health CEO

Island Health Foundation has received caring donations recognizing loved ones.

Gifts in Honor of:

Tom D. Bluhm
Ava Grace Borntreger
Deborah Briones
Sharon Brown, AGPCNP-BC
Phyllis Buzzell
C. Les Conway, MD
Winnie Crane
Justin Curran, DO
Donald Day
Mark Donovan, MD
Sarah Edwards
Betty-Anne Ely
Kathy Garde, MD
Julie Gass
Diane Groves
HF Sinclair
Jason Hogge, MD
Stephen Horras, MD
The Wonderful Staff at
Island Health
Roger G. Kelley
Mansel Kevwitch, MD

Charles Kotal, MD
Tucker G. Madden
Rachel Mank, MD
Marianito
John Mathis, MD
Kieran Melody, MD
Jennifer S. Meyer
Lindsay Newlon, MD
David Rice, MD
Robert Rieger, MD
Kate Scherer
Jodi Shafer
Joan Simmerman
Naomi Stone
Margaret Sweeney, MD
William Tauxe, MD
Alan C. Thom, MD
Donald Wakelin, MD
Brittany Whitaker, DO
Marcia Zirbel

Gifts in Memory of:

Beulah Anderson
Gene Anderson
Marcia Bents
Carolyn N. Blesdoe-Teezers
Amanda Brazas
Barbara Caravan
Tyler Dale
Paul Dever
Buzz Ely, MD
Bob Englund
Thomas Evans
Carole Farina
George Gjerset, MD
BJ Goolsby
John Hancken
Dennis J. Heggem
Richard Iversen
Jacqueline Juhl
Deloris Kennedy
Jim Kirk
Judie Konkle
Claudia Libbey
Vernon E. Lovelace
Rosemary Q. Mardesich
John McNamara
Bill Meche
Earl S. Merritt
Prudy Mondhan

Carolyn Moore
Barry Newsom
Jerry Olmstead
Robert Ostlund
Ned Papenfus
Muriel K. Park
James Parker
Jeffrey Parker
John J. Phillips
Jeffery Reeder
Sharon Rein
Patrick Richter
Lynn Ries
John Sayre
James & Sharon Scott
Ray Separovich
Byron Sneva
Mary Stapp
Daniel Stone
Jeralyn Strom
Paul Sund
Gary Talbert
Mary Till
Christine L. Walsh
Christopher C. Whatley
Marcus L. Whatley
Maria Wight
Herbert Zimmerman, MD

To remember or honor someone with a donation, please call 360.299.4201 or visit: myihf.org/donate

Welcome New Board Members

The Island Health Foundation (IHF) raises funds in support of the patients and programs at Island Health. Individual donations, grants and relationships help fund innovative technologies, health education opportunities, mental health programs and so much more! The IHF Board of Directors are passionate about preserving and growing access to local healthcare. They bring a breadth of experience as they serve, providing fiscal oversight, setting policies and goals, and participating in fundraising efforts. Each year, IHF welcomes new directors.

This year we are proud to welcome Cameron Hunt, Denis Law, Sandy Norris, MBA, and Jeremy Price to the IHF Board of Directors.



Cameron Hunt

"I understand the vital role of a thriving health center for our community, and was drawn to IHF's mission to ensure access to quality local healthcare through philanthropic efforts."



Denis Law

"Anacortes residents are fortunate to have a quality hospital serving the needs of this community and surrounding areas. Serving on the IHF board is one way that I can contribute to this effort."



Sandy Norris, MBA

"I recognize the importance of community philanthropy to support the services provided and the ever-evolving needs of a local healthcare system."

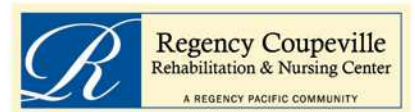


Jeremy Price

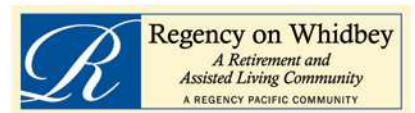
"Accessible, high-quality care is essential to a healthy community and a strong economy, and I have a passion for improving the lives of others."



We thank these businesses for championing healthcare *close to home.*



Bringing independence to living and quality to life



Bringing independence to living and quality to life



Elliott H. Johnson, CFP®



- Anacortes Kiwanis Sunrisers
- Boxes and Bears
- CarePayment
- Chandler's Group
- Corient
- Dakota Creek Industries
- Knights of Columbus
- Lions Club
- Peoples Bank
- Seattle Yachts
- Thomas Cuisine



Breathe Life into Local Healthcare:

A Call to Support Lung and Pulmonology Services

"I yelled to [my pilot], 'Bring the throttles back!' but he was out. Then the cockpit blew up. I went to take a deep breath and thought, 'Man, I can barely breathe.'"

At 41, Commander Dave Harris was preparing for a practice flight to Fallon, Nevada, with the VAQ-132 Squadron at Naval Air Station Whidbey Island. It was December 16, 2016, and due to a technical malfunction, the cockpit of his EA-18G Growler suddenly pressurized with no release, collapsing both his lungs.

Commander Harris woke up in the ICU of a trauma hospital three weeks later. His life had been saved, but his road to recovery was just beginning. Harris began his journey to better breathing with the help of pulmonologists and then through pulmonary rehabilitation and physical therapy. Determined to get well for his wife and three boys and return to duty before his squadron deployed, Harris threw himself into strengthening his lungs.

Harris completed his pulmonary rehabilitation and physical therapy at Island Health. Still, to receive care from a pulmonologist, he had to travel to Bellingham, nearly an hour away. Access to a pulmonologist is critical to providing the expert diagnosis and treatment of a lung illness and injury. "I wish I could have done that aspect of my care at Island Health," said Harris.

In July of 2023, Island Health began offering outpatient pulmonology services, making Island Health the only provider of these services in Skagit, Island and San Juan counties. Island Pulmonology provides our community with expert diagnosis and treatment plans for lung injuries like Harris' and respiratory illnesses, including asthma, lung cancer, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis, chronic cough, sleep disorders and more.

Respiratory disease remains one of the leading causes of hospitalization in Skagit County and Washington State, indicating that pulmonology services are vital to this community. To best serve the growing number of patients who rely on Island Health for the full continuum of pulmonary care, Island Health is working to provide additional pulmonary services, close to home. Your support will provide the technology needed to expand these services and help more patients in your community breathe easier.

THE 21ST ANNUAL GALA OF HOPE

Island Health Foundation's 21st Annual Gala of Hope, In Our Wildest Dreams, on Saturday, April 27, will dedicate funds raised through the Heartstrings appeal to support lung and pulmonology services at Island Health. Guests are invited into the lush mystique of the jungle—to a masquerade ball beyond their wildest dreams—as they dine with friends, bid on carefully curated auction items, and raise their paddle high in support of pulmonology services at Island Health during this one-of-a-kind event.

You are invited to give the gift of better breathing to your community by making your Heartstrings donation in support of pulmonology services. In addition to supporting technology purchases to expand the Island Pulmonology clinic, proceeds from the Gala of Hope will sustain funding for mental and behavioral health support programs, community health education and more.


To learn more about pulmonology and its impact on your community and region, please visit myihf.org/gala-of-hope.



CAPT (Ret.) Dave Harris and wife Monica pose in front of an EA-18G Growler on the flight line at NAS Whidbey Island. The Growler, a specialized version of the combat-proven F-18 Super Hornet, provides tactical jamming and electronic protection to U.S. military forces and allies around the globe.

IN OUR
WILDEST
DREAMS

ISLAND HEALTH
FOUNDATION
PRESENTS



THE 21ST ANNUAL
GALA OF HOPE



ISLAND
UROLOGY

360.299.4980

Island Urology physicians David Rice, MD, and Mansel Kevwitch, MD, FACS, are thrilled to bring the latest treatment for prostate care to Anacortes.

NEW TECHNOLOGY

for Improved Prostate Care

Men who suffer from an enlarged prostate or benign prostatic hyperplasia (BPH) have a new robotic treatment option using the power of water.

Island Urology now offers **Aquablation® therapy**, an advanced, minimally invasive treatment that uses imaging, robotics and a heat-free water jet to provide long-lasting relief with low rates of complications.

With over 60,000 procedures performed worldwide and over six years of data collected, Aquablation is safe for any size or shape prostate.

This robotic procedure creates a surgical map to remove prostate tissue with a heat-free, high-velocity water jet to ensure the prostate tissue is removed precisely and consistently.

Island Urologists Dr. Mansel Kevwitch and Dr. David Rice are thrilled to bring this new technology to our region. "Aquablation is the latest robotic treatment for an enlarged prostate that offers a safe, more efficient and robust procedure. Side effects are minimized because tissue is removed with water jets rather than heat or electrical energy," said Dr. Kevwitch.

Recovery time is typically two to three weeks following the procedure. Patients are choosing Aquablation therapy for BPH treatment because it offers significant symptom relief and low rates of irreversible complications related to sexual function.

Learn more about this innovative procedure at aquablation.com. Call Island Urology at 360.299.4980 for more information.



Volunteer Fred Beeks is ready to greet visitors at the Main Entrance on 24th Street.

IMPORTANT:

Patients checking in for laboratory services, diagnostic imaging or surgical services must use the Main Entrance during regular business hours:

Monday–Friday, 6 a.m.–8 p.m.*
Saturday, 7:30 a.m.–1 p.m.

This entrance is closed on Sundays. The Emergency Department (ED) entrance is only used for emergency patients and after-hours access to the hospital. All after-hours appointments and visitors will register in the ED.

*Effective April 1, 2024

Island Health Unveils a Remodeled Front Door

Multi-faceted Emergency Services Project Nears Completion

With several spaces now updated, Island Health’s Emergency Services Project is nearing completion. Through a federal grant sponsored by Senator Maria Cantwell and generous philanthropic donations to the Island Health Foundation, Island Health has been working to update and optimize our facility to improve the patient experience. Updates are being made from one end of the hospital to the other, including a relocation of the helicopter pad from the north parking lot to the roof of our Acute Care Unit, closer to the Emergency Department (ED). The relocation will improve the flight path, shorten the distance from the helipad to the ED and expand space in the parking lot for outpatient services.

“Since the hospital was built in 2004, many patients have used the ED entrance as the quickest way to get to registration. With growth in that area, it’s more important than

ever to reorient our community to use the Main Entrance off of 24th Street for all services except emergency care. We have relocated our registration desks to the 24th Street lobby for ease of access and improved parking for our patients, thus creating more privacy and parking for our ED patients,” said CEO Elise Cutter.

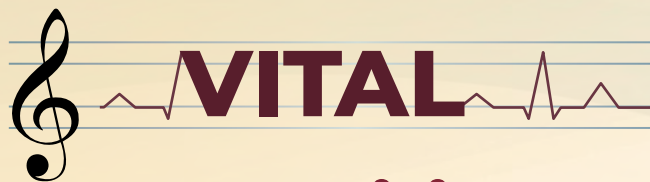
Upon completion, the ED will be a secured department, and our 24th Street entrance is now an actual “front door” to the organization. Patient parking at the south end of our campus, near the ED, is minimal. This “back door” entrance should be used by emergency patients and patients seeking after-hours care.

Island Health anticipates the rooftop helipad opening this summer with a ribbon-cutting ceremony in mid-July.

For the latest construction updates, visit islandhealth.org/progress.



Devoted Volunteers are



to Positive Patient Experiences

You may have seen them as you enter the main lobby, waiting for your loved one in surgery or behind the desk in outpatient laboratory services. Island Health's volunteers are an active, dedicated group who help make sure our patients are welcomed, informed and well cared for. Whether they're the first face you see or they're working behind the scenes, Island Health's 79 volunteers help keep operations running smoothly.

One of the newest volunteers to our team is Tony Arant, a talented clinical musician who recently retired from Texas. Tony was part of Baylor University Medical Center's Arts in Medicine Program, where he played piano for patients at their bedside. A former middle school teacher, Tony was called to become a clinical musician after playing music for his mother when she had Alzheimer's disease. Tony noticed how alert and engaged she became when he played her favorite tunes and knew he had to make this his life's work.

Tony now spends his retirement playing piano or guitar at the bedside for Island Health patients as a volunteer. His passion for using music as a form of healing is truly inspiring, and we are thrilled to be able to offer this invaluable service to our patients.

If you are interested in volunteering at Island Health, visit islandhealth.org/volunteer or call 360.299.1397 to learn more.

EMPOWERING FUTURE LEADERS:

Youth Volunteer Program

Are you a high school student looking to gain experience in healthcare? Our youth volunteer program is back! If you are at least 16 years old and can commit to volunteering a minimum of 8-10 weeks for a two to four-hour shift each week, let us know. Volunteering is a great way to learn more about healthcare and gain real-world experience for your resume.



Island Health is pleased to welcome Jordy Pratt as our Volunteer Supervisor.

HEALTH



ISLAND WOUND CARE & HYPERBARIC MEDICINE

360.866.4600



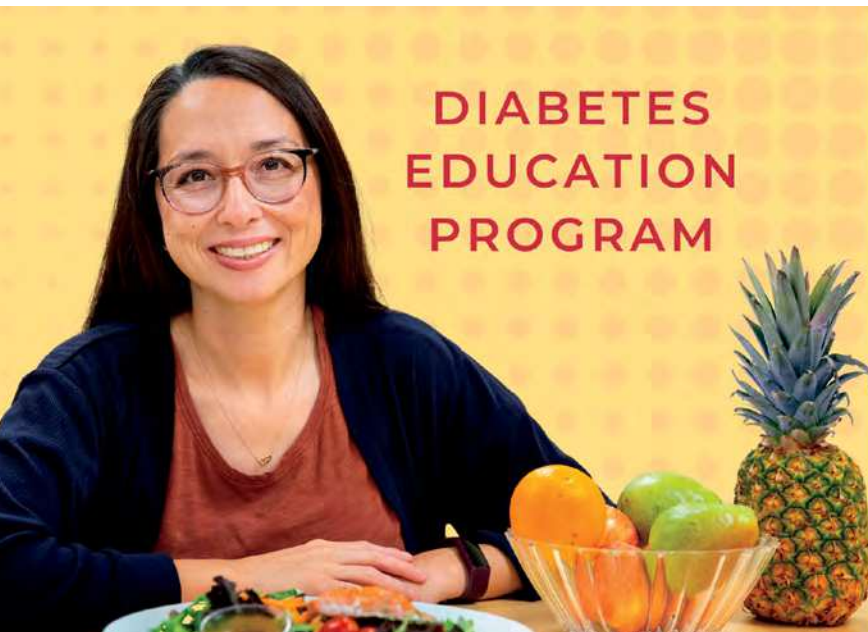
HIGH PRAISE for Healing Experts

Island Wound Care & Hyperbaric Medicine, a collaboration between Island Health and RestorixHealth, is a beacon of excellence in treating non-healing wounds. With a focus on personalized care plans, the center employs the latest clinical technology, including hyperbaric oxygen chambers, to expedite the healing process. From pressure injuries and diabetic foot ulcers to traumatic wounds, the center addresses a spectrum of cases. The dedicated team conducts thorough health assessments, ensuring a tailored approach to each patient's needs. Employing a multidisciplinary strategy, they check blood flow, treat infections, perform debridement, monitor glucose control and utilize advanced modalities such as hyperbaric oxygen therapy to help patients heal.

Recognizing their outstanding achievements, Island Wound Care & Hyperbaric Medicine has been honored with RestorixHealth's 2023 Distinguished Center of Excellence Award, a testament to their consistent, high-quality care. This accolade is the highest award given to a wound care center. It reinforces Island Health's commitment to delivering positive patient experiences and clinically optimized outcomes. Only 15 wound centers in the country have received this award.

For those who need extra help with healing, seeking the expertise of Island Wound Care & Hyperbaric Medicine may be a crucial step towards regaining mobility and improving quality of life.

To learn more, call 360.866.4600.



DIABETES EDUCATION PROGRAM



ISLAND HEALTH *Care Courageously*™

ACCEPTING NEW PATIENTS

📞 360.299.4906

🌐 islandhealth.org/diabetes

HEARTBEATS

ISLAND HEALTH FOUNDATION
1211 24th Street
Anacortes, WA 98221

Connect with Us

360.299.1300

islandhealth.org



Sign Up for Our Newsletter

Call 360.299.4204, or visit:

islandhealth.org/newsletter



Kristin loves her job.

Find out why!

Scan the code to
explore rewarding
career opportunities!



islandhealth.org/careers

For all your unexpected
springtime sniffles .

We're
here for
you.



ISLAND
WALK-IN
CLINIC
M AVENUE

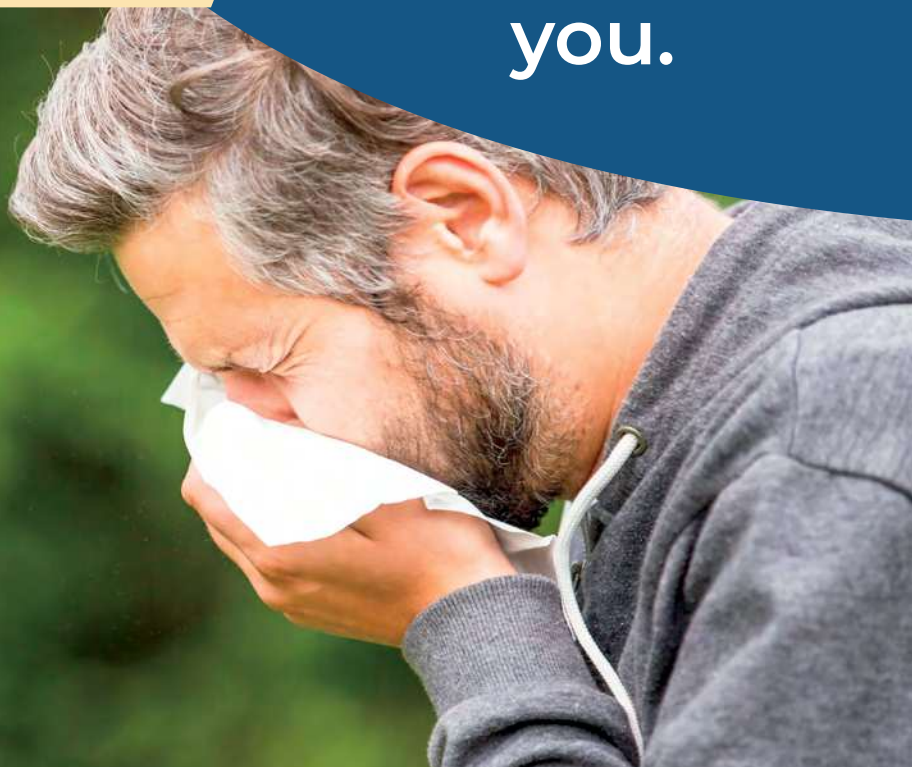
Open every day

No appointment necessary

Monday-Saturday, 7 a.m.-7 p.m.

Sunday, 9 a.m.-5 p.m.

Holidays, 9 a.m.-3 p.m.



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