



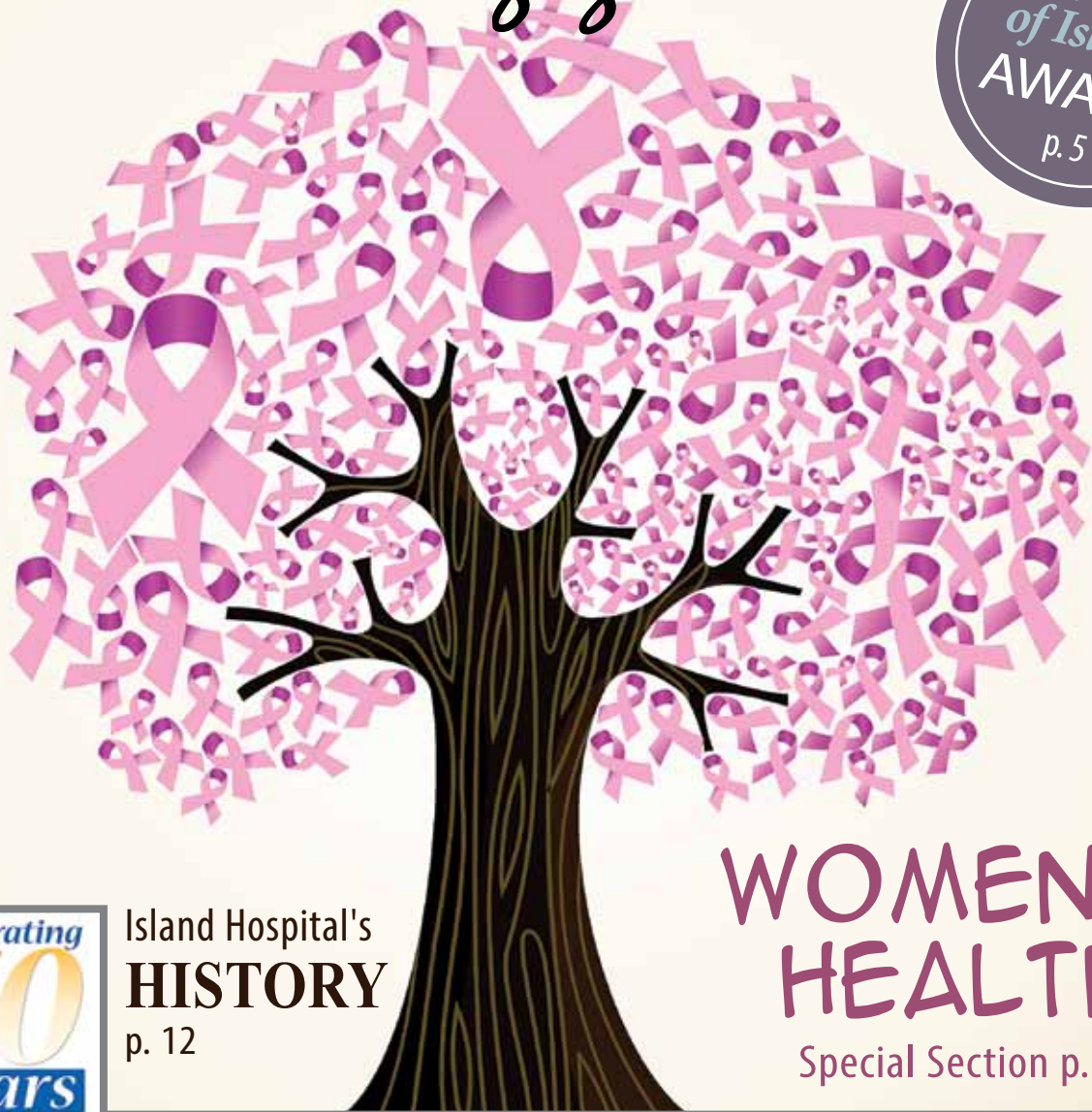
ISLAND HOSPITAL

Fall 2012

Heartbeats

Magazine

Spirit of Island
AWARD
p. 5





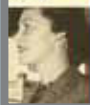


Celebrating
50
years
1962-2012

Island Hospital's
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WOMEN'S HEALTH

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<p>1999 uncompensated care reaches \$23,600 for the year.</p>	<p>Family Medicine Associates; Island Surgeons; Island Urology; John D. Chambers MD, Ophthalmology; and Lawrence Nickleson DDS, Dentistry.</p>	 <p>1991 Burl Ives performs concert at Brodriak Hall (Anacortes High School) in benefit of the Island Hospital Foundation.</p>	<p>holds inaugural Gala of Hope fundraiser that has achieved \$1.75 million over nine events.</p>  <p>Island Hospital Health Foundation -Gala Of Hope-</p>	<p>2011 Island Hospital uncompensated care exceeds \$4 million for the year.</p>
<p>Low hospital Auxiliary vote.</p> 	<p>1978 Island Hospital Medical Foundation (now known as Island Hospital Foundation) is established. Over the years the Foundation has</p>	<p>2007 Renovation & Expansion Project Phase I completed; adds 70,000 square-foot, state-of-the-art facility that</p> 	<p>2012 Medical Arts Pavilion (MAP) initiated. The 10,000 square-foot MAP includes Speech Therapy, Mole Cancer Care & Hyperbaric Medicine Center. The building</p> 	

Commissioner Message

Meeting monumental challenges



By Paul Maughan PhD, President
Island Hospital Board of Commissioners

In extremely challenging times, hospitals find themselves searching for opportunities to achieve financial stability and growth. Rural hospitals face additional adversity due to smaller market areas, lower volumes and physician-recruitment challenges.

The Island Hospital Board of Commissioners and Administration are in ongoing discussions of how we can continue to meet the healthcare needs of west Skagit County, north Whidbey and the San Juan Islands; and stay strong financially for the long term.

The Commissioners agreed last fall to enter into an inter-local agreement to collaborate with Skagit Valley and Cascade Valley hospitals, with each organization maintaining its independence, identity, and autonomy. We feel, along with our collaborative partners, we will be in a stronger position to seek significant opportunities with a tertiary hospital or system. These include joint negotiating for insurance contracts, supply purchasing, business functions that can be located off-site, coding, compliance and others.

Recently, the three hospitals sent out a Request for Indication of Interest to a dozen in-market and out-of-market hospitals and healthcare systems, both for-profit and nonprofit, seeking a willingness to discuss a tertiary relationship. All of the recipient organizations -- because of this visionary collaboration -- have responded with high interest. Each will now be provided a Request for Proposal. The responses will be evaluated from which a best and final proposal will be selected. A decision is expected by early next year.

However, our five-Commissioner Board must always keep our quality and fiduciary responsibilities to our hospital district as the first priority. We must remain a strong and independent organization, continually enhance our high-quality patient-care services and reduce costs through collaboration.

The Board of Commissioners encourages our community members to share their concerns. The new Island Hospital website has a section under Leadership that offers easy access to information about Board meetings and the Commissioners themselves, including how to reach us. I hope you will visit www.islandhospital.org often to keep up with our programs, plans and achievements.

Dr. Harrison serves as IH Chief of Staff



Scott D. Harrison MD, a Diagnostic Radiologist with Skagit Radiology, has been elected to serve as Chief of Medical Staff at Island Hospital for 2012-2014. His duties will include

monitoring and maintaining quality of patient care; working with Medical Staff, hospital employees and Administration to provide professional healthcare services and acting as a liaison between Medical Staff and the community.

Dr. Harrison earned a Bachelor of Science degree from the University of Washington (UW), Seattle, WA. He was the recipient of seven scholarships and was named for three years to a pre-doctoral Research Training Grant from the UW School of Medicine where he also received his MD degree. Dr. Harrison served a Clinical Internship at Swedish Hospital and Medical Center, Seattle, and completed a Diagnostic Radiology Residency and a Fellowship in Diagnostic Imaging at the UW School of Radiology, where he received the Asa E. Seeds Award in Nuclear Medicine as part of his postdoctoral work.

Dr. Harrison has held a faculty position with the UW Department of Radiology and a guest faculty position at the University of Calgary, Alberta, Canada. He has also held Medical Staff positions at the UW and Harborview Medical Centers, Seattle; Providence and Evergreen Medical Centers in Seattle and Kirkland, WA; Skagit Valley and United General Hospitals in Mount Vernon, WA and Sedro-Woolley, WA and the Central Peninsula General Hospital, Soldotna, AK.

Licensed to practice medicine in Washington and Alaska, Dr. Harrison is Board Certified in Diagnostic Radiology by the American Board of Radiology and by the National Board of Medical Examiners. He is a member of the American College of Radiology, the Radiological Society of North America, the Washington State Radiological Society and Phi Beta Kappa. He also is the author of numerous research publications and successfully advocated before the Washington State Legislature for creation of a new state healthcare provider certification - the Registered Radiologist Assistant.

A resident of Anacortes, Dr. Harrison and his wife, Laurel, have two children. He enjoys sea kayaking, skiing, camping and improving his crabbing and deepwater shrimping skills.

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As I See It...

By Vince Oliver, IH
Chief Executive Officer



Behavioral Health program as clinical director. Dr. Tobey brings vast experience in the mental-health field to his new position and should help our excellent program continue to grow.

Each fall we urge women to get their regular mammograms. Early diagnosis of breast cancer – before symptoms appear – offers the best chance for the most positive outcome. This year we have produced a dedicated women's health edition of *Heartbeats*. We are very proud of our services and I sincerely hope we are meeting the health needs of women in our region. As a smaller hospital, we cannot offer all the services of an urban medical center. However, we do all we can to provide you the very best preventive and diagnostic services right here at Island Hospital.

Our collaboration discussions with Skagit Valley Hospital and Cascade Valley Hospital are going very well. Paul Maughan PhD, President of the Island Hospital Board of Commissioners, provides an update in his message on page 2.

Another recent achievement is the completion and "launch" of our new website -- at the same address or "URL" www.islandhospital.org. Initiated and developed by Barb LeDuc, our Digital Media Coordinator, the new site offers great benefits to visitors including hospital and healthcare news, upcoming screenings and other events as well as a complete directory of our services. Now you can pay your hospital bill online, find a physician or monthly Board of Commissioner meeting minutes.

I always encourage your comments, concerns and suggestions. Feel free to contact me at voliver@islandhospital.org or at (360) 299-1300 ext. 2411.

Our fall issue of *Heartbeats* magazine celebrates many of our efforts to continually improve and expand the range of services we offer to our community. Three key areas of our strategic plan are:

- Competition/market share
- Physician recruitment and retention
- Collaboration

We continue to focus our efforts in each of these interdependent areas. As you can see in this issue, we continue to enhance and add services to meet our community's needs and maintain our volumes and financial stability. Our new Wound Care & Hyperbaric Medicine Center has exceeded our expectations and the Merle Cancer Care Center and Physical, Occupational & Speech Therapy Center have experienced higher volumes in their new facilities. We also have added several outstanding healthcare providers recently.

I am very pleased to see profiles on three excellent providers who have joined our clinics: Tracy Burgess MD, Internal Medicine, Anacortes Family Medicine; David Hall MD, Child and Family Psychiatry, Psychiatry & Behavioral Health Program; and Jennifer Robbins DNP, ARNP, The Walk-In Clinic at Island Hospital. In addition, Chris Tobey PhD is joining our fast-growing Psychiatry &

Features on new IH website include bill payment

The new Island Hospital website has everything you need to know about Island Hospital, its clinics, physicians, services and more. The site offers online bill payment and class registration via a secure function. Visa, MasterCard, American Express and Discover cards are all accepted.

Navigating is easier with the use of drop-down menus, quick links, sub-menus and navigation bar.

Also accessible from the homepage are links to featured Island Hospital services, a full calendar, recent news items and highlighted features. New pages in the site include *Milestones*, *Testimonials*, *Leadership* and *Advance Directives*. Visitors to the website can use the new *Contact Us Email Form* if they have a general question or comment.

Check out the new Island Hospital website at www.islandhospital.org



Our Mission:
We will deliver quality, compassionate and personalized healthcare to the communities we serve.

Island Hospital
(Skagit County Public Hospital District No. 2) is governed by a Board of Commissioners. Correspondence to commissioners can be sent to:
COMMISSIONERS
c/o Administration
1211 24th St,
Anacortes, WA 98221-2590

POSITION 1
Jan Iversen

POSITION 2
C.W. "Buzz" Ely MD

POSITION 3
Paul Maughan PhD (President)

POSITION 4
Laurie M. Gere

POSITION 5
A.J. "Chip" Bogosian MD

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Comments or suggestions to:
(360) 299-1310

COMMUNITY RELATIONS/ EDUCATION DIRECTOR
Dennis Richards

HEALTH RESOURCES COORDINATOR
Aubre Adams

COMMUNITY EDUCATION COORDINATOR
Tracy Montaron

COMMUNITY RELATIONS/ DIGITAL MEDIA COORDINATOR
Barb LeDuc

GRAPHICS/DESIGN
Teresa L. Pierzchala

WRITER
Dee Oliver

Our Promise

Your best healthcare experience begins at Island Hospital. We always place your emotional and medical needs first and foremost.

Wound Care & Hyperbaric Medicine Center heals with O₂, smiles

The newly opened Wound Care & Hyperbaric Medicine Center at Island Hospital combines state-of-the-art technologies, advanced treatments and services, plus an environment geared to comfort and well-being. But for patients, it's often exceptional people who do the most to create and sustain healing. Just ask Joe Goodman, a Whistle Lake-area resident who came to the Center for treatment after 14 months of pain from a foot amputation which had advanced to osteomyelitis, a bone infection caused by bacteria and other germs.

"The Center staff couldn't have been more wonderful," he said. "Everyone from the receptionist, to the doctors, to the technicians was caring and always had a smile for me. After my course of treatment, I felt like I had made some real friends there."

Joe's regimen included five hyperbaric oxygen therapy (HBOT) sessions a week for about eight weeks. During the 90-minute sessions, he could enjoy TV or a movie from the glass-enclosed chamber while his wound was saturated with high levels of pure oxygen that accelerates bone growth and healing, delivers infection fighting blood components and boosts the effects of antibiotics.

Following his full course of treatment, Joe, who suffers from Multiple Sclerosis and uses a wheelchair, is no longer in pain and looking ahead with a new level of confidence. "I want to continue improving and will soon begin physical therapy here at Island Hospital," he says. "My wife Mary and I are thankful that these services are available so close to home. Some years ago, I used to raise and sell flowers at the hospital's farm stand – maybe someday I'll do that again."

Advanced wound care services are offered at Island Hospital in partnership with Restorix Health, a Bellevue, WA-based company. For information on the Wound Care & Hyperbaric Medicine Center call (360) 899-4600.



Joe Goodman is very pleased with his results at the Wound Care & Hyperbaric Medicine Center and is currently receiving therapy at the Physical, Occupational & Speech Therapy Center at Island Hospital.

IH Sleep Center designated as Center of Excellence

The Washington State Health Care Authority (HCA) has named the Island Hospital Sleep Wellness Center as a Center of Excellence, conferring preferred provider status on the facility and creating opportunities to expand the sleep-medicine program and provide services to a broader range of patients.

The designation follows the IH Center's accreditation earlier this year by the American Academy of Sleep Medicine. Accreditation by the AASM is a condition, among others, that must be met for a sleep center to merit the Center of Excellence seal.

"We're delighted the Center of Excellence designation has so closely followed full

accreditation of our Sleep Wellness Center," said IH CEO Vince Oliver. "This opens the door for some exciting new possibilities for Island Hospital and new sleep-medicine programs and services for our community."

The HCA is a Washington State agency which provides healthcare-insurance coverage and other benefits for state employees, retirees and their dependents; low-income residents formerly covered by Medicaid and adults in the Basic Health Plan. Becoming a "preferred provider" will allow the IH Sleep Wellness Center to provide services to HCA enrollees.

Earning a Certificate of Excellence also could also act as a catalyst for expanding the

Sleep Center's services to include a pediatric sleep wellness program. Children as well as adults can suffer from sleep disorders according to Dr. Robert Reyna, Medical Director of the IH Sleep Center. "Now that we have received the Center of Excellence designation and full accreditation, we'll be exploring options to establish a sleep-medicine program for children in the months to come."

The Sleep Wellness Center at Island Hospital is located at 1110 22nd Street (corner of O Avenue), Anacortes. For more information or an appointment, call (360) 299-8676.

Betty-Anne Ely RN honored with *Spirit of Island Award*



Betty-Anne Ely RN was named the *Spirit of Island Award* honoree at the Island Hospital Foundation's (IHF) Donor Recognition Celebration Oct. 4.

Ely exemplifies service to Island Hospital and our community. Her passion for ensuring quality healthcare in Anacortes has spanned 25 years.

As a past Director of Nursing Services and Assistant Administrator of Patient Services, Ely embodied the Island Hospital Promise through her dedication to compassionate care. She continues as a Nursing Volunteer in the Merle Cancer Care Center today.

"I love this community and I love this hospital. If something is your passion it is not work, it is truly a gift to yourself. I feel privileged to be doing what I am doing," said Ely.

As Past President of the IHF Board of Directors and member of the Capital Campaign Steering Committee, Ely's contributions were vital to the organization's growth and success. She was instrumental in the automated-external defibrillator initiative and helped establish IHF events.

"Betty-Anne exemplifies commitment to healthcare and community," said Island Hospital CEO Vince Oliver. "Her contributions, which continue today, are nothing short of exceptional."

The Spirit of Island award was established in 2002 to recognize individuals who have given above and beyond in their service to the Island Hospital community. It honors those whose service has resulted in extraordinary benefit to the hospital and its patients.

Betty-Anne is married to Buzz Ely MD, who has been a member of the Island Hospital Board of Commissioners since 1998.



Betty-Anne Ely RN (second from left) at the Island Hospital Foundation (IHF) Donor Recognition event, shortly after receiving the Spirit of Island Award, with Island Hospital CEO Vince Oliver, IHF President Shellie Bogosian RN (second from right) and IHF Development Coordinator Bernadette Stanek.

Merle Cancer Care Center

Oncology pharmacy opens door to enhanced patient care services

Thanks in part to the contributions of a generous community, a new Oncology Satellite Pharmacy that serves patients of the Merle Cancer Care Center at Island Hospital, is now open. Proceeds totaling \$150,000 from the Island Hospital Foundation's Gala of Hope Heartstrings Appeal and from the organization's spring fundraising efforts (see Foundation Round Up page 14), have helped fund the pharmacy, which is located in the Merle Cancer Care Center at Island Hospital.

Establishing a pharmacy satellite dedicated to providing chemotherapy and infusion services is expected to significantly enhance patient care in Oncology, according to Larry Pelham, Director of Pharmacy Services at Island Hospital.

"For patients, receiving chemotherapy is pretty much an all-day commitment -- from getting here and signing in, obtaining laboratory blood tests, clinic visit with physician,

medication treatment regimen verification, pre-infusion preparation with clinic nurse, pharmacy compounding/admixing of chemotherapy agents, pre-treatment and infusion process, post-infusion assessment and, finally, departing for home," said Pelham. "Having a dedicated pharmacy will ensure the highest level of patient-medication safety, improved turnaround time, care coordination and patient and family satisfaction. That includes better communication between physicians, nurses, pharmacists, caregivers and other members of a patient's treatment team; improved assessment of medications; expanded patient education; and more."

The new pharmacy also will help ensure that chemotherapy patients have consistent access to drugs prescribed in their treatment regimen. "We hear a lot in the media about shortages of critical cancer drugs that cause



Bernadine Feist RPh in new Oncology Satellite Pharmacy.

Bernadine Feist RPh joins dedicated oncology pharmacy

Patients receiving chemotherapy at the Merle Cancer Care Center at Island Hospital have a valuable new resource in Bernadine Feist RPh, BCPS. She's the Oncology Pharmacy Specialist at the newly opened Oncology Satellite Pharmacy.

In addition to compounding and monitoring infusions and other medications, Feist reviews all chemotherapy orders to ensure that medications and dosages are correct for each patient. She also works with clinic reimbursement specialists to verify that all treatments ordered by a patient's physician

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Anacortes Family Medicine welcomes Jennifer Robbins

Jennifer Robbins DNP, ARNP, has joined Anacortes Family Medicine (AFM) and is currently seeing patients in The Walk-In Clinic at Island Hospital, located in AFM. She received a



Bachelor of Arts degree in Psychology from the University of Redlands, Redlands, CA and a Bachelor of Science degree in Nursing from the University of Washington, Seattle, WA. She also earned Master of Nursing and Doctor of Nursing Practice degrees from the UW Family Nurse Practitioner Program. During her training, Dr. Robbins was award-

ed membership in Sigma Theta Tau International Honor Society of Nursing.

Prior to joining AFM, Dr. Robbins worked as a Registered Nurse in the Medical Cardiac Intensive Care Unit at Harborview Medical Center, Seattle, WA, where she was a vital component of a multidisciplinary team caring for critically ill patients. While she enjoyed the challenges of ICU nursing, she felt that many unit admissions could have been prevented and wanted to be part of the solution by becoming a primary-care practitioner.

Dr. Robbins is licensed as an Advanced Registered Nurse Practitioner and as a Registered Nurse by the State of Washington. She is board certified by the American Nurses

Credentialing Center as a Family Nurse Practitioner. She completed her doctoral capstone project at Naval Air Station Whidbey Island where she helped identify the impact of pregnancy on military readiness.

Dr. Robbins grew up in Tacoma, WA, and has been a resident of Anacortes for several years. Her husband is a jet pilot with the U.S. Navy, and the couple enjoys traveling, wine making, skiing, camping and hiking – including summiting Mt. Rainier.

The Walk-In Clinic at Island Hospital is located at 2511 M Ave., Anacortes, and open from 8 a.m. to 8 p.m., Monday through Saturday.

Tracy Nimmerrichter-Burgess MD joins AFM



A specialist in Internal Medicine, Tracy Nimmerrichter-Burgess MD recently joined the Anacortes Family Medicine (AFM). She is a graduate of Goucher College, Towson, MD, where she was the recipient of several awards and scholarships, including induction into Phi Beta Kappa. She received her MD degree from the University of Maryland Medical School of

Baltimore, MD and completed an Internal Medicine Residency at Mercy Medical Center and the University of Maryland, Baltimore.

“I am a strong proponent of preventive healthcare and like to work on both prevention and early management of medical problems to improve long-term outcomes for my patients,” said Dr. Nimmerrichter-Burgess.

Before joining AFM, Dr. Nimmerrichter-Burgess was the sole proprietor of Oak Harbor Internal Medicine, Medical Spa and Walk-in Clinic, Oak Harbor, where she provided internal medicine primary care, urgent care and aesthetician services to patients and worked closely with emergency physicians, hospitalists, and local healthcare specialists. Previously, she worked for Oak Harbor Internal Medicine,

a primary care group practice originally established by Whidbey General Hospital (WGH). She also served as Chief of Medicine for one year at WGH.

Dr. Nimmerrichter-Burgess has also served as a physician or staff physician at Coupeville Clinic, Coupeville, WA; Bon Secours/DePaul Medical Center-Medical Clinic, Norfolk, VA; Internists of Churchland, LTD and Sentara Health Plan, both of Chesapeake, VA; and Robbins and Sylva, PA, Glen Burnie, MD. She has held temporary positions at Eastern Virginia Medical School - DePaul Medical Center, Norfolk and Vista Staff Solutions (contracted locum tenens physicians) Salt Lake City, UT, which sent her to positions in Richland, WA and in an inner-city clinic associated with Johns Hopkins Medical Center, Baltimore.

Dr. Nimmerrichter-Burgess is a member of the Washington State Medical Association and the American College of Physicians.

Born in Washington, D.C., Dr. Nimmerrichter-Burgess grew up in southern Maryland and lived in Annapolis, MD before moving to Whidbey Island, WA. Her husband is retired from the Navy and works with Northern Harbor Yacht Brokers in Anacortes and their son attends Anacortes High School.

Denise Jones RN named Director of Acute Care, ICU

Denise Jones, RN, MN is now serving as Director of the Acute Care and Intensive Care Units at Island Hospital. She was named to the position earlier this year following the promotion of former Director Lois Pate RN, to Chief Nursing Officer.



Degree in Nursing from the College of St. Scholastica, Duluth, MN and a Masters degree in Nursing from Regis University, Denver, CO.

Prior to assuming her new position, Jones was a staff nurse in the ICU and Medical/Surgical unit at Island Hospital. She has also served as a staff nurse at an Ypsilanti, MI hos-

pital and as a long-term care nurse and Home Healthcare Coordinator for the Spring Valley Care Center, Spring Valley, MI. Jones also has held a teaching position in the Clinical Registered Nurse Training Program at Skagit Valley College in Mount Vernon.

As Acute Care and ICU Director, Jones says she will work to ensure that all healthcare professionals in these units have the tools and support they need to provide the best patient experience everyday.

Jones received her Bachelor of Science

Chris Tobey PhD selected as Clinical Director of Psychiatry & Behavioral Health Program

Christopher Tobey PhD, ABPP brings rich experience in program development, implementation and administration to this new position as Clinical Director of the Psychiatry &



Behavioral Health Program at Island Hospital.

“Dr. Tobey’s extensive background in testing and evaluation of child, adolescent and adult behavioral and psychiatric disorders are expected to add value for our patients and the program in general,” said Island Hospital CEO Vince Oliver.

Tobey earned a Bachelor of Science degree from Seattle University; a Masters of Social

Work degree from the University of Michigan, Ann Arbor, MI and a Doctor of Philosophy degree in Clinical Psychology from Seattle Pacific University. He has maintained a private practice for more than 20 years during which he has consulted with local school districts and hospitals and has provided testing and evaluation services to individuals and families with parenting, conflict and dependency concerns.

Prior to joining the IH Psychiatry & Behavioral Health Program, Tobey served as an Intervention Specialist and later as Division Supervisor of the Skagit County Youth and Family Services’ ARIS Program which provides intervention and case-management services to at-risk students and fami-

lies. He also served as a Clinical Social Worker with the School Enhancement Program of Skagit Community Mental Health and as Clinical Director and Social Worker at Anacortes-based Secret Harbor School for students with behavioral, emotional and psychiatric disorders.

Tobey is licensed by the states of Hawaii and Washington as an Independent Clinical Social Worker. He is board certified in Couple and Family Psychology and holds Professional Qualification in Psychology Certification from the Association of State and Provincial Psychology Boards.

A member of numerous state and regional boards and organizations that support services to at-risk individuals and families, Tobey is a board member of the Northwest Independent Behavioral and Health Practitioners. He is a member of the American Psychological Association, the Washington State Psychological Association, the American Academy of Couple and Family Psychology and the Society for Couple and Family Psychology, which presented him with its Distinguished Service Award in 2012.

For appointments or more information call the Psychiatry & Behavioral Health Program at Island Hospital, (360) 299-4297.

David Hall MD joins Psychiatry & Behavioral Health Program



David C. Hall MD has joined the Psychiatry & Behavioral Health Program at Island Hospital, extending his private practice in child, adolescent and family psychiatry established in Seattle, WA in 1983 and opened in Anacortes in 2011.

A graduate of Harvard College, Cambridge, MA, Dr. Hall earned an MD degree from the University of Washington School of Medicine, where he also interned in Medicine Psychiatry, served a Psychiatric Residency and held a Fellowship in Child Psychiatry. He was named Chief Resident in

Child Psychiatry and received a citation for Clinical Excellence from the UW Residency Program.

Prior to opening a private practice, Dr. Hall worked at Western State Hospital as a Group Therapy Supervisor with the Washington State Treatment Program for Sexual Offenders. After training, he served as Staff Child Psychiatrist at Children’s Orthopedic Hospital and Medical Center, Seattle and as Attending Psychiatrist at Providence Medical Center, Seattle. He has been a member of the courtesy staffs of Seattle Children’s Hospital, Harborview Hospital, Seattle and Swedish Hospital, Seattle.

Dr. Hall is board eligible in Adult and Child Psychiatry and licensed to practice in Washington. He is a member of the American Psychiatric Association, the Washington State Council on Child and Adolescent Psychiatry, the American Academy of Child and Adolescent Psychiatry and the American Society of Clinical Pharmacology. He has served as president and board director of both Washington Physicians for Social Responsibility and National Physicians for Social Responsibility. He also was a founding steering-committee member of the Child Violence Identification and Prevention Project.

A native of Seattle, Dr. Hall and his wife, Anne, moved to Lopez Island in 2011. The couple has two sons and two grandsons.

Child, Adolescent & Family Psychiatry is located at 1019 21st St., Anacortes. To make an appointment with Dr. Hall, call (360) 299-4297.

Early Detection

Is Your Best Protection

Schedule your annual mammogram.

(360) 299-1315

WOMEN'S HEALTH SPECIAL SECTION

While most health issues faced by women versus men are obvious, many still do not understand that the sexes have different symptoms for the same diseases. For instance, women have heart-disease symptoms that differ from men. The ability to recognize these symptoms can help substantially in initiating medical treatment and minimizing the damage done. All of us at Island Hospital urge you to know as much about these symptoms as possible to help you or someone you love. Our sincere hope is that you will take wellness and preventive steps to stay as healthy as you can and avoid serious problems. Along with this selection of short articles and columns, we offer testimonials of real patients who have benefited from our services as well as screenings that can help you stave off serious medical problems. Please take care of yourself and treat symptoms as early as possible, keeping your primary healthcare provider closely involved.

Yearly mammograms after age 40 still recommended

October is Breast Cancer Awareness Month. The observance comes with a reminder that although death rates for the disease are decreasing, it is still the second most common cancer among women and the second leading cause of cancer death. The American Cancer Society (ACS) estimates that one in eight women will develop the disease in her lifetime. As advanced technologies, new treatments and low-cost preventive screenings expand, there are reasons to be optimistic that not only will death rates continue to drop, but those with the disease will live longer and better lives.

Healthcare professionals agree that early detection of breast cancer plays a major role in saving lives, and the Merle Cancer Care Center at Island Hospital and many other local providers continue to follow national guidelines approved by the ACS and the National Comprehensive Cancer Network:

- Beginning at age 40, women should get an annual screening mammogram
- Beginning at age 20, they should conduct a monthly breast self-exam
- Beginning at age 20, they should have a clinical breast examination by a medical professional at least every three years and annually after age 40

Three years ago a panel of independent experts urged women not to begin regular mammograms until age 50 and at two-year intervals after that. Self-exams, which have long been advocated by healthcare professionals – were discarded by the panel as useless. The rationale for these new guidelines, which were universally criticized by doctors, cancer-care and prevention organizations, the Secretary of the U.S.

Age-specific Probabilities of Developing Invasive Female Breast Cancer*

If Current Age is:	The probability of developing cancer in the next 10 years is:	or 1 in:
20	0.06%	1,681
30	0.43%	232
40	1.45%	69
50	2.38%	42
60	3.45%	29
70	3.74%	27
Lifetime risk	12.15%	8

*Among those free of cancer at beginning of age interval. Based on cases diagnosed 2005-2007. Percentages and "1 in" numbers may not be numerically equivalent due to rounding. Probability derived using NCI DevCan Software, Version 6.5.0. American Cancer Society, Surveillance Research, 2011

Breast Cancer Diagnosed and/or Treated at Island Hospital by Age and Stage for the years 2007- 2011

Age At Diagnosis	Stage at Diagnosis						Grand Total	Age at diagnosis % of total
	0	1	2	3	4	Unknown		
20-29			1				1	0.41%
30-39		1				1	2	0.82%
40-49	1	14	14	4		1	34	13.93%
50-59	7	18	6	6	5	3	45	18.44%
60-69	14	30	15	5	4	1	69	28.28%
70-79	10	24	14	2	2	4	56	22.95%
80-89	3	19	7	1	1	2	33	13.52%
90-100		2		1	1		4	1.64%
Grand Total	35	108	57	19	15	10	244	99.99%
	14.34%	44.26%	23.36%	7.79%	6.15%	4.10%	100.00%	

The Island Hospital table indicates the majority of breast-cancer patients are diagnosed early at a more favorable stage, with the number being diagnosed increasing after age 40. Island Hospital's breast-cancer experience corresponds to the ACS statistics indicating a woman's chance of developing breast cancer increases after age 40.

Department of Health and Human Services and breast-cancer survivors, was to avoid unnecessary tests, too-frequent screenings and needless false alarms.

The new guidelines left many women confused, but today the case for early detection has been firmly and convincingly made. Studies plainly show that patients who have been diagnosed before symptoms appear have the best chance of being cured of their disease.

Breast reconstruction following mastectomy, tumor excision



By David Slepyan MD

In 1998 the Women's Health and Cancer Reconstruction Act (WHCRA) was signed into law, requiring U.S. insurance companies to cover health-related breast reconstruction. Despite this mandate covering these procedures relatively few breast-cancer patients (10 to 20%) undergo reconstruction following mastectomy or limited excisions of tumors. It's not well known that these techniques are available to patients.

These procedures are quite varied and usually staged, involving three or four separate procedures to reach the final result. They include total breast reconstruction using skin muscle flaps,

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Women overtake men in number of chronic lung-disease deaths

Chronic respiratory disease is a collective term that includes several respiratory illnesses including bronchial asthma, chronic bronchitis, emphysema, neuromuscular disease and chronic obstructive pulmonary disease (COPD). Long thought to be a man's disease, COPD in women has been on the rise in recent years and is now the fourth leading cause of death for women.

Because women's COPD symptoms and risk factors may be different from those of men, women are less likely to receive breathing function and other testing used to diagnose and treat the disease early. More women than men now die of COPD each year.

Typical symptoms of COPD include shortness of breath, chronic cough and sputum production. But women reportedly are more likely to experience symptomatic variations including severe shortness of breath, anxiety and depression, lower quality of life and increased hyper-responsiveness. Since smoking and second-hand smoke are the leading risk factors in developing COPD, studies suggest that women are more susceptible to the harmful effects of tobacco than men.

The Pulmonary Rehabilitation Program at Island Hospital is designed for people at risk of developing lung disease or for patients with COPD or other chronic respiratory conditions. Specially trained healthcare professionals tailor comprehensive, medically supervised programs to meet the individual needs of participants with the goal of slowing the progression of their disease and improving quality of life.

For more information on the Pulmonary Rehab Program at Island Hospital, call (360) 588-2074 or visit www.islandhospital.org.

"If I can do it, so can you."

When new members join the Pulmonary Rehabilitation Program at Island Hospital, some doubt their ability to participate. That's when rehab veteran Gail Woodruff would often step up and assure beginners, "Don't worry, if I can do it, so can you."

Gail speaks from experience and a hard-won self-confidence. She had her first heart surgery before her 50th birthday, a second four years later, followed by lung surgery. But thanks in part to the Pulmonary Rehab Program and the lifestyle changes she's made, Gail continues to pursue activities that bring her joy.

"I have to be honest here," she says. "When I saw all that exercise equipment my first thought was, 'No way I'm going to last.'" But Gail did last, and before long she was riding the stationary bike with ease and looking forward to exercise sessions.

In addition to a supervised exercise regimen tailored to her needs, Gail found the program's counseling and education sessions helpful. Today Gail continues to reap the benefits of exercise and information she received: "I am so thankful that we have these excellent programs so close to home," she says.



Pap smear, HPV analysis cut cervical cancer deaths



By *Kathy Garde MD, Ob/Gyn*

Cervical cancer has been a killer of women for millennia. It remains a leading cause of death in third-world countries even today. Precursor changes occur in the cervix that can be discovered by using a Pap smear, a simple screening method of sampling cervical secretions and microscopically analyzing them. The institution of nationwide screening programs has virtually eliminated cervical cancer as a healthcare risk for women. In 2011 there were fewer than 10,000 deaths in the United States from cervical cancer and almost all these women had not been screened.

It has long been suspected that a sexually transmitted agent causes cervical cancer. The disease is widespread in prostitute populations throughout the world and virtually non-existent in celibate populations such as Catholic nuns. That agent has now been determined and it is the simple wart virus or human papilloma virus (HPV). A strain of this virus can be found in virtually 100% of all cervical cancers. While hundreds of HPV strains exist, only a few can cause cervical cancer. These 15 or so strains are called high-risk viruses. Two of these strains, 16 and 18, appear to be more aggressive and are responsible for 70% of all cervical cancers.

Today we are able to test for these viruses both as a group and individually. This has led to some confusion as how to currently

screen for cervical cancer. If a woman has abnormal cervical cells the Pap smear will detect this only about 60% of the time (false negatives). In addition, the Pap smear detects abnormalities misinterpreted as being associated with cervical cancer (false positives).

The HPV analysis, on the other hand, detects 99+% of cervical-cancer precursors, though the test is often positive when there are no cervical changes. Today in the U.S. some combination of Pap smear and HPV analysis is always used both as a screening and diagnostic tool. If these remain abnormal the cervix is then visualized with magnification (colposcopy), biopsied and treatment tailored to the specific findings.

Vaccines now exist which can prevent HPV infections, especially the aggressive varieties. To be most effective these should be administered to pre-sexually active women (and men). It is hoped that such a vaccination program will substantially reduce the now very frequent and costly evaluations necessary to prevent cervical-cancer growth.

Recently, changes in the frequency of Pap smear screening and the addition of HPV screening have been proposed. Discuss this with your personal physician to see if these recommendations apply to you.

Dr. Garde, who specializes in Obstetrics and Gynecology, practices at Fidalgo Medical Associates in Anacortes, (360) 293-3101.

Women have unique heart-disease symptoms, risk factors

Each year in the U.S., more women than men die of heart disease. As with stroke, cancer and some other diseases, symptoms of female heart attack victims may differ from those experienced by men. Because their symptoms are subtle, women may not recognize them as the onset of a heart attack and when they do reach the emergency room, much damage to the heart may have already occurred.

Women's symptoms associated with heart attack include:

- Pressure or discomfort in the chest, neck, shoulder, upper back or abdomen
- Shortness of breath
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue

While they share some common risk factors with men – such as high blood pressure, high cholesterol and obesity -- other factors may be more significant in the development of heart disease in women. They include Metabolic Syndrome -- or a combination of belly fat, high blood pressure, high blood sugar and high triglycerides; smoking; lower levels of estrogen after menopause; and depression.

Healthcare professionals have recognized the broad role mental stress and depression play in the development of heart disease in women and their impact on those who have already experienced a heart attack. It's estimated that 18% of American women suffer from depression -- twice as likely as men. According to studies in women's heart health at Mayo

Clinic, because women are more likely to experience depression and mental stress, they may be less likely to adopt lifestyle changes needed to be heart healthy. This can increase the chance that they will develop heart disease and raise their risk of negative outcomes.



Action steps to reduce depression, mental stress

- Manage stress through relaxation techniques such as yoga, deep breathing, acupuncture and meditation.
 - Take part in a cardiac rehabilitation program – call (360) 299-4242 or visit www.islandhospital.org for info.
 - Take care of yourself by eating healthy foods, getting enough sleep, exercising and drinking water.
 - Seek counseling to help adopt heart-healthy behaviors
- Ask your doctor if anti-depressants are right for you.

Learn the symptoms of stroke in women... see page 23.

Is hormone-replacement therapy right for you?

By Bob Prins MD, Ob/Gyn

Hormone-replacement therapy (HRT) for menopausal women is steeped in controversy. Until recently this was not so.



Longitudinal studies (following people's health over time) such as the Framingham Study, Walnut Creek, Leisure World and the New England Nurses Study had all demonstrated significant advantages for hormone replacement in menopausal women: 35-50% reduction in coronary artery disease (heart attacks); decreased risk of fracture from osteoporosis; decreased risk of Alzheimer's disease and even a decreased risk of colon cancer.

All this changed with the publication of the Women's Health Initiative (WHI), a longitudinal study of 16,608 women begun in 1993 and stopped prematurely in 2002 because of a statistical increase in breast-cancer risk. This study was characterized by its authors and the media as the definitive statement on the ability of hormones to prevent heart disease. The WHI was a ran-

dom study; patients and researchers were not aware of who was on hormones or placebo. It found no protective benefit of hormones with regards to heart disease.

So why the difference between all previous longitudinal studies and the WHI? The reasons are many but more than anything else the WHI investigators erred by studying the wrong population of patients and confusing the treatment of disease with its prevention. The designated patient population was supposed to be "newly menopausal

Bone Density screening see page 22.

women." The women in the WHI population had an average age of 63 with two-thirds of the women over the age of 60. Only 5% of the women were in the 50-52-year age range where HRT is usually started.

A crude analogy would be the study of the effectiveness of routine oil changes on engine wear in automobiles. One group of engines would receive routine oil changes and the other not. You would surely want to

start with new engines (just as you would test newly menopausal women in an HRT study) in each group to evaluate the preventive benefit of oil changes. If you had a mix of engines, the test would not be valid since there's significant damage in an engine with 200,000 miles (as with women tested for HRT 10 years after starting menopause); and the preventive benefits of oil changes would be lost since you can't prevent what's already happening. The WHI investigators should have studied younger, healthier, just-menopausal women where the issue of prevention could truly be evaluated. And, indeed, when that 5% of the women age 50-52 (in the WHI study) were evaluated, separately, a 40% reduction in coronary-artery disease was demonstrated.

The bottom line: Hormone-replacement therapy is effective in preventing heart disease for women who start HRT soon after menopause begins. Discuss this with your personal physician and make the decision that's best for you.

Dr. Prins, who specializes in Obstetrics and Gynecology, practices at Fidalgo Medical Associates in Anacortes, (360) 293-3101.

Women with diabetes can face other health complications

Today, according to the Centers for Disease Control and Prevention, more than 25 million people in the U.S. have diabetes. Of that total, just over half are women, and having the disease leaves them vulnerable to a broad range of serious health complications:

- Women with diabetes are more likely to have a heart attack than women without diabetes.
- Women with diabetes are more likely to have heart failure than women without diabetes.
- The risk of depression is higher in women with diabetes than in women without diabetes.
- Women with diabetes may experience recurrent yeast infections. This is more likely when the blood glucose levels are higher than normal.

Women and men should be aware of the risk factors for diabetes. According to the American Diabetes Association, those who are greater risk for this disease are:

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing nine pounds or more at birth.

For more information on diabetes, visit www.diabetes.org.

Stopped blaming self, rebuilt health

Jean Johansen was actually relieved when she was diagnosed with diabetes more than a year ago. "Finally I could put a name to my lack of energy, my weight gain and other symptoms," she said. "I could stop blaming myself for what I believed was simply a lack of self-control."



Jean began to gain weight in the past few years and to experience periods of fatigue. A complete blood test led to a diagnosis of type 2 diabetes. Once on medication and a healthy diet, Jean's weight gradually began to go down. She learned more through classes and one-on-one sessions offered by the Diabetes Education Program at Island Hospital about how to better manage her disease.

"At 71, I've faced some tough challenges in my life," she says. "I found that my health is very important to me, and I want to do everything I can to preserve it."

Gestational Diabetes

Gestational diabetes develops in about the 24th week of pregnancy in women who did not have diabetes before they became

continued on Page 22

Overactive bladder can be helped with physical therapy

By Amy Harrington PT



Do you know where every bathroom is in Anacortes? Do you frequently use the bathroom more than once every two hours? Do you have an uncontrollable urge to urinate or experience urinary leakage with a strong urge to use the bathroom? If so you may be suffering from overactive bladder.

Overactive bladder can be very inconvenient and uncomfortable, causing an extreme urgency to urinate, frequent urination and the need to urinate at night. The problem occurs when the bladder muscle contracts before the bladder expands to its full size. "False alarms" to urinate are felt before the bladder is even full and a sudden urge to urinate, coupled with incontinence or leakage, results.

Physical therapy treatment for overactive bladder includes pelvic-floor-muscle exercises, myofascial trigger-point release of tight pelvic-floor muscles, bladder retraining, electrical stimulation to help decrease the bladder muscle spasms and biofeedback.

Bladder retraining involves scheduled trips to the restroom. The length of time between trips is gradually increased. This therapy trains the bladder to delay voiding for longer time intervals and has been proven effective in treating overactive bladder, including *urge* urinary incontinence.

Electrical stimulation can help build muscle strength, muscle awareness and endurance. It can help calm down the bladder and keep it from contracting at the wrong time.


Biofeedback is a learning technique that utilizes specialized equipment to assist you in

gaining control of the pelvic floor muscles. An internal sensor is used to monitor the muscle activity of your pelvic floor. This enables you and your therapist to see and evaluate resting muscle activity as well as evaluate muscle strength and endurance.

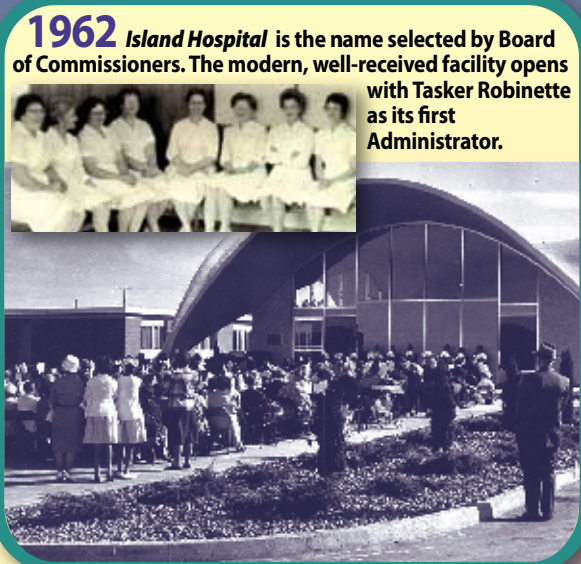
If you feel you may be suffering from overactive bladder discuss a referral to physical therapy with your healthcare provider. Island Hospital has skilled Physical Therapists who specialize in the pelvic floor and bladder retraining who can help you improve your quality of life.

Physical, Occupational & Speech Therapy is located in the Medical Arts Pavilion at Island Hospital. For appointments or information, call (360) 299-1328 or visit www.islandhospital.org.

**Women's Health Section
continues page 23.**



1957
Ho Taylor, Estelle Ferguson and Jo Driftmier start the discussion "What would it take to build a new hospital", start campaign for vote on hospital district, knock on every door in Anacortes for a "yes" vote.

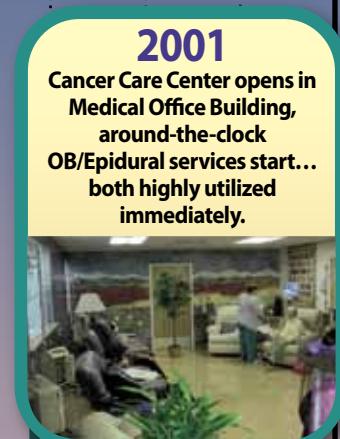


1962 *Island Hospital* is the name selected by Board of Commissioners. The modern, well-received facility opens with Tasker Robinette as its first Administrator.

1985
New six-bed ICU/CCU opens funded largely by Island Hospital Medical Foundation (now Island Hospital Foundation) campaign.



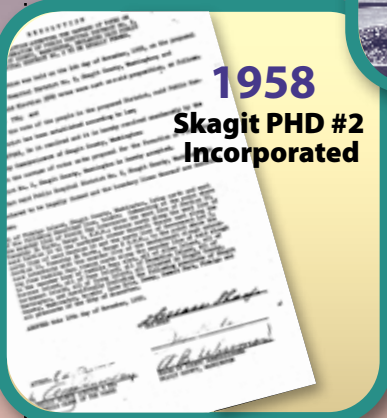
1996 New Surgery, Birth Center, Island Health Resource Center open.



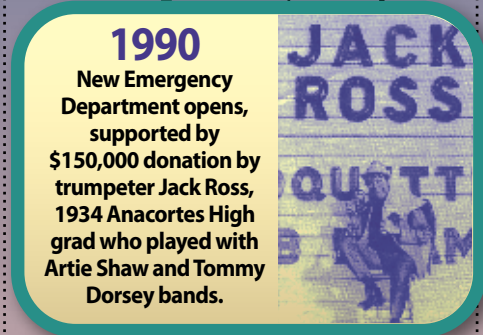
2001
Cancer Care Center opens in Medical Office Building, around-the-clock OB/Epidural services start... both highly utilized immediately.



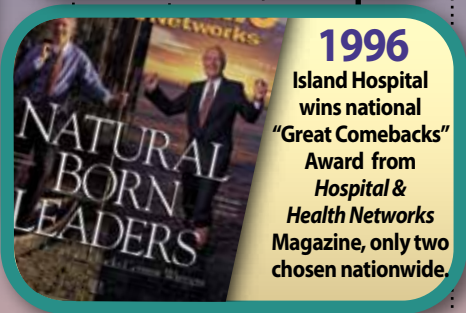
2008 Renovation & Expansion Project Phase II completed that brings connection of front entrance to building opened in 2007. Phase II included the the Pharmacy, Chapel, Island Bistro, Thomas P. Brooks MD Family Birth Center, front lobby and Gifts & More.



1958
Skagit PHD #2 Incorporated



1990
New Emergency Department opens, supported by \$150,000 donation by trumpeter Jack Ross, 1934 Anacortes High grad who played with Artie Shaw and Tommy Dorsey bands.



1996
Island Hospital wins national "Great Comebacks" Award from Hospital & Health Networks Magazine, only two chosen nationwide.

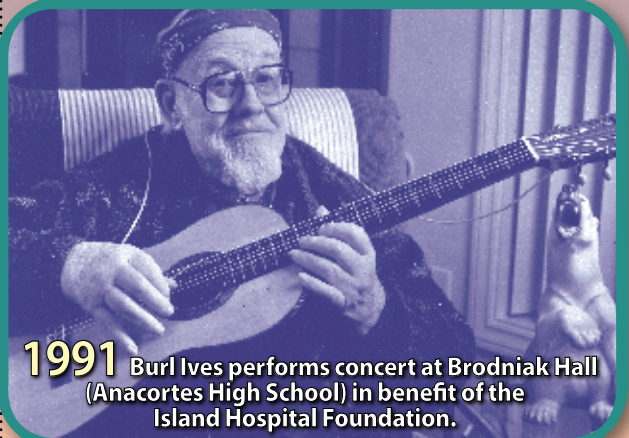
2004 Board commits to Master Facility Plan, ask for \$30.5 million on September ballot. September bond measure passes with 78% affirming need for upgraded, expanded and modernized hospital facility.



2009 Dedicated, specially constructed Sleep Wellness Center opens off campus.

1975
Island Medical Dental Center (now Island Medical Center) opens. Facility adjoining the hospital's front lobby houses Family Medicine Associates; Island Surgeons; Island Urology; John D. Chambers MD, Ophthalmology; and Lawrence Nickleson DDS, Dentistry.

1973 Hospital uncompensated care reaches \$23,600 for the year.



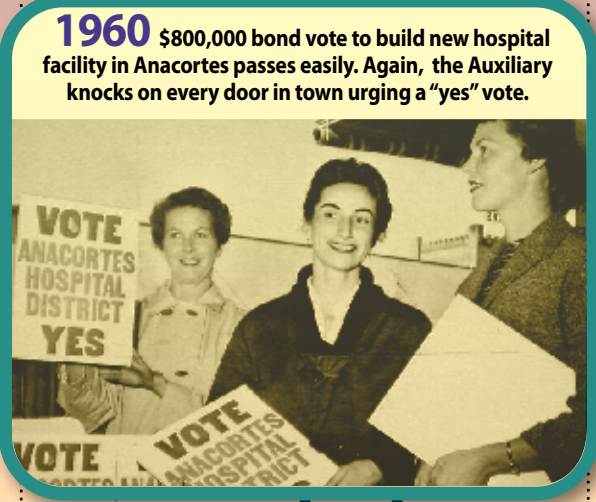
1991 Burl Ives performs concert at Brodniak Hall (Anacortes High School) in benefit of the Island Hospital Foundation.



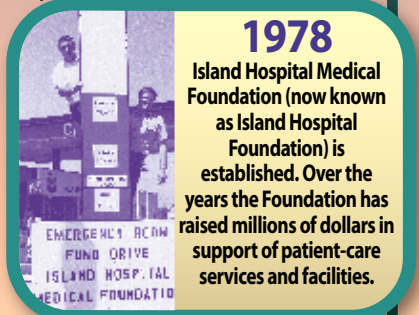
2004 Island Hospital Foundation holds inaugural Gala of Hope fundraiser that has achieved \$1.75 million over nine events.

2010 Psychiatry, Behavioral Health Program initiated.

2011 The Center for Aesthetic, Reconstructive & Hand Surgery Opens.



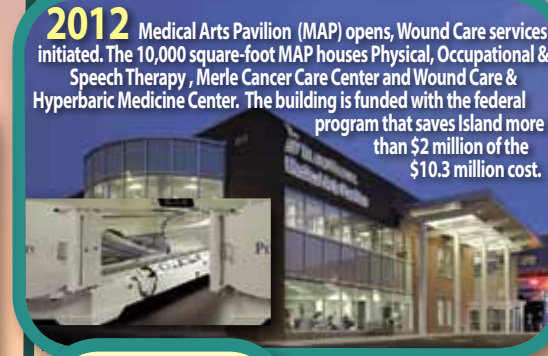
1960 \$800,000 bond vote to build new hospital facility in Anacortes passes easily. Again, the Auxiliary knocks on every door in town urging a "yes" vote.



1978
Island Hospital Medical Foundation (now known as Island Hospital Foundation) is established. Over the years the Foundation has raised millions of dollars in support of patient-care services and facilities.

1998 Medical Office Building opens on M Avenue with Anacortes Family Medicine and Island Family Physicians sharing upper level.

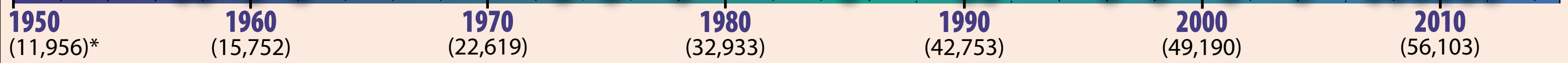
2007 Renovation & Expansion Project Phase I completed; adds 70,000 square-foot, state-of-the-art facility that brings private patient rooms, state-of-the-art diagnostics and expanded Emergency Department. More than 1500 attend opening.



2012 Medical Arts Pavilion (MAP) opens, Wound Care services initiated. The 10,000 square-foot MAP houses Physical, Occupational & Speech Therapy, Merle Cancer Care Center and Wound Care & Hyperbaric Medicine Center. The building is funded with the federal program that saves Island more than \$2 million of the \$10.3 million cost.

2012 Dedicated satellite pharmacy opens in Merle Cancer Care Center.

2012 The Walk-In Clinic at Island Hospital opens, provides immediate care 8 am to 8 pm, Monday through Saturday.



* U. S. Census Population Figures include Island Hospital Service Area



Supporting our community

By Shellie Bogosian RN
IHF President



While many of our healthcare resources are directed toward treating illness and injury, today there is growing focus on prevention initiatives – efforts to evaluate, diagnose and treat medical conditions earlier rather than later when treatment may be less effective and outcomes more uncertain and costly.

Island Hospital has long offered preventative screenings, plus an array of educational and supportive programs that help patients and members of our community stay healthier, longer. I am proud that the Island Hospital Foundation provides funding for many of these initiatives. Anyone at the Island Hospital Resource Center at 7:30 a.m. on a lipid and glucose screening day can testify to the popularity of this and many other such programs.

As a healthcare professional, it is my personal privilege to volunteer with our Risk and Quality Control Department. As President of the IHF, I see firsthand how patients are affected every day by our services and our staff. The generosity of donors enables patients and residents to utilize our Health Resource Center, Medical Relief Grants, health screenings and advanced technologies such as those built into our new Oncology Satellite Pharmacy.

These are only a few of the numerous activities which are funded largely through contributions to the Island Hospital Foundation by our generous community. On behalf of the Island Hospital Foundation, I want to thank you once again for your continuing support of our hospital.

Foundation Round-Up

Oncology Satellite Pharmacy campaign successful

The Foundation deeply appreciates the challenge put forth by Mr. and Mrs. Jerry Barto, who matched \$50,000 in donations toward the construction of the Oncology Satellite Pharmacy in the Merle Cancer Care Center. In all, IHF raised more than \$100,000 to offset the \$450,000 in construction costs to provide enhanced pharmacy services for infusion patients. Other gifts for this campaign larger than \$2,000 came from the Anacortes Elks Club; Dr. and Mrs. John Bame; Island Hospital Auxiliary; Joe Mulcahey MD and Anthony Young; and William Whittemore. For details about the Oncology Satellite Pharmacy, see page 5.

Carabba Scholarship winners



John Carabba

Anacortes High School students Connor Richards, Michael Perron and Catrina Pelletier were awarded this year's John Carabba Memorial Scholarships, dedicated to students going into the healthcare field. The annual award commemorates John Carabba, who helped start the Island Hospital Foundation and was a strong supporter of Island Hospital and quality healthcare in the community. The awards were presented by Island Hospital Commissioner Buzz Ely MD and IHF Board Member Diane Rusher.

Popular IH Golf Classic earns \$75,000

The Annual Island Hospital Golf Classic marked its 11th year by raising \$75,000 to help fund hospital services and programs such as health screenings, charity care and purchase of new equipment and technologies that improve patient experiences.

Skagit Golf & Country Club hosted the event again this year and, with help from members of the Island Hospital Auxiliary and a host of enthusiastic volunteers, the Classic was successful as a fundraiser and as a fun-filled day for participants.



The Swinomish Casino foursome won low gross in the 11th Annual Island Hospital Golf Classic

2012 Golf Classic Winners:

- 1st place team (low gross) – Swinomish Casino
- 1st place team (low net) – BrandStrategy
- Longest drive (women) - Kay Steiner
- Longest drive (men) – Jeff Murphy
- Closest to pin (women) - Kimberly Latsha
- Closest to pin (men) - Dave Allison
- “Killer Bee” long drive – Jim Roe

IH Sleep Center spotlighted at Fireside Chat



Robert Reyna MD

Robert M. Reyna MD, Medical Director of the Island Hospital Sleep Wellness Center, addressed the quarterly Fireside Chat held in the home of Board of Commissioners President Paul Maughan and wife Karen. In addition to his presentation titled, *Some Must Watch, While Some Must Sleep*, Dr. Reyna confirmed that the Sleep Center has received full accreditation from the American Academy of Sleep Medicine and, more recently, was named as a Center of Excellence by the Washington State Health Care Authority. Both designations will allow the Sleep Center to pursue options to expand its programs and patient base.

Quarterly Fireside Chats, which feature Island Hospital physicians as speakers, are organized by the IHF to familiarize Foundation Society members with the growing number of programs and services available at our hospital.

continued next page



Foundation Round-Up continued

Women's Heart Health program launched

More women diagnosed with heart ailments will be able to participate in the Cardiopulmonary Rehabilitation Program at Island Hospital thanks to more than \$15,000 raised during the raise-the-paddle portion of the 2011 Celebration of Trees. This funding would not have been possible without the hard work and dedication of members of the Soroptimist International of Anacortes. This organization initiated the funding opportunity, contributed and decorated the tree used during this portion of the auction. Their tree, featuring dozens of festively decorated shoes, took top honors in the People's Choice competition with their entry, *Taking Steps for Women's Heart Health*.

The newly established grant assists patients who cannot afford the program by offsetting the cost of high insurance co-pays. For more information, contact Molly Johnson at (360) 588-2074.

Say "Thanks" to a Guardian Angel

Every day at Island Hospital, physicians, nurses, staff members and volunteers are making a positive difference in the lives of patients, families and colleagues. For those who want to say "Thank You" and to honor special caregivers, there's the *Guardian Angel* program.

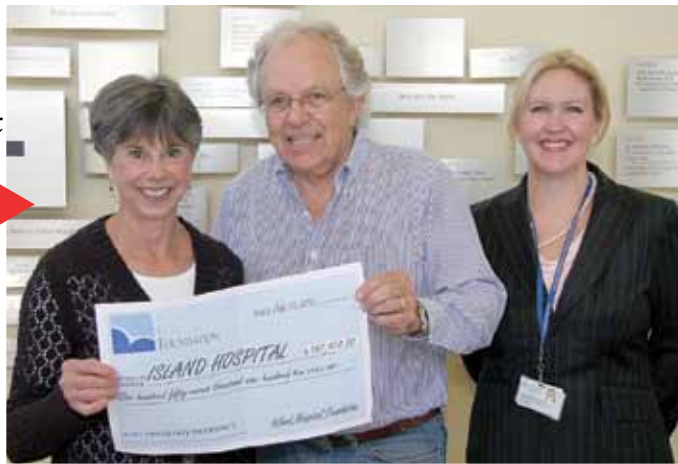
Here's how it works: Patients, family members or IH employees can recognize a Guardian Angel by going to the IHF website, clicking "give online" and leaving the name of their caregiver and a special message. Or they can click to print out a form, enter their name, the name of the person they want to honor and a donation amount.

Guardian Angels will receive a letter from the Foundation advising them that a gift has been made in their honor, along with a personal message from the giver. They'll also receive a custom-crafted Guardian Angel pin and acknowledgment in the IHF quarterly newsletter and other hospital publications. Funds raised through the Guardian Angel program and other IHF fundraising initiatives are used to support Island Hospital services and programs.

Watch our new video!

Island Hospital touches the lives of so many in our community and beyond. A few of them agreed to share their experiences by appearing in a new video produced by the Island Hospital Foundation. To watch, go to the Island Hospital website, click on Foundation and scroll down to view the video. You may see a friend or a neighbor with a story to tell and gratitude to share about the care they received at Island Hospital.

Island Hospital Commissioner Buzz Ely MD (center) receives a check for \$157,000 from Foundation President Shellie Bogosian RN (left) and Development Coordinator Bernadette Stanek. The check is the result of the Oncology Pharmacy Spring Match Appeal (see Foundation Round-Up) and the Heartstrings appeal at the spring fundraiser Gala of Hope.



Remembering

Island Hospital Foundation has received caring donations recognizing the following loved ones:

In Memory of:

**Kay Andrich
L. Doreen Angus
Susan Bird
Ava Grace Borntreger
John Carabba
Jo Driftmeir
Janice Edmons
Harry Eiesland MD
Judith Ellin
Warren Woody Fry
Dennis Heggem
Marie Jacobson
Ceal Kight
Pat Meyer
Curtis W. Morell
Randolph Murray
John M. Parks
Nick Petrish
Dr. Raymond Pinson
Girts Rekevics
Andrew Rothman
Francis Shull
Jerry Stewart
Art Strandberg
Bette Van Beber Webb**

In honor of:

**Robert Copeland
Roger Curtis
All GBS & CIDP Survivors
Dick Harrison
Island Hospital's 50th Anniversary
Sandy Killion
M.J. Kuhnlein
Loren Loomis Bowen
Natalie Gannon
Betty-Anne Ely
Elijah Rathbun
Albert Schmitt
Robert Tucker**

To remember or honor someone with a donation, please make check payable to "Island Hospital Foundation" and mail to:
**Island Hospital Foundation
1211 24th Street
Anacortes, WA 98221
Info: (360) 299-4201**



Auxiliary continues banner year with fall events

After hosting more than 50 hospital auxiliary members from throughout northwest Washington for an annual Spring Conference and logging yet another successful Easter Basket Sale, the Island Hospital Auxiliary is looking forward to fall and much-anticipated fundraising events.

The group's annual "Day of Bridge" enjoyed its usual success in mid-September and Auxiliary members are already at work on a hospital and community favorite, the annual Miniature Christmas Tree Sale on Nov. 16. The event is a frequent sell-out, so those hoping to take home a tree should shop early, according to Auxiliary President Shirley Smith.

All proceeds from Auxiliary fundraising events go toward sustaining Island Hospital programs and services. This year the group donated \$5,000 to the newly established oncology pharmacy in the Merle Cancer Care Center at Island Hospital.

This dedicated group of women who do big things to benefit the patients and staff of Island Hospital always welcome new mem-



Presenting a check for \$5,000 toward the new Oncology Satellite Pharmacy in the Merle Cancer Care Center are IH Auxilians (from left) Anna Rosenthal, Shirley Smith, Betty Phillips and Floyann Montee.

bers to join in fundraising events and monthly meetings. For more information on the

Auxiliary, call the Island Hospital Foundation at (360) 299-4201.

Feist continued from page 5

are covered by insurance and she's on hand to answer questions from patients, their families and nursing staff.

Feist received a Bachelor of Science degree in Pharmacy from the University of Kansas, Lawrence, KS, where she graduated with honors. She is Board Certified as a Pharmacotherapy Specialist by the Board of Pharmaceutical Specialties.

Prior to accepting her position with the Oncology Satellite Pharmacy, Feist was a Clinical Pharmacist at Skagit Valley Hospital Pharmacy, where among other duties, she evaluated medication therapy, provided counseling, and supervised supporting personnel in medication preparation and distribution. She also has worked as a Clinical Pharmacist at Salina Regional Medical Center in Salina, KS and as a Clinical Specialist at Island Hospital. Feist says she looks forward to having personal contact with patients and their families and to being part of a multi-disciplinary team of physicians, nurses, pharmacists, and caregivers -- all focused on improving patient well-being and satisfaction.

Pharmacy continued from page 5

patients to have their treatment delayed or changed until supplies are available," said Pelham. "That's why we're more closely collaborating with physicians who monitor patient medications and care plans, while improving inventory management of drugs to make certain the medications prescribed for our patients are where they need them, when they need them."

The Oncology Satellite Pharmacy is staffed by a full-time Oncology Pharmacy Specialist and Pharmacy Technician who, in addition to compounding chemotherapy and other infusions, are available to respond to questions from patients, their families and caregivers.

LIFELINE

24-hour support for medical emergency...
at the push of a button!

(360) 293-7563

Trashion Fashion on Lopez

Trashion Fashion, a “fashion” show fundraiser for the Lopez Island Solid Waste and Recycling Center, saw Lopez Island Medical Clinic (LIMC) staff (calling themselves “The Vital Signs”) win second place out of 25 entrants.

The fashion creations were designed and sewn by Mary Grace Post, Heather Arps and Pat Moore, all from of recycled, used, clean and/or expired clinic items. The highlight of the event (this magazine editor’s opinion of course) was Post’s purse, created entirely from Island Hospital *Heartbeats* magazine, which is delivered to most residents in San Juan County. LIMC is a Family Care Clinic of Island Hospital.

Post also made flip-flops and papier-mache boots (out of recycled materials) for all the Vital Signs to wear. In fact, everything they wore – including jewelry and accessories – was made by hand of recycled materials.

“Congratulations to the Lopez Clinic staff who participated in this event,” said Director of Island Hospital Clinics Elise Cutter. “Their involvement in the community and creativity for such a worthwhile cause are extraordinary.”



Lopez Island Medical Clinic staff just off the runway of the Trashion Fashion Show are (from left) Receptionist Mary Grace Post, Heather Arps MA, Aimee Nassoioy RN, Receptionist Pat Moore and Kai Sanburn RN.

Physicians Orders for Life-Sustaining Treatment

For patients nearing the end of life, the right level of care may not be simply “more” care – even for the critically ill. All too often there are no conversations with family or caregivers about end-of-life medical interventions and patients may be subjected to unwanted, ineffective treatments to sustain life against their wishes. That’s why patients now have access to Physicians Orders for Life-Sustaining Treatment (POLST), a standard medical order form that lays out the specific types of life-sustain-

ing treatments a critically ill patient does or does not want.

Unlike a *healthcare directive*, a POLST form is signed by patients and physicians, moves with patients as part of their medical records and must be honored across all care settings. It summarizes the wishes of patients regarding life-sustaining treatments which may include resuscitation, medical interventions, antibiotics and artificial feedings. When used with an advance directive naming a proxy healthcare decision-maker,

POLST can ensure that a patient’s end-of-life wishes are followed.

Washington is one of 32 states to honor POLST directives and the green forms are usually given to patients by their healthcare providers. For more POLST information, call Aubre Adams, Health Resources Coordinator at Island Hospital, (360) 299-1397. The Island Health Resource Center is located at 1211 24th St., Anacortes, just east of the main hospital entrance.

SIFI creates beautiful hats for cancer patients



Gayle Kersten (right), representing the Soroptimist International of Fidalgo Island, presents dozens of specially created hats for patients of the Merle Cancer Care Center at Island Hospital. Receiving the generous gift is Dorothy Engom RN.

Art & Healing class offered at Merle Cancer Care Center

Art & Healing classes will be offered for cancer patients and their caregivers the first and third Wednesdays of each month at the Merle Cancer Care Center (MCCC). The program is designed to provide a healing activity that allows participants to express fears, hopes and feelings through the healing power of art. No previous art experience is required. The classes will be held in the conference room of the MCCC, located in the Medical Arts Pavilion at Island Hospital, 1015 25th St. Anacortes.

Classes will be held from 1 p.m. to 3 p.m., and are facilitated by Registered Art Therapist Margaret Carpenter Arnett. Arnett, who was a registered nurse before returning to school to become a therapist, facilitated art-therapy support groups for cancer patients and their families for 16 years at the University of Washington Medical Center, in addition to teaching art-therapy interns for Antioch University. To register or for more information, contact MCCC reception at (360) 299-4200. There is no fee to participate in this class.

YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

Registration: To register for any class, please fill out the printed registration form and mail with a check or money order to Island Hospital - Community Education, 1211 24th St., Anacortes, WA 98221. You can also register online at www.islandhospital.org/classes. Prepayment is required! For more information, please call (360) 299-1309.

Locations: The Fidalgo and Burrows Conference Rooms are in the lower east level of the hospital near the helipad (these were formerly known as Conference Rooms 1, 2 & 3).

Please note that some classes cannot be held without a minimum number of participants. Prior to the class you will be contacted with a confirmation or cancellation notice regarding the class.

Cancer Care Resources

Look Good...Feel Better

This class is a free, national service that teaches techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Each two-hour session is comprised of hands-on demonstrations of the 12-step skin care and make-up program, proper care for nails and instruction on options related to hair loss, including use of wigs, scarves and other accessories. Each participant receives a free kit of cosmetics donated by the cosmetic industry. A minimum of three participants is necessary to hold the class.

This program is sponsored by the American Cancer Society along with the Personal Care Products Council and National Cosmetology Association.

When: 3rd Monday of each month, 1 - 3 p.m.

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Registration: 299-4200

Birth and Beyond

Choices in Childbirth

This six-week series covers prenatal nutrition, stages of labor, relaxation, breathing and other coping techniques. We will also discuss possible complications, variations and interventions that can sometimes occur, including choices to help you experience the best outcome for you and your baby. Breastfeeding and basic newborn care also will be covered.

When: Thursdays, 6 - 8:30 p.m.

Nov. 1 - Dec. 13 (No class on Nov. 22)

Jan. 3 - Feb. 6

Where: Fidalgo/Burrows Rooms

Cost: \$95 for six-week session or free with DSHS coverage (Optional - \$15 for Simkin et al, *Pregnancy, Childbirth and the Newborn*, latest edition)

Registration: 299-1309

Weekend Childbirth Classes

This two-day childbirth seminar is for those unable to attend the six-week session. Information on labor and birth, comfort

and coping techniques, caring for a newborn, breastfeeding and post-partum health will be covered. Class must meet minimum registration requirements to be held.

When: Sat. & Sun., Oct. 20 & 21, 10 a.m. - 6 p.m.

Sat. & Sun., Dec. 15 & 16, 10 a.m. - 6 p.m.

Sat. & Sun., Jan. 5 & 6, 10 a.m. - 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$130 or free with DSHS coverage (Optional - \$15 for Simkin et al, *Pregnancy, Childbirth and the Newborn*, latest edition)

Registration: 299-1309

Breastfeeding Matters



Topics include getting started with breastfeeding, its benefits and breastfeeding in the early weeks of postpartum, in special situations and while working. Specific questions are welcome and will be addressed. This class is open to pregnant and postpartum women and their babies.

Effie-Jo Lindstrom BA, BSN, IBCLC has been a lactation consultant for over 20 years.

When: Tuesday, Oct. 23, 5 - 6:30 p.m.

Tuesday, Nov. 13, 5 - 6:30 p.m.

Monday, Jan. 14, 5 - 6:30 p.m.

Where: Fidalgo Room

Cost: \$10 or fee waived for those with DSHS coverage

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

Registration: Mail in payment or leave a message at 299-4204

Cloth Diapering 101



Curious about modern cloth diapering? Learn about reasons to choose cloth diapers and how to use and care for them. Various diaper styles will be shown with a discussion of the pros and cons of each. Cloth diapering has come a long way and there are many options to choose from these days!

Michelle Bottorff is the owner of Green Diaper Demos and loves to share her passion for cloth diapering.

When: Wednesday, Nov. 28, 4 - 5 p.m.

Wednesday, Jan. 23, 4 - 5 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Michelle Bottorff

Registration: Leave a message at 299-4204

Car & Booster Seat Clinic

Drop in to have your car and booster seats checked by nationally trained car seat technicians from Skagit EMS. 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. No appointments required, please just drop in.

When: Thursday, Oct. 11, 3 - 5 p.m.

Thursday, Dec. 13, 2 - 4 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

Fit 4 Baby

This 8-week program is designed to strengthen the body for all of the changes it will experience during pregnancy. These classes include cardio, strength, flexibility and balance training both indoor and out. Suitable for all stages of pregnancy and fitness levels. Doctor approval required prior to first class. Please wear comfortable clothing and bring a water bottle and a towel or mat.

Natalie Gustafson is a Certified Pre and Post Natal Fitness Instructor and owner of Stroller Strides and Fit 4 Baby of Skagit and Whatcom Counties.

When: Mondays, Oct. 22 - Dec. 10, 6 - 7 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$79

Instructor: Natalie Gustafson MS, LMFT

Registration: Mail in payment or leave a message 299-4204

Cardiopulmonary Care Center Programs

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty, or stent placement in the past year, this monitored exercise program will help you increase your endurance and pro-

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vide you with the necessary education you need to make lifestyle changes for better cardiac health. Call 588-2074 for more information.

Pulmonary Rehabilitation

Are you unable to do the things you used to do because of shortness of breath and fatigue? Pulmonary Rehabilitation may be the answer. An Exercise Specialist will teach participants exercises that will increase strength and decrease fatigue. Also, learn about the cardiopulmonary system, medications and nutrition to maximize strength and endurance. This course is Medicare-approved and may be covered by insurance. Call Pat Meyer RRT at 299-4242 for more information.

Smoking Cessation

Ready to take control of your well-being? Utilizing one-on-one sessions, a Respiratory Therapist will help you find the key to a better, healthier life without the use of tobacco. Call Pat Meyer RRT at 299-4242 for more information.

Diabetes Education

Diabetes Self-Management Education Program

Island Hospital offers an outpatient Diabetes Education Program accredited by the American Association of Diabetes Educators (AADE). Education includes diabetes self-management skills such as healthy eating, being active, monitoring, taking medications, problem solving, healthy coping and reducing risks of complications. Physician referral is required. For more information, please call 588-2083.

Driver's Safety

AARP Driver's Safety Program

During this two-session class intended for those 55 and older, you will refresh your defensive driving techniques, review the rules of the road, learn new traffic laws and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

When: Thursday & Friday, Oct. 25 & 26,
9 a.m. - 1 p.m.

Thursday & Friday, Dec. 13 & 14,
9 a.m. - 1 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$12 AARP members, \$14 non-members

Instructor: Jack Porter

Registration: 299-1309

Health Insurance & Social Security

Medicare Open Enrollment 2013

Do you need help understanding your options during Open Enrollment for Medicare? Join us to learn about the annual open enrollment period and your opportunity to make changes to Part D prescription drug coverage plans and Medicare Advantage Plans for 2013. Important timelines for making changes and information on how to research your options will be covered.

When: Monday, Oct. 22, 1 - 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA volunteer

Registration: Leave a message at 299-4204

Physical Activity

Keep on Dancing!

Ethnic dancing of the Middle East (belly dance) is a healthy and fun way to enjoy exercise long into life. This form of dance helps to strengthen the pelvic girdle, align the spinal column, strengthen muscles and improve balance. Come to any or all of the twelve classes and just drop in. No experience required.

Beverly Swanson has been teaching dance for over 35 years.

When: Thursdays, Oct. 25 - Jan. 17,
6:30 - 7:30 p.m.

Where: Physical, Occupational & Speech Therapy, Island Hospital Medical Arts Pavilion,
1015 25th St.

Cost: \$12 per class

Instructor: Beverly Swanson

Registration: Mail in payment or leave a message at 299-4204

Physical Therapy Programs

Life & Therapy After Joint Replacement Surgery

For those planning to have a total knee or hip replacement, join a physical therapist to get answers to your questions about returning to an independent lifestyle after surgery. Post-operative exercises and adaptive equipment will be discussed.

When: Tuesday, Oct. 30, 12:30 - 2 p.m.

Tuesday, Jan. 8, 12:30 - 2 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Island Hospital Physical & Occupational Therapists

Registration: Leave a message at 299-4204

Urinary Leakage



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help.

Come learn ways to strengthen your pelvic floor muscles to help prevent urinary leakage.

Reiko Nystrom is a Physical Therapist at Physical, Occupational & Speech Therapy at Island Hospital.

When: Tuesday, Nov. 13, 10 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

Registration: Mail in payment or leave a message at 299-4204

Protect Your Back

Do you suffer from chronic back pain or discomfort, or do you want to learn how to keep your back healthy for years to come? Learn the basics of back care, including the proper way to sit, stand and carry items. Also, learn how to develop and/or maintain a strong core.

When: Wednesday, Jan. 30, 1 - 2:30 p.m.

Where: Fidalgo Room

Cost: \$10

Instructor: Island Hospital Physical Therapist

Registration: Mail in payment or leave a message at 299-4204

Osteoporosis: Exercise & Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong. Come prepared to try some exercises you will be able to do at home.

Virgeen Stilwill is a Doctor of Physical Therapy at Physical, Occupational & Speech Therapy at Island Hospital and Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Thursday, Nov. 8, 2 - 4:00 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

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Instructor: Virgeen Stilwill DPT & Beverly Swanson, Nutrition Educator
Registration: Mail in payment or leave a message at 299-4204

Self-Care

Aromatherapy Gifts from Nature



Give the gift of health and happiness this year with aromatherapy blends for peace, positivity, anti-anxiety, insomnia, mood/hormone balance and more! In this fun & informative interactive class we will smell, mix and test several recipes and make two aroma sprays or therapy oils for yourself or gifts. No experience necessary, beginner or advanced, all are welcome.

Michelle Mahler of Circle of Healing Essences has been leading workshops at Puget Sound area Co-ops and schools since 2004.

When: Tuesday, Dec. 11, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Registration: Leave a message at 299-4204

Stop your Sugar Cravings

Permanently change your relationship with sugar! It's not about deprivation, it's about freedom – the freedom to eat foods you love and have sweetness in your life without the side effects or the guilt. You will leave this class understanding the causes of your sugar cravings and you'll receive practical tools for dealing with them.

Sharon Swan is a Holistic Health Coach and a certified Nutrition Counselor.

When: Tuesday, Jan. 15, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Sharon Swan

Registration: Mail in payment or leave a message at 299-4204

Wellness with Aromatherapy

Learn how to make simple healing remedies with organic essential oils that work on all levels of your being—mental, spiritual, emotional and physical. Have you been wondering how to purchase, store and blend quality essential oils for remedies? In this interactive class we will smell, mix and test several recipes and take one home. Students will come away with confidence to work

with essential oil remedies and detailed notes and recipes.

See "Aromatherapy Gifts from Nature" for instructors information.

When: Tuesday, Jan. 29, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Registration: Mail in payment or leave a message at 299-4204

Meditation for Everyday Living



Meditation has been clinically proven to reduce stress, blood pressure and anxiety and help with restful sleep. This gentle three-session class includes breath awareness, mindfulness

techniques and guided exercises.

Jan Hodgman, MA spent eight years in a Japanese Zen monastery and has more than 40 years experience with meditation.

When: Tuesdays, Nov. 27, Dec. 4 & 11, 10 a.m. – 12 p.m.

Wednesdays, Dec. 5, 12 & 19, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Registration: Mail in payment or leave a message at 299-4204

Mind & Body Healing



Learn how neurofeedback can retrain the nerve pathways in the brain to help reduce chronic anxiety, mood swings, stress and more. This presentation is informational only as neurofeedback training is done in an office setting. Demonstrations of relaxation methods you can practice on your own will be included.

When: Wednesday, Oct. 24, 6 – 8 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

Registration: Leave a message at 299-4204

Eating Around Food Allergens

This class will demystify the top seven food allergies and food intolerances and introduce you to a world of delicious non-allergenic foods. Ideal for those who have recently been diagnosed with food allergies, suspect they may have allergies or intoler-

ances or have been living with food allergies and are ready for some fun, new food ideas and strategies. Recipes will be included.

Sharon Swan is a Holistic Health Coach and a certified Nutrition Counselor.

When: Tuesday, Nov. 6, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Sharon Swan

Registration: Leave a message at 299-4204

Basic Nutrition



Knowing the basics of good nutrition can help you get the nourishment you need. In this class, you will learn how vitamins and minerals help our bodies function, why we need soluble and insoluble fiber, how our bodies process fat, the importance of hydration and more!

Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Wednesday, Nov. 7, 6:30 – 8 p.m.

Where: Fidalgo Room

Cost: \$15

Instructor: Beverly Swanson

Registration: Mail in payment or leave a message at 299-4204

NEW! Better Eating for Better Health

This class will help you create healthy meals using foods you like, put together a healthy meal using the new healthy plate model, and modify your current meals to make them healthier while still fitting your individual needs and style. Learn about functional foods you can add to your diet to influence detoxification, and tracking methods to help focus on diet control for weight gain or loss, diabetes, or control of other health issues. The final class will include a cooking demonstration, with sampling encouraged! Suzie DuPuis is a registered dietician at Island Hospital.

When: Wednesdays, Jan. 30, Feb. 6 & 13, 4 – 5:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$50

Instructor: Suzie DuPuis, RD

Registration: Mail in payment or leave a message at 299-4204

Weight Management

Overweight?

Over time, weight seems to just creep onto us, yet it does so at a cost to our health,

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mobility and agility. Meet with our registered dietitian, Suzie DuPuis, for an individual dietary session. Please call 299-1300, ext. 2567 for more information. Insurance may cover cost.

Other Resources

HIV/AIDS Training for Licensure

Island Hospital offers a video based 4- or 7-hour HIV/AIDS Training. Free for residents of Skagit, Island and San Juan counties. Please call 299-1309 for schedule.

Island Prenatal Care Center

Provides Maternity Support Services to low-income families, bringing the knowledge and skills of a nurse practitioner, registered nurse, social worker, infant case manager and dietician to meet the unique needs of each mother and baby. Education about pregnancy, childbirth, diet, exercise, baby care and infant feeding is included. Assistance with accessing community services is also offered. IPCC is located at 2601 M Ave., Suite C, Anacortes. Call 293-6973 for more information.

Lifeline

Island Hospital Lifeline is an easy-to-use personal response system that allows older adults living at home to get quick assistance whenever it is needed. Participants press their waterproof Personal Help Button whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached by calling 293-7563 or emailing wwalker@islandhospital.org.

SHIBA HelpLine

Need free help understanding Medicare or finding affordable health insurance? All of this and more is available at Island Hospital's SHIBA HelpLine. Volunteers trained by the Office of the Insurance Commissioner are available to give free, unbiased information. SHIBA helps people of all ages with choices and problems involving: Medicare, COBRA, long term care insurance, private and non-profit health insurance, children's health insurance and "extra help" programs. Please call the SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine at 299-4212 for an appointment.

Anacortes Teen Clinic

We offer family planning services for teens, women and men on Wednesday and

Registration Form

General Information

Payment:

Checks only, made payable to Island Hospital. One check per class, please.

Cancelled Classes:

If a class does not meet minimum registration, it will be cancelled. You will be notified and your check returned.

Refunds:

A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class. No refunds will be given after that point.

For more information: Please call (360) 299-1309.

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

Please return this completed form with your check(s) to:

ISLAND HOSPITAL
Community Education
1211 24th Street
Anacortes, WA 98221

Thursdays from 2 – 5 p.m. We are located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

National Alliance on Mental Illness – Courses

NAMI of Skagit County, an affiliate of the National Alliance on Mental Illness, offers a variety of free programs specifically designed for people diagnosed with a mental illness as well as their family and friends. Programs include *Family to Family* – a course for family members with mentally ill loved ones; *Peer to Peer* – a course on recovery for any person with serious mental illness; *NAMI Basics* – a course for caregivers of children and teens who have been diagnosed with a mental illness; and *Next Generation* – a course offered in local schools to educate children about mental illness. Contact Marti at (360) 770-5666 or www.namiskagit.org for further information.

Support Groups

The following meet at Island Hospital (1211 24th Street).

Parkinson's

3rd Thursday, 1 – 2:30 p.m.
Fidalgo/Burrows Rooms
Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. – 12:30 p.m.
Fidalgo Room
Contact: Carl, 299-3892

Restless Leg Syndrome

Saturday, Nov. 3, 9 - 11 a.m.
Fidalgo/Burrows Rooms
Contact: Charlotte, 293-7328

Other Anacortes Support Groups

Headaches

2nd Saturday of the month, 2 p.m.
Call for location.
Contact: Amber, 360-873-8823

Alzheimer's

2nd & 3rd Monday, 1 p.m.
Westminster Presbyterian Church, 1300 9th St. Anacortes
Contact: Ann, 299-9569

Grief

3rd Tuesday, 10 – 11:30 a.m.
Anacortes Senior Activity Center, 1701 22nd St. Anacortes
Contact: 360-814-5550

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Hearing Loss of Skagit County

2nd Tuesday, 1 p.m., Sept. - June
Anacortes Senior Activity Center, 1701
22nd St. Anacortes
Contact: Jerry or Joanna, 299-3848

Skagit County Support Groups

Loss of a Child

2nd & 4th Thursdays, 5:30 - 7 p.m.
Hospice of the Northwest, 819 S. 13th St.
Mount Vernon
Contact: 360-814-5589 (Pre-registration
required)

Diabetes continued from Page 11

pregnant. According to the American Diabetes Association, gestational diabetes affects about 18% of pregnancies in the U.S.

Women with gestational diabetes are not able to make and use all the insulin their body needs during pregnancy. This leads to high levels of glucose in the blood. This extra glucose is passed through the placenta to the baby. If the mother's blood glucose remains too high, the baby may become too large. This can increase the baby's risk during delivery of experiencing breathing problems and of becoming obese during childhood and adolescence. Women who have had gestational diabetes are at higher risk of developing type 2 diabetes later in life.

As yet, there is no cure for diabetes, but researchers are making gains in understanding the disease, how to treat it and how to prevent it. If you already have diabetes, there are actions you can take to stay as healthy as possible. The Diabetes Education Program at Island Hospital can help you live better with diabetes and support your efforts with options, answers and education. The program provides support for all types of diabetes.

For more information on the Diabetes Education Program at Island Hospital contact (360) 588-2083, diabetes-ed@islandhospital.org

Sjögren's Syndrome

Quarterly on Saturdays
Skagit Valley Hospital, Mount Vernon
Contact: Linda, 360-676-1926

Rooms and times are subject to change. Please call contact before attending any support group. For more information about these support groups, please call 299-1309.

HEALTH SCREENINGS

Sponsored by *Island Hospital Foundation*

Ongoing Blood Pressure Checks

Blood pressure indicates the health of your heart and blood vessels. Untreated, elevated blood pressure can result in stroke. Get your blood pressure checked regularly at one of the following locations: Island Health Resource Center - every Wednesday, 9 a.m. - noon
Anacortes Senior Activity Center - last Tuesday of the month, 9 - 10:30 a.m.

Vitamin D Screening

This screening will determine the level of Vitamin D in your blood. Studies have shown that low levels of Vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions. Your results will be sent to you in the mail. Appointments are required!

When: Tuesday, Oct. 23, 9 - 11 a.m.

Cost: \$45

Appointments: Leave a message at 299-1367

Cholesterol & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. Your results will be sent to you in the mail. **No appointment required. First come, first served.**

When: Tuesday, Jan 15, 8 - 11 a.m.

Where: Island Health Resource Center

Cost: \$10

Questions: 299-1309

Clinical Breast Exams

During this screening, Dr. Tracy Burgess of Anacortes Family Medicine will provide examinations to detect any abnor-

malities that may require further diagnosis.

Appointments are required!

When: Tuesday, Nov. 6, 8 a.m. - Noon

Where: Island Health Resource Center

Cost: FREE

Appointments: Please leave a message at 299-1367

2011 Breast Screening Results: 13 women participated; four required follow-up visit with their healthcare provider.

Memory Awareness Screening

Are you or a loved one becoming more forgetful or maybe have started to misplace things more often? Have you become lost in a familiar place or noticed a change in mood, behavior or personality? If so, this screening can be a first step in helping determine if you might suffer from memory loss. This examination consists of a series of questions and tasks designed to test memory, language, thinking and other intellectual functions. Appointments are required!

When: Tuesday, Nov. 20, 9 - 11 a.m.

Tuesday, Jan. 22, 9 - 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

Bone Density Screening

This non-intrusive test provides an estimate of your bone density by scanning your heel. If you already have a diagnosis of osteoporosis confirmed by a more complex imaging test, this is not the screening for you. This screening is accurate for women only. Appointments are required!

When: Tuesday, Jan. 29, 9 - 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 299-1367

Women stroke victims often report non-traditional symptoms

Stroke is the third leading cause of death in the U.S. and the number-one cause of disability in adults.

In a stroke, a part of the brain stops working due to inadequate oxygen supply and results in a condition that may cause death if not promptly treated.

But research shows that almost 30% of female stroke patients do not receive immediate treatment when they reach a hospital emergency room. Why? Because women do not show traditional stroke symptoms such as speech and comprehension impairment, numbness or weakness on one side of the body, sudden and severe headache, blurred vision and dizziness.

Female stroke victims frequently do not experience these usual symptoms and, therefore, are less likely to be correctly diagnosed and more likely to suffer delays in critical treatment. Stroke signs and symptoms in women tend to be vague, unlike traditional symptoms, and may appear related to other health conditions. They include:

- Shortness of breath
- Fainting
- Seizures
- Fatigue, general weakness
- Chest pain, palpitations
- Coordination problems
- Hiccups
- Nausea
- Pain (face, limbs)

Because many of the stroke symptoms women experience are common to heart, lung and other conditions, a wrong diagnosis can lead to the wrong treatment and severe complications. To give women prompt evaluation and treatment, it is critical for healthcare professionals to recognize non-traditional stroke symptoms. It is also important for women to understand what they are experiencing and how to communicate it so they receive a correct diagnosis and the right treatment.



TeleStroke program saves time, lives

Stroke patients who come to the Emergency Department at Island Hospital are benefiting from a partnership with Swedish Medical Center's Neuroscience Institute – a collaborative program that can save precious minutes in evaluating and diagnosing stroke patients and improve chances for positive outcomes. The TeleStroke Program provides a 24/7 link between IH physicians and renowned stroke experts at Swedish via real-time video conferencing. "It's like having a neurologist in the room with us," says IH Emergency Dept. Medical Director Bob Rookstool MD. "The TeleStroke Program can help us shorten the time to correctly diagnose and treat stroke patients and that's essential for saving lives and increasing chances for recovery."

Breast Reconstruction *continued from Page 8*

expanders following implants and free flap transfers of skin and subcutaneous tissue from the abdomen and other areas of the body. Smaller areas of reconstruction are available to patients who elect to have partial breast resection and reconstruction. All of these techniques can be used following mastectomy or partial mastectomy, the choice is up to the patient and her doctor.

The primary concern of the initial surgeries is to clear the breast tumor. This may require radiation and chemotherapy following surgery. With very small lesions, major surgery may not be required and so the reconstruction becomes simpler. Diagnostic studies are required to evaluate the tumor and a team of specialists confirms the best route of therapy.

Newer modes of reconstruction have developed over the past 10 years. The abdominal flaps that are used for reconstruction of the breast no longer require large amounts of muscle, but are shaped on vascular pedicles for microvascular transfer and are mostly skin and subcutaneous tissue. Fat grafting is a newer method of reconstruction that adds fat to fill up contours about the breasts. The fat is transferred by liposuction from abdominal or thigh areas, to fill contour deficits in the chest. As this is the patient's own tissue, there are no problems with rejection and it is well accepted into the previous surgical site. Fat grafting is therapeutic to areas of previous radiation for cancer.

Breast implants still remain the most widely used technique for breast reconstruction. Newer techniques with fat grafting will more than likely eclipse the present

use of implants simply because it takes advantage of the patient's own tissues. At our present stage of knowledge we are not eliminating implants for reconstruction, we are still dependent on them, but the evolution to using the patients own tissue or fat will probably win out.

David Slepian MD is a board-certified plastic surgeon who can be contacted at the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital, (360) 588-2081, or plasticsurgeon@island-hospital.org.

Free Blood Pressure Checks

Every Wednesday
9am - noon

Island Health Resource Center

Island Hospital
Foundation
1211 24th Street
Anacortes, WA 98221

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8 am to 8 pm MONDAY-SATURDAY
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Regular care provider not available? New to the area? Visiting?

When you can't wait to receive non-emergency medical care, THE WALK-IN CLINIC at Island Hospital is now open from 8 am to 8 pm, Monday through Saturday.

Our licensed, compassionate healthcare providers care for common health concerns, immediately!

No appointment, no phone call, no long waits!

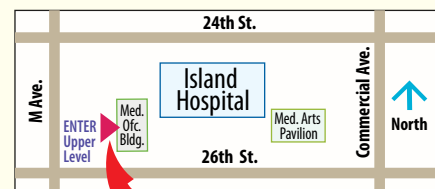
We accept TriCare and most insurance plans.



THE
WALK-IN CLINIC
AT ISLAND HOSPITAL

www.islandhospital.org

Info: 299-4211



2511 M Avenue, Suite B, Anacortes
Located in Anacortes Family Medicine