

## Meeting women's needs through OB/GYN Clinic

Women these days play a million different roles. Wife, mother, personal chauffer, assistant, finder of lost socks... sometimes women have to be all these things and more.

Extra worry about a physical problem, like frequent trips to the ladies' room or heavy bleeding during your menstrual cycle are an unfortunate part of many women's daily routines. Trying to juggle everyday life plus a physical problem can be hard. Community Hospital-Fairfax is helping women find ways to cope through its OB/GYN Clinic with Dr. Jane Dawson.

An outpatient procedure that is available through the OB/GYN Clinic is endometrial ablation, available for women who suffer from heavy menstrual cycles that interfere with their daily lives. It is a simple, five minute procedure that can dramatically lighten periods or in some cases, eliminate them, without the need for a hysterectomy or hormones. The procedure is performed using *NovaSure* technology and equipment.

Dina Johnson, RN explains that this outpatient procedure has been the answer for a lot of female patients.

"For women who are not planning on having more children, this procedure is ideal because it is an alternative to a hysterectomy; it is a onetime procedure and it can be done quickly," Dina said.

In the 20 years she has seen patients at CH-F, Dr. Dawson

says that evaluations and treatments for women with abnormal menstrual bleeding are the most common cases she treats. She explains that although those are the most common, there are other ways she helps women.

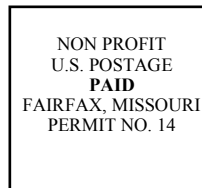
Urinary incontinence, or loss of bladder control, is a frustrating problem for more than 13 million Americans. Never knowing when and where you might have an accident can impact your daily life. Dr. Dawson provides surgery for stress incontinence at Community Hospital-Fairfax with an outpatient procedure.

"Urinary incontinence is common and we have an effective solution for women who struggle with it. I want people to know we have the answer here because it can be very helpful and it is a simple outpatient procedure," Dr. Dawson said.

If you experience the types of problems mentioned above, talk to your doctor today about the solutions that are available at Community Hospital-Fairfax.



**Dr. Jane Dawson, OB/GYN discusses treatment options with a patient.**



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# The Community View

May 2012

## Skilled Care: Giving Patients A Home Away From Home

Where better to regain your strength and mobility after a health setback, than a place where friends, family and even your beloved pet can visit you?

Community Hospital-Fairfax offers an alternative to traditional acute care to qualified patients. That alternative is called Skilled Care. Skilled Care, also known as "swing bed care" is where patients that do not require the entire gamut of hospital services offered by acute care can receive care from skilled and trained staff during their recovery. Examples of when skilled care might be appropriate include patients recovering from hip or knee surgery that need physical and occupational therapy or patients that need antibiotic and IV treatments.

**"We are right here for you while you get back on your feet."**

Community Hospital-Fairfax wants to remind our patients that we want to "swing" you back to good health through our Skilled Care (Swing Bed) program. If you are undergoing a procedure in a metro area hospital and are ordered skilled care, you can request that your skilled care be done at Community Hospital-Fairfax with that hospital's discharge planning department. After meeting certain criteria, staff at both facilities will work together to coordinate your skilled care.

"Just because you have surgery in another city does not mean you have to spend your recovery time away from home and your loved ones. We are right here for you while you get back on your feet," Becka Gatlin, Social Services Coordinator at CH-F said.

Upon her request to the provider who performed her knee replacement surgery, Fairfax resident Barb Young recovered as a skilled care patient at CH-F. In addition to the privacy and quietness Barb enjoyed at CH-F, she said the personalized therapy she received was beneficial to her recovery.

"The therapy staff was more than willing to adjust my treatment based on my comfort level and gave me comfort and advice. In my opinion, the fact that I received therapy twice a day quickened my recovery," Barb said.

While regaining strength and practicing every day activities like getting in and out of bed and preparing meals, patients are encouraged to continue hobbies they enjoy at home.

"We have had patients play an electric piano, crochet and listen to their favorite music on a c.d. player," Becka said.

Skilled Care is covered up to 20 days (if the patient qualifies) by Medicare. However, Becka explains that the average stay for skilled care patients at CH-F is 10-12 days. After that time, extensive evaluations are done to determine the next best step for the patient.

If you are facing recovery from a surgery, consider Skilled Care at CH-F, where you will be close to what is most important: family and friends, exceptional care and home.

## CH-F News You Should Know:

CH-F is excitedly awaiting the arrival of Dr. Erica Gillette, who will be joining the CH-F Medical Staff in October. Dr. Gillette explains one of the many reasons she is excited to move to Atchison County.

"I am ready to be a part of a tighter community with a slower pace. I am ready to put down roots," Dr. Gillette said of her family's choice to move to Northwest Missouri. She went on to say, "I understand the rural mentality, needs and desires of a small town. It is different than in a city. I want to be where I need my patients just as much as they need me."



The CH-F Farmers Market opened May 15 and goes from 6:00 a.m. to 10:30 a.m. Stop by the hospital on any Tuesday throughout the summer to visit local vendors and take home something fresh! Vendors still welcome. Please call (660) 686-2317.

It's the kids' turn in the kitchen! Join CH-F at the Tarkio Community Building on June 5, 2012, where kids



will learn how fun healthy eating can be and even shop in their own kid-sized grocery store! Guests are invited to a pool party at the Tarkio Pool, open from 6:00-8:00 p.m.

Check [www.FairfaxMed.com](http://www.FairfaxMed.com) or CH-F page on Facebook for all the details on our upcoming events and news!

## “A colonoscopy saved my life.”

Meet Berta Crawford, a CH-F employee who's had her fair share of experiences with colonoscopies. Here, she shares her story about how she found out she needed a scope and why she vows she'll be getting regular colon cancer screenings for life.

### How did you know you needed a colonoscopy?

I knew I needed to talk to my doctor after I had an episode of rectal bleeding.

### What did you find out from your first colonoscopy and the follow ups?

The doctor found suspicious polyps. I was told I would need to follow up in 5 years. I just had my fourth colonoscopy that found more, so I know I will continue to regularly screen for cancer.

### What did you learn about colonoscopies during your experience that surprised you?

I was surprised and relieved to learn that there is no pain during the procedure.

### What would you tell someone who is apprehensive about having a colonoscopy?

I would tell them that yes, the prep before the procedure is unpleasant, but it's more of a mental thing than being physically unpleasant. If you tell yourself you are doing yourself good, you can talk yourself through it.

### Is there a family history of colon cancer in your family?

No, and I think that is a good example of why screenings are so important, because you don't have to have a family history, and on top of that, symptoms are not always there. It is always better to err on the side of caution.

### How did your opinion change about colonoscopies after your experiences?

Before, I didn't think it was worth it. But now I know that colonoscopies are worth it. If you do have cancer, your doctor can address it quickly and save your life. I waited too long to have my last colonoscopy. I had no symptoms so I thought I was okay and I wasn't. I learned my lesson and will continue to have follow up procedures from here on out.

Colonoscopy procedures are one of CH-F's most utilized services. And it's no wonder why: According to a study published by the New England Journal of Medicine where patients were tracked for as long as 20 years, the death rate from colorectal cancer was cut by 53 percent in those who had a colonoscopy and whose doctors removed polyps.

## A Groovy Kind of Love

Peace and love were in the air on March 24, 2012 at the 15th annual Celebrity Waiter Dinner, Community Hospital-Fairfax's annual fundraising dinner show. A record number of attendees gathered in Fairfax to show support for the hospital's purchase of new Alaris Pumps-I.V. technology that aids computerized and monitored dosing for patient medications.

For guests, the night was about listening to wonderful local talent and socializing with over 700 other guests. For Community Hospital-Fairfax staff and board of directors, it was a night to honor our friends, family and community for supporting our endeavors to provide exceptional healthcare. We would like to extend a sincere thank you to all of the performers, celebrity waiters, volunteers, sponsors and guests.



Missouri Western University nursing student Bailey Anderson gets into character while serving tables. Bailey sang in a group who performed "Walking On Sunshine" for the crowd.



Shawn Minter serenades his wife, Jodee, during his performance of "Breaking Up Is Hard To Do." The Minters were dressed as famous couple, Kurt Russell & Goldie Hawn for the night.

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## Our Have A Heart, Wear Red Challenge

Did you know that 20% of Atchison and Holt County residents report high blood pressure? Additionally, 22.6% of residents have high cholesterol with 6.2% reporting a previous heart attack. CH-F knows that it is time to get serious and spread awareness. We issued a Have a Heart, Wear Red Challenge and our community answered!



Over 40 businesses and organizations accepted the challenge to wear red including all of the school districts in Atchison and Holt Counties. Many participants used the heart healthy information CH-F provided to share heart healthy facts. Tarkio R-1 even decorated Hy-Vee shopping bags with heart healthy tips to help spread awareness. All participants were entered into a drawing for a Wear Red Challenge t-shirts. CH-F was proud to award t-shirts to Northwest Missouri Industries in Rock Port. The American Heart Association reports that by 2030, 40 percent of U.S. citizens will have some form of cardiovascular disease, which makes awareness all the more important. Thank you for sharing the information we supplied with your company and employees. We hope this campaign gave you the tools needed to raise awareness and education about the disease. Pictured are just a few of our participants: Mound City School Faculty and The Siding Guys from Maryville, Mo, Travis Husing and Chris Arnett.

## Digital Technology & Services Bring You Extensive Care

CH-F announced in December 2011 that a new partnership had been formed with Diagnostic Radiology P.C. from Omaha, Nebraska. Thanks to the addition of Diagnostic Radiology, CH-F is now offering services that have never before been performed here.

Expanded services include breast biopsies, core thyroid biopsies and bone, lung and abdomen/pelvis biopsies as well as physician directed and CT and X-Ray guided epidurals for extreme neck and back pain. Vertebroplasty, a procedure designed to restore vertebral body height, will also now be an option for CH-F patients.

"We are very excited and pleased to offer these new medical services for our patients. Many of the specialists where I refer patients already use this group of radiologists. Our partnership with them will ensure that continuity of care is provided close to home for our community," R. Aron Burke M.D., CH-F Chief Medical Officer said.

CH-F also wants to remind patients that in addition to these new services, digital mammograms are also available. The days have passed of waiting for film to be developed to make sure the proper image was captured making the appointment quicker and more convenient for patients. Digital Mammography also provides better diagnostic images to physicians.

Community Hospital-Fairfax continues to strive to be the healthcare provider of choice for the communities served. These procedures will ensure patients receive the care they need, close to home.

## Special Delivery

When Katey Kroeger told her mother that she would give birth at a small hospital once she moved from Kansas to Rock Port, Mo, her mother thought she was crazy.

"I got some criticism from my family who said I should just drive the 40 miles to a bigger hospital, but I said no," Katey explained.

Katey's instincts to have her baby at Community Hospital-Fairfax turned out to be the right choice for her and her family. Katey and her husband, Sean, welcomed Isabella Marie on May 30<sup>th</sup>, 2011 at Community Hospital-Fairfax.

The couple moved to Rock Port after choosing the community for its convenient location between their families. Katey was pregnant while they were looking for a home and decided to meet the local doctor who would deliver her baby.

"I liked him right away," Katey explained about meeting Dr. Aron Burke. "I needed someone who I felt comfortable with and better yet, my mom met him too and I got her approval, so I knew he was the perfect fit for us," she said.

Getting her mother Cathy's blessing was important for Katey. Cathy Lien, RN has an extensive medical background working in a NICU, a newborn nursery and a pediatric office throughout her career.

"Because of my work, I had an interest in the care Katey and the baby would receive. Her labor and delivery experience was great, I never thought that Katey wasn't getting the care she needed. I was extremely happy and impressed with the staff, Dr. Burke and the facility," Cathy said.

Sean was also impressed with the hospital staff and its facility.

"It is like a diamond in the rough here. The knowledge and experience of the staff is unbelievable, the facility is brand new. At the same time, you can look out your window and see a view instead of a smoggy city," Sean said.

Today, the family has settled into their home in Rock Port and have again entrusted their care to Dr. Aron Burke, who will deliver the Kroeger's second child in August.