

# Connections

FALL 2010

## BREAST MRI

# The better to see you with

**GRITMAN** Medical Center is the only hospital in the region that offers breast-specific magnetic resonance imaging (MRI).

This state-of-the-art procedure is offered every Wednesday, when mobile breast MRI equipment is stationed at Gritman.

### What's an MRI?

MRI uses a magnetic field, radio waves and a computer to create images that can be viewed in cross sections from a number of angles. These images are often clearer than those from standard x-rays, computed tomography (CT) scans or ultrasound.

### A complementary service

Radiologist Ben Gordon, MD, arrived in Moscow in 2009 and works with Palouse Imaging Consultants, PLLC. Specially trained in MRI, he has worked with equipment designed solely for examining



**▲ Dedicated center:** Ben Gordon, MD, reads the detailed breast-specific MRI results from tests conducted by technologists Stephanie Graham and Suzie Twigg.

the breast, and his fellowship was devoted to MRI use.

Dr. Gordon says the dedicated

Aurora Breast MRI system is truly a unique service on the Palouse for

the fight against breast cancer.

“We are thrilled with the complementary role breast MRI will play in conjunction with the state-of-the-art Women’s Imaging Center at Gritman Medical Center,” he says.


Jody Polley, director of Imaging Services at Gritman, says, “This is possible because of the relationship we have with Alliance Imaging,

which brings our mobile PET and now the breast MRI to our patients.”

### Even better detection

The specialized equipment projects a 3-D, high-clarity image that allows physicians to better detect and monitor cancer, as well as more thoroughly screen women who are at high risk. The equipment is also better able to detect cancer in women who have had breast augmentation. This technology can also assist in biopsies and surgery of the breast.

Gritman has the only dedicated Women’s Imaging Center in the region.

To learn more about breast MRI,  talk to your physician or call **800-559-7226 or 208-883-6363.**

Breast-specific MRI is offered every Wednesday, when mobile breast MRI equipment is stationed at Gritman.

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## A MESSAGE FROM OUR PRESIDENT AND CEO

### Healthcare reform comes to Idaho



Jeffrey W. Martin,  
 president and CEO

The affect of healthcare reform is in the headlines and on everyone's mind.

While many of the long-term changes are still being determined, Idahoans should see significant improvements in their healthcare.

For example, people who have pre-existing health conditions and were previously denied coverage will now have access to health insurance through the Pre-Existing Condition Insurance Plan administered by the U.S. Department of Health and Human Services (HHS). Idaho is 1 of 21 states opting to have HHS administer this plan.

Hospitals, including Gritman Medical Center, will have significant opportunities to improve the lives of patients as well. The new healthcare model will transition from "pay for volume" to "pay for outcomes." This means healthcare will focus on helping prevent illness and helping patients manage chronic conditions like diabetes and asthma.

How do we go from managing illness to managing health? At Gritman, this is not a new concept. With our medical staff and health professionals, we actively promote wellness in our region:

**Wellness center.** Six days a week, community members gather for strength and balance classes, flexibility and mobility training, aquatic therapy, and camaraderie at the Gritman Community Wellness Center. Not only is this center a place for physical wellness, but it is also a place for mental wellness and community spirit too.

**Screenings and education.** We provide free blood pressure screenings to seniors in Moscow and in rural communities, and we are involved with our youth in ways such as providing workshops for young soccer players to help them avoid knee injuries.

**Technology.** With healthcare reform, you can expect that the emphasis on electronic medical records will continue. This technology is used to track critical patient information and measure performance, and it greatly improves convenience and access for patients and healthcare providers.

Gritman recently renewed its commitment in this area and is making a significant investment in a new computer system that will improve quality, efficiency and patient safety.

Gritman Medical Center is poised to handle the expected increase in the demand for primary care physicians. Our commitment is seen in the new Gritman Medical Park, which offers more than 40,000 square feet of space for our healthcare professionals.

Where there is a community need, we will strive to provide a solution. As we assess the changes that healthcare reform will bring—one step at a time—there is no doubt that Gritman will continue to be a leader in providing wellness opportunities, as well as being there when our friends and neighbors need us for medical care.

Sincerely,

Jeffrey W. Martin, president and CEO,  
 Gritman Medical Center

## Thank you, Duane!


A very special thank you to Duane LeTourneau for volunteering 41 years of service as a member of the Gritman Board of Directors and General Board. He recently retired from this position at the Annual Board Meeting.

Duane has given countless hours of his time and talents to Gritman and has helped to make our medical center a better place.

In commemoration of his years of service, the Duane LeTourneau Healing Garden was installed outside the Main Street entrance to Gritman.

Thank you, Duane, for your service to Gritman Medical Center and our community.



 Duane LeTourneau



**Water works:** After knee replacement surgery, Marian Bentz enjoys exercising in the Gritman Community Wellness Center therapy pool.

## Back on her feet

From pre- to postsurgery, Gritman suits patient well

**MARIAN** Bentz could hardly walk when she moved to Moscow three years ago, but three knee surgeries, nearly a year of physical therapy and pool classes at the Gritman Community Wellness Center have changed that.

Marian's relationship with Gritman Medical Center started shortly after she moved to Moscow.

"I heard about the pool and came to see," she says.

Although she is not a strong

swimmer, Marian enjoyed three months of aquatic therapy in preparation for knee replacement surgery.

The exercise before the surgery helped in her recovery afterwards, she says. "It built up the muscles surrounding the knee quite well."

Marian first had arthroscopic surgery on her left knee to strengthen it and in preparation for having her right knee replaced.

"Surgery has changed so much," she says. "I woke up smiling."

### Therapeutic advances

Marian started therapy while she was still in the hospital.

When she was discharged, her therapy included a continuous passive motion machine, which she used at home to keep her knee moving for the first couple weeks. The machine bends and moves the knee without the patient using his or her muscles.

Marian says the machine was invaluable.

"I even slept with it on," she says. "It felt so good."

### A repeat performance

A year after the first replacement, Marian had her other knee replaced.

The therapy pool was closed for renovations at the time, and the difference in her recovery was obvious, she says.

Now she is back in the pool and benefiting from the exercise, as well as thriving from the camaraderie.

"I love it here," she says. "The people are wonderful."

### A different kind of caring

Marian lived for years in Southern California amid large hospitals and high-tech healthcare. But none of it compared to the compassion of her Gritman Medical Center team.

"There is no better care in the big city," she says.

## Keep little hearts close to home

**HAVING** your child diagnosed with a heart murmur is traumatic enough. Until recently, Moscow residents had the extra burden of traveling out of town to a strange hospital to hear that troubling news. Not anymore.

Pediatric echocardiography, the primary imaging tool for diagnosing and assessing heart disease

in children, is now available at Gritman Medical Center.

### Experienced staff to help

During an echocardiogram, pictures of the child's heart can be viewed on a small monitor. The procedure is safe and painless.

This new service comes thanks to the addition of our new pediatric

echocardiography technologist Brian Mergen. He has nearly 30 years of experience and has performed more than 28,000 echocardiograms.

"With the addition of Brian, and our new Vivid q echo machine, we are able to offer this new service to our community," says Jody Polley, Imaging Services director.

For more information, talk to your physician or call Jody at 208-883-6363.



# PAIN

## by the joint

Treating common problems in the places where bones meet

**IT'S** pretty easy to take most of the 200-plus joints in the body for granted—until something goes awry.

Then, certainly, an ailing joint gets your attention, as anyone can attest who's ever suffered from an arthritic hip, throbbing knee or any other kind of painful problem in a place where two or more bones meet.

If, by chance, you're coping with an aching joint right now, there are likely some remedies available to ease your pain. Of course, your doctor is the go-to person for specific advice on your case.

In the meantime, here's a look at some of the most effective treatments for common problems in some of the major joints, with information from the American Academy of Orthopaedic Surgeons and the National Institutes of Health (NIH).

### HIPS

Arthritis is the major cause of hip pain and disability. It wears away the protective cartilage that cushions the ends of bones and helps the hip joint glide. If cartilage disappears completely, bones rub directly against each other, making movement very painful.

The damage arthritis causes can't be reversed. Still, there are things that can help control the pain of mild arthritis and slow the disease's progression:

- ▶ Physical therapy or activity that includes gentle, regular exercise, such as swimming or cycling.
- ▶ Pain relievers, such as acetaminophen or ibuprofen.
- ▶ Weight loss, if you carry extra pounds.

If a hip is severely damaged by arthritis, hip replacement may be a good option. The damaged hip is replaced with one made of metal or other materials in a relatively routine surgery. Most people who undergo hip replacement surgery experience a dramatic reduction in pain.

Your doctor is the best source of specific advice about your pain.

SHOULDER



ELBOW



HIP



KNEE



FOOT





## JOINT REPLACEMENT SURGERY: TEAMING UP TO HELP PATIENTS

Gritman Medical Center offers range of services before and after surgery

**At Gritman Medical Center**, we use a team approach for joint replacement surgery.

Working together with orthopedic surgeons, nurses, physical therapists and registered dietitians, as well as lab, radiology, pharmacy and social services experts, we can help you regain your mobility. Our occupational therapists can survey your home and recommend ways to prepare it for your safety, comfort and convenience after surgery. Our dietitians can suggest meal plans before and after surgery. Together we help you reach optimum health and wellness.

The average hospital stay after knee replacement and other joint replacement surgeries is three to five days. Typically patients who undergo joint replacement surgery experience dramatic improvement in their lifestyle within a short period of time.

To learn more about knee replacement and other joint surgeries, talk to your doctor or call us at **208-882-4511**.



According to the NIH, the surgery can be very successful in younger people as well as those older than 60. And some research suggests that people who choose surgery before a hip joint becomes severely damaged tend to recover more easily and have better outcomes than those with more advanced deterioration.

### KNEES

As it can in the hip, arthritis can occur in the knee. And like a hip, a severely arthritic knee can be replaced with an artificial one through surgery—a choice that nearly 600,000 Americans will opt for this year.

The largest joint in the body, the knee is also one of the most easily injured. Get medical treatment for an injury right away if you:

- ▶ Hear a popping noise and feel your knee give out.
- ▶ Have severe pain.
- ▶ Can't move your knee or start to limp.
- ▶ Have swelling at the injury site.

One of the most common knee injuries is a tear in the anterior cruciate ligament (ACL), tissue that acts like strong rope to keep the knee stable. Changing direction rapidly, slowing down when running and landing incorrectly from a jump all can cause an ACL injury. When an ACL is torn, it often needs to be repaired with surgery.

The good news: ACL repairs are generally done arthroscopically, requiring only small incisions that speed recovery. This minimally invasive surgery can also be used to fix a torn meniscus, an easily injured piece of cartilage that acts like a shock absorber in the knee.

### SHOULDERS

If you twist your shoulder very hard, you might dislocate it—meaning that the ball at the top of the bone in your upper arm has popped out of its socket. Expect severe pain and an abnormally shaped shoulder. See a doctor right away. Typically, he or she will be able to push the ball of the upper arm back into its proper place.

Another common shoulder injury is a rotator cuff tear. Your rotator cuff stabilizes your shoulder joint. It's made up of several tendons (bands of tissue that connect muscles to bones) and four muscles that cover the top of

the upper arm bone. You can tear this part of your body in a fall or other mishap. But most tears occur because of repetitive overhead motions, such as throwing a baseball again and again.

Resting your shoulder, using pain medication and participating in physical therapy may be all that's necessary to help you heal. In some cases, surgery may be needed.

### ELBOWS

Even if you've never picked up a tennis racket, you've probably heard of tennis elbow, an inflammation of the tendons that join the forearm muscles on the outside of the elbow. What you might not know is that tennis elbow can strike anybody who overuses these muscles, from factory workers to house painters.

The first step toward recovery is resting your arm. Pain relievers, muscle-strengthening exercises and the use of a forearm brace can also ease the pain of tennis elbow. If these nonsurgical treatments aren't effective, your doctor may advise surgery.

### MORE INFORMATION

To learn more about effective treatments for joint problems—including those in your hands and feet—go to [www.orthoinfo.aaos.org](http://www.orthoinfo.aaos.org).



# Savor the switch to healthier eating

**LOWERING** the salt, sugar and fat in your diet? Great idea! Your whole body will thank you—except maybe your taste buds. They might threaten to pick up and leave.

Before they pack their bags, reassure those buds that better eating does not have to equal bland and boring eating. Try these tips from

Natural seasonings can enhance foods without adding fat or sodium.

the American Dietetic Association to pack healthy dishes full of flavor:

- ▶ Experiment with spices and herbs. These natural seasonings can enhance foods without adding fat or sodium. Allspice can flavor lean ground meats, stews and gravies. A little dill can bring to life vegetables such as carrots, cauliflower and cabbage. Dry mustard mixed into

ground meat or sauces adds a little zing to your dish. (Dried herbs are generally added at the beginning of cooking, while fresh herbs are typically put in at the end.)

- ▶ Go a little nuts. Try just a handful of toasted nuts in salads to replace high-fat cheese and croutons. Or use a few to add crunch and flavor to a stir-fry or steamed vegetables. Nuts can improve both the nutritional value and flavor of a dish.

- ▶ Choose roasting as your preferred cooking method. Roasting vegetables and fruits brings out their sweetness and flavor. Use a light spray of olive oil on vegetables, and then skip the butter and salt. Roast in the oven or on the grill.

Don't forget vinegars, extracts, and citrus juices, such as lemon and lime juice—they all rev up flavor without ruining nutrition.



## Safe steps: Prevent falls around the house

**YOU** don't have to be terribly adventurous to be at risk for a dangerous fall. People are often injured in falls at home.

The following suggestions from the American Academy of Family Physicians and the American Academy of Orthopaedic Surgeons can help you make changes around your home to help prevent falls. That can be especially important for older people, who are at increased risk.

- ▶ Remove floor clutter, including newspapers, books or clothes. Keep power cords out of walking paths.

- ▶ Arrange furniture, especially low coffee tables, to create clear paths. Do the same with magazine racks, footrests and plants.

- ▶ Make sure there is good lighting on stairways, and have light switches at the top and bottom. Use night-lights between bedrooms and bathrooms.

- ▶ Make sure stairs have handrails on both sides.

- ▶ Use rubber bath mats in showers and tubs.

- ▶ Remove small rugs. Carpets and area rugs should have a nonskid backing or be tacked to the floor.

- ▶ Use nonskid floor wax, and clean up kitchen spills right away.

- ▶ Store frequently used kitchen items within reach so that you won't need to use a step stool.



## Classes to improve your health and well-being



Find all of our classes and programs at [www.gritman.org](http://www.gritman.org). For more information, call 208-883-2232.

### EVENTS



#### **Pink Tea— A Bosom Buddies Fundraiser**

Tuesday, October 19, 3 p.m.  
University Inn Best Western  
Join us for the ninth annual Pink Tea. This event raises funds to provide mammograms for women who otherwise cannot afford the screening. Call 208-883-6233 to RSVP.

#### **Alzheimer's Association Memory Walk**

Saturday, September 25, 10 a.m.  
Check-in begins at 8:30 a.m. at James Toyota  
Join the Gritman team for a three-mile walk to raise funds and awareness for the Alzheimer's Association. Call Adult Day Health at 208-883-6483.

### SPECIALTY HEALTHCARE CLINICS

We work with many specialists who travel to us so you don't have to leave town to address your health concerns. Call 208-882-4511 for information about these clinics: ▶ Allergy and asthma. ▶ Cardiology (pediatric and adult). ▶ Nephrology. ▶ Neurosurgery and spine. ▶ Oncology.

### EDUCATION AND WELLNESS

#### **Osteoporosis Exercise Group**

Tuesdays and Thursdays, 9:30 to 11 a.m.  
Gritman Cardiac Rehab Center  
\$6 per session  
One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. Call 208-883-6088.

#### **Diabetes Wellness Classes**

First Tuesday of each month, 4 to 5 p.m.  
Gritman Conference Center  
FREE  
Diabetes affects 80,000 adults in Idaho. Learn how to live with diabetes from speakers that include local physicians, nurses and dietitians. Sponsored by Gritman Medical Center Diabetes Care. For more information, call 208-883-6341.

### SUPPORT GROUPS

#### **Caregivers Support Group**

▶ Second Wednesday of each month, 3:30 to 5 p.m. (respite care available)  
▶ Third Tuesday of each month, 6 to 7:30 p.m. (no respite care available)  
Adult Day Health, 225 E. Palouse River Drive, Moscow  
FREE  
Meet others and share information and resources in a relaxed, supportive setting. To learn more, call 208-883-6483 or e-mail [barbara.mahoney@gritman.org](mailto:barbara.mahoney@gritman.org).



#### **Local artists showcase work**

Local artists Sally Chang, Gail Cochran, Kristin Jones and Becker Gutsch (with Gritman president and CEO Jeffrey W. Martin) showcased their artwork at Gritman as part of Moscow ArtWalk 2010. Local marimba ensemble, Sesitshaya, provided music.



#### **Celebrating National Bike Month**

Community members celebrated National Bike to Work Day on May 14. Other events included a slideshow of Tom and Aly Lamar biking New Zealand, and T-Jay Clevenger of Paradise Creek Bicycles and bike fit expert Shirley Rencken sharing tips at Lunch & Learn.



#### **Junior Volunteers**

Gritman Junior Volunteers participated in the Paint the State Contest for the Idaho Meth Project.

THANKS FOR MAKING OUR COMMUNITY A GREAT PLACE TO LIVE

GRITMAN MEDICAL CENTER  
700 S. Main St.  
Moscow, ID 83843

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# Connections

CONNECTIONS is published as a community service for the friends and patrons of GRITMAN MEDICAL CENTER, 700 S. Main St., Moscow, ID 83843, telephone 208-883-6008, website [www.gritman.org](http://www.gritman.org).

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**Did you know?** *Gritman Medical Center is a not-for-profit 501(c)(3) hospital.*

## Locking in Wellness

**EIGHTY-EIGHT NEW** wooden lockers are part of the Phase 1 renovation of the Gritman Community Wellness Center.

Now you can name a locker. For \$250 you can inscribe it with a name of your choosing.

This is your opportunity to create a lasting legacy while supporting wellness in our community. For more information, call 208-883-6592.

**YES, I would like to purchase a locker.**

Please accept my naming opportunity pledge of \$ \_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

My check is enclosed.

Please charge my credit card:

Visa  Discover  Mastercard

American Express

Number \_\_\_\_\_

Expiration date \_\_\_\_\_

Signature \_\_\_\_\_

We will contact you for naming information.

Please return your contribution to:  
Gritman Medical Center Foundation  
700 S. Main St. • Moscow, ID 83843



**▲ Community conversation:** The Gritman Foundation held a meeting in June so that local citizens could learn about renovations to the Gritman Community Wellness Center.

## Renewing wellness

**RENOVATIONS** to the Ron & Janie Nirk Therapy Pool and Spa and mechanical room at the Gritman Community Wellness Center were completed this spring. Phase 1 renovations continue, with expansion of the locker rooms and exercise area and the addition of a family changing room.

### Keeping you informed

The Gritman Medical Center Foundation hosted a Community Conversation in June, with local

citizens and wellness supporters touring the center and learning more about the renovation details.

The total anticipated cost of Phase 1 renovations is \$564,000, with \$45,000 in funding still needed.

For more information about Gritman Community Wellness Center fund-raising efforts, please call Heidi Linehan, foundation executive director, at 208-883-6592 or e-mail her at [heidi.linehan@gritman.org](mailto:heidi.linehan@gritman.org).

