

# HEALTH VISION

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## Health Link

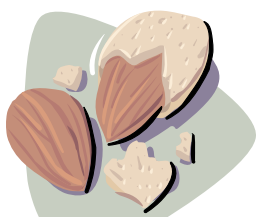


**CREAKY KNEES?** If your joints aren't working the way they used to, lack of use—rather than age—is probably to blame. Stretching is a great way to keep your joints in good shape.

American Academy of Orthopaedic Surgeons

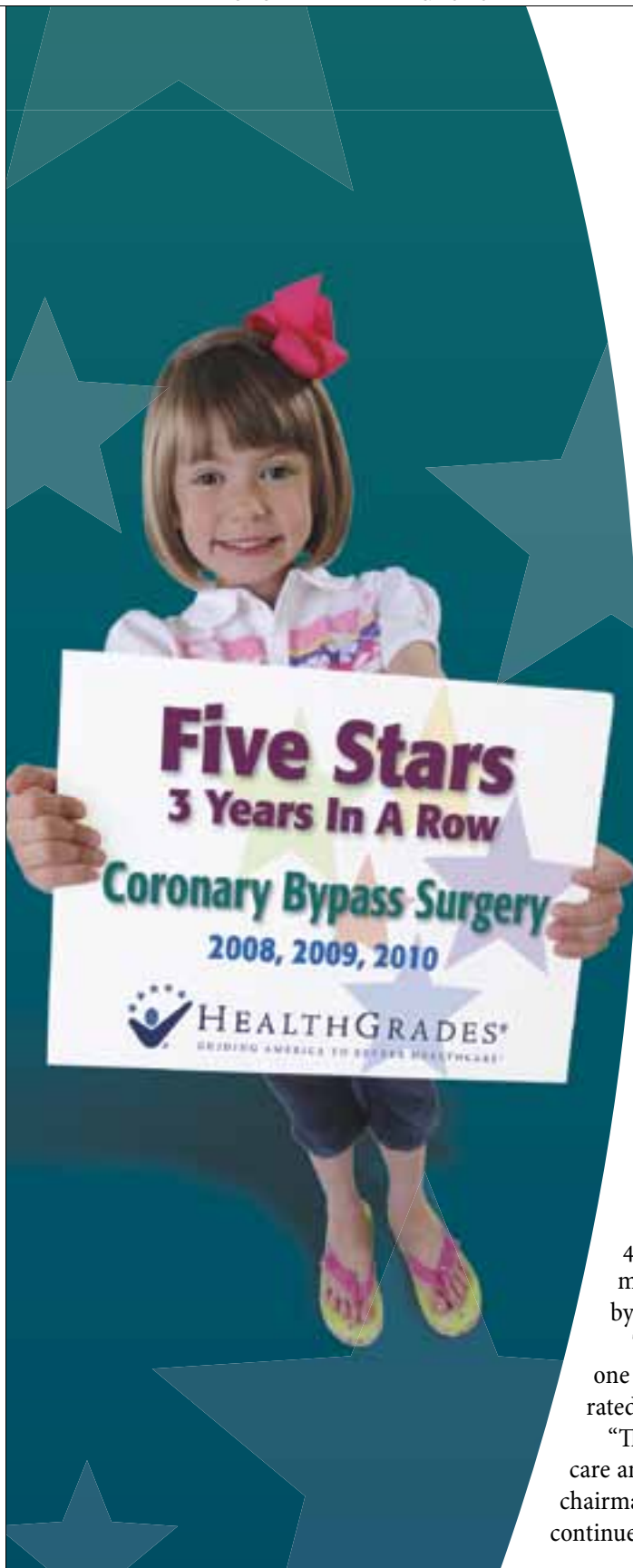
**THE BATH TIME BLUES** Annually, more than 43,000 American kids are injured in baths and showers, mostly from slips and falls. Using a nonslip mat is an easy way to help keep kids injury-free.

American Academy of Pediatrics



**GO NUTS!** Looking for a healthy snack? Try a handful of walnuts, almonds or peanuts. They can give you an energy boost, and they may help reduce your risk of heart disease and diabetes.

American Dietetic Association



## PMC recognized for heart care

### CORONARY BYPASS SURGERY EARNS THIRD 5-STAR RATING

For the third year in a row, Portneuf Medical Center (PMC) has been recognized by HealthGrades for having some of the best heart care in Idaho. The distinction makes PMC the only hospital in Idaho to have received this award for excellence in coronary bypass surgery for three consecutive years—2008, 2009 and 2010.

HealthGrades, the leading independent health care rating company in the U.S., rates more than 5,100 of the country's leading hospitals each year in 26 categories. The ratings are published and show the best- and worst-rated hospitals in each region. The findings are significant because there was a 51.53 percent lower chance of dying in a 5-star-rated hospital compared to the U.S. hospital average for all procedures and diagnoses studied.

"Once again we have shown that we have truly world-class heart care right here in Pocatello," says Norman Stephens, chief executive officer and president of PMC. "This is a great honor to be recognized for a third year in a row and a real testament to the quality of care one can expect to receive here at Portneuf Medical Center."

The 12th annual HealthGrades *Hospital Quality in America Study* examined nearly 40 million Medicare hospitalization records from multiple years to study trends in mortality and complication rates at each hospital. The new 5-star rating for coronary bypass surgery comes from the 2010 findings.

The study also found that there was a 79.69 percent lower chance of experiencing one or more in-hospital complications in a 5-star-rated hospital as compared to a 1-star-rated hospital, and a 61.22 percent lower chance compared to the U.S. hospital average.

"This award gives independent verification of what we all know to be true—that expert care and world-class programs are right here in our own backyard," says Mark Buckalew, chairman of the board for PMC. "We are extremely proud of PMC and the physicians who continue to deliver the best care in Idaho."

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# Continuing our commitment to care

BY **NORMAN STEPHENS**  
CEO



For more than 100 years, there has been tremendous evolution in medicine. I am happy to report that even as we look to the future, Portneuf Medical Center (PMC) continues to deliver compassionate, high-quality care. In fact, there is good news to be shared about the excellence of care in Pocatello.

**New hospital** Our new \$220 million facility is scheduled to open in mid-2011. It is more important than ever to respond quickly, relay information rapidly and coordinate treatment needs in a timely fashion. With the opening of the new hospital, units such as the surgery department, radiology, cardiology and catheterization labs will be located adjacent to the emergency department, allowing for smooth, efficient services for patients. For highlights about the new facility, see page 6.

**Excellence** PMC is more than just a building. We are a community of interconnected medical professionals. Our exceptional physicians and medical teams work

in innovative ways to advance the safety, quality and timeliness of your care. Their hard work and dedication are producing outstanding results.

The Joint School was established this past year. Joint School is designed to help patients prepare for total joint replacement surgery. Attendance at Joint School correlates to shorter hospital stays, improved surgical outcomes and greater patient satisfaction.

As news of the success of Joint School and its patients spreads, people within a 200-mile radius are coming to PMC for joint revisions and replacements.

To learn more about how PMC puts patients first, read “Joint School,” on page 9.

**Collaboration** Portneuf Heart & Lung Surgeons and the Idaho Kidney Institute are using the latest cutting-edge option for patients who need complex dialysis treatment. The cardiovascular surgeons at PMC have successfully implanted several HeRO devices. Based on their experience, the doctors published their findings—the second scientific paper in the world about the HeRO device—in a prestigious scientific medical journal. To learn more about the advanced medical options available for dialysis patients, don’t miss the article “New Dialysis Treatment” on page 10.

**Education** The professionals at Portneuf Valley Medical Clinic know that losing weight is not easy. They also know that excess weight can lead to an array of health problems.

In September 2009, Portneuf Valley Medical Clinic introduced the Ideal Protein Weight Management System and began working with a group of 10 participants. Within three months, the group had lost 357 pounds. But weight loss was not the most significant result of the new program. To find out more about the Ideal Protein Weight Management System, turn to page 4.

**Personalized care** Finally, the Behavioral Health Clinic offers an exceptionally wide range of mental health services. Skilled professionals provide excellent care for all mental health issues. On page 8, you can learn how to identify signs and symptoms of mental health problems and learn what to do in a crisis.

At PMC, we’re more than just health care providers—we strive to offer care to meet your physical, mental and emotional needs.

Throughout this issue, you will discover that we go the extra mile by giving you that extra attention. And we provide you with high-quality health care you can trust. That’s our continued commitment to you.



## Shedding extra pounds helps control diabetes

Sometimes, just a little is enough.

Consider diabetes and weight loss. Studies show that losing only a few extra pounds if you’re overweight can lead to big improvements in your health.

According to the American Diabetes Association (ADA), losing as few as 10 to 15 pounds can help lower your blood sugar and blood pressure and improve your cholesterol levels. You may even be able to cut back on the amount of diabetes medications you take.

Your doctor can help you develop a safe weight-loss plan. The ADA also offers these tips:

- Eat slowly. Turn off the TV and radio during meals, and pay attention to your appetite. Stop eating when you start to feel full.
- Eat something before you go to parties. That way you’ll be less likely to overeat fatty foods.
- Don’t go grocery shopping on an empty stomach, and buy only what’s on your shopping list.
- Don’t skip meals. You may overeat at your next one.
- Don’t deprive yourself. It’s still OK to treat yourself to foods such as desserts or fast-food items that aren’t necessarily considered healthful. But don’t eat them very often, and only have small portions.
- Work exercise into your day. Bike or walk instead of driving. Take the stairs instead of the elevator. Do something active instead of watching TV.



### URGENT CARE

## An option for nonemergency treatment

You’re slicing carrots in your kitchen for a midday snack. The knife slips, and you cut your finger. You think you may need stitches.

You could go to the nearest hospital emergency department for treatment. But a better option might be an urgent care center.

If you have a health problem that is not life-threatening but still requires medical attention—such as a sprained ankle or minor cut—an urgent care center can be the right place to seek treatment.

Most urgent care centers are open in the evening and on weekends, and you can usually walk in without an appointment.

Going to an urgent care center for a nonemergency can save you time and money, and it helps keep the emergency department free to handle more serious situations, reports the National Association

for Ambulatory Care (NAFAC).

According to the NAFAC and other experts, conditions that can be treated at an urgent care center include: ● Minor burns. ● Sprains and strains. ● Coughs, colds or sore throats. ● Ear infections. ● Fever or flu-like symptoms. ● Rash or other minor skin irritations. ● Mild asthma. ● Animal and insect bites. ● Minor bone fractures. ● Minor cuts that need stitches.

Many urgent care centers also offer physical exams, vision and hearing screening, lab tests, flu shots, and x-rays.

**When to seek emergency care** If you have a life-threatening situation—such as chest pain—an urgent care center is not the place to go. You should call 911 or go to a hospital emergency department right away.

Signs of a medical emergency include: ● Chest pain. ● Difficulty breathing. ● Severe bleeding that doesn’t stop after 10 minutes. ● Head trauma. ● Loss of consciousness. ● Sudden loss of vision or blurred vision. ● Facial drooping or weakness in an arm or leg. ● Persistent vomiting.

For more information, visit [www.portmed.org/urgent](http://www.portmed.org/urgent).

## Show your support

Join us for the Big Pig Dig Luau and Auction

BY MARY KEATING

Portneuf Medical Center (PMC) is a proud sponsor of the fourth annual Bright Tomorrows



Child Advocacy Center (BTCAC) Auction. The auction will take place on Thursday, June 24, at the Booth Barn in Pocatello. This year's theme is the Big Pig Dig and will feature a luau, music, smooch-the-pig competition, and silent and live auctions.

The BTCAC has operated in Bannock County for 26 years. Its goal is to break the cycle of sexual abuse that affects people of all socioeconomic levels in our community. In recent years, the organization has experienced substantial growth and has been able to eliminate a waiting list that once ranged from 20 to 35 children in need of services.

"While we have seen tremendous organizational growth, the need to provide service for families who have no resources, insurance or financial means of paying for these vital services has grown substantially as well," says Curtis Peterson, director of BTCAC. "We rely on the community to support the treatment needs of children whose families cannot afford the cost of treatment. And without the community's support, hundreds of kids in Bannock County have no ability to cope and survive the devastating effects of sexual abuse."

This year the organization must raise at least \$20,000 to meet the needs of our community. In 2009 the organization raised \$10,000, and they're hoping Bannock County and Pocatello will rally to support the children of our community in 2010.

"We are proud to sponsor and support this community event," says Brad Huerta, PMC director of public affairs.

For ticket information, call

**Go** BTCAC at 234-2646 or visit [www.portmed.org/btcac](http://www.portmed.org/btcac).



## Kids and guns: Take extra care

Every year, approximately 68 children ages 14 and under are killed by an unintentional shooting, often from guns kept in their own homes, reports Safe Kids USA. In some cases, the parents may have thought the gun was safely hidden from the child, or they may have warned the child not to play with guns.

But let's face it—kids are curious and often fascinated with guns. Which is why, if you keep guns in your home, hiding them isn't enough to keep your kids safe. Young children are always exploring. They may find the gun while playing, think it's a toy

and pull the trigger. Children as young as 3 years old may be strong enough to pull the trigger on a handgun, according to the American Academy of Pediatrics.

Telling your kids not to play with guns isn't enough to protect them either. Their curiosity may win out over your warnings. Older kids may choose to show their friends the gun when you're not around.

Safe Kids USA gives these tips on how to safely store any guns in your home:

- Keep all guns unloaded and locked away in a safe or lockbox.
- Store and lock ammunition in a separate place from guns.
- Hide the keys to all lockboxes that contain guns or ammunition.
- Store BB guns, pellet guns and other nonpowder guns the same way as firearms.

## Well-baby checkups track your child's health

By the time your baby is 2 years old, he or she will most likely have been to the doctor at least 10 times—without even being sick.

These visits are called well-baby checkups, and they help your doctor make sure your child is growing and developing properly.

According to the American Academy of Pediatrics, babies should have an examination right after they're born and then every few months until they're 2 years old. After that, annual checkups are fine. At each well-child visit, your doctor will check your child's:

- **Head.** The doctor wants to make sure the soft spots, or fontanels, on your baby's head are closing normally.
- **Growth.** Your child's weight, length and head size will be measured.
- **Ears, eyes and mouth.** The doctor will look inside your child's ears and will ask if your baby responds normally to sounds. The doctor will also track your child's eye movements and check your child's mouth for signs of infection and for teething progress.
- **Heart and lungs.** Using a stethoscope, the doctor will listen to your child's chest for abnormal heart rhythms and breathing difficulties.
- **Abdomen.** The doctor will press gently on your child's abdomen to feel for enlarged organs or unusual masses.
- **Genitalia.** The doctor will check for unusual lumps or tenderness.
- **Hips and legs.** The doctor will look for dislocations or other problems.
- **Developmental milestones.** The doctor will test your baby's reflexes and ask whether your baby sits up, smiles or walks.



### SHAKEN BABY SYNDROME

## Don't let it happen to your child

You've tried everything you can think of to get your baby to stop crying—you've changed your baby's diaper, offered a pacifier and paced the floor—but nothing is working.

A fussy baby can try anyone's patience. Even so, it's important to take a deep breath and stay calm—for your baby's sake.

According to the American Academy of Pediatrics (AAP), too often parents or caregivers lose control when a baby won't stop crying, and they severely or violently shake the child.

This can trigger something called shaken baby syndrome—a serious head injury that can lead to permanent brain damage or even death.

Shaking a baby causes the brain to bounce back and forth in the skull—resulting in bleeding and swelling in the brain.

A baby suffering from shaken baby syndrome may experience one or more symptoms.

He or she may: ● Have difficulty breathing or staying awake. ● Vomit.

- Be extremely irritable.
- Have tremors or seizures.
- Have pale or bluish skin.
- Slip into a coma or die.

**Take a break—don't shake** The AAP suggests these tips for keeping calm when your baby is particularly fussy:

- Take a deep breath and count to 10.
- Put the baby in a safe place, leave the room, and let him or her cry alone for a while.
- Ask someone for emotional support.
- Call your pediatrician. Your child could be crying for medical reasons.
- Try to remember that most babies eventually cry themselves to sleep.

**Take action** If you think your child has shaken baby syndrome, get medical help immediately.

Quick treatment could save your baby's life or prevent further brain damage. Tell the pediatrician what happened.

Otherwise, the doctor may not know to treat your child for shaken baby syndrome.

## What the participants are saying

Participants in the Ideal Protein Weight Management System at Portneuf Valley Medical Clinic have great camaraderie. Not only have they shared clothes, frustrations and menu ideas, but they have shared in each other's successes and are happy to share their stories.

**Kate Shelton:** "This program has and will continue to be life-changing for me. It wasn't until I had my yearly physical and was told that I was diabetic and had prehypertension that it finally hit me that I was headed down an ugly, unhealthy path. When Ideal Protein was introduced to us and each of us were asked if we wanted to be in the first trial in Pocatello, I stood up with both hands and said, 'Pick me.' I am so incredibly grateful they did. Hopefully I can inspire others to make that first step, because it can be done. The weight will come off, and you will have a much fuller life."

**Bonnie Holcomb:** "It is amazing how fast you go through clothes. I have to admit that the first three days in the program were the most difficult, but I have never been happier with my weight and my health."

**Stacey Holcomb:** "After the first three weeks, I had a big increase in energy. It was difficult, but the support and encouragement of everyone helped me make it through. I have lost weight and have learned a lot in the process."

**Wendy Ray-Gornichec:** "I went through three different sizes in almost a month. I went through a total of six sizes in three months. I am more conscious of portion control, and I know I make better food choices now. Before Ideal Protein, I had tried every diet out there and never had success. Once you get started, it is an easy diet to follow, and the education I have received has changed the way I view food."



**GREAT THINGS AHEAD:** Participants in the Ideal Protein Weight Management System were excited to get started. From left are Stacey Holcomb, Wendy Ray-Gornichec, Amy O'Brien, Kate Shelton, Chris Yensen, Brenda Ellis, Kathi Raumaker and Bonnie Holcomb.



**SWEET SUCCESS:** After the three-month trial of the Ideal Protein Weight Management System, participants experienced significant weight loss and improved health. Back row from left are Stacey Holcomb, Wendy Ray-Gornichec, Amy O'Brien, Chris Yensen and Kathi Raumaker. Front row from left are Nancy Bickley, Kate Shelton, Brenda Ellis, Bonnie Holcomb and Sue Gustavson.

## HEALTHY WEIGHT-LOSS HELP SHEDDING POUNDS ONCE AND FOR ALL

BY MARY KEATING

At Portneuf Valley Medical Clinic, we know that losing weight is not easy. We also know that being overweight can be an overwhelming burden. ♦ Excess weight often leads to an array of health problems that can have damaging effects on a person's quality of life and emotional health. People who are overweight have a higher-than-normal rate

of hypertension, type 2 diabetes, cardiovascular disease, gallbladder disease, osteoarthritis, strokes, respiratory diseases and even some types of cancers. It is estimated that two-thirds of all U.S. adults are on a diet to either lose weight or prevent weight gain. Yet only 5 percent of these dieters will be successful at keeping the weight off.

The Centers for Disease Control and Prevention labels obesity as public enemy No. 1, affecting 6 out of every 10 adults and resulting in 300,000 deaths per year in North America.

The Federal Trade Commission estimates that Americans spend an average of

\$109 million on dieting or diet-related products each day, including tapes, videos, supplements, books, foods and medications. This adds up to more than \$34 billion per year.

In 2009, Portneuf Valley Medical Clinic implemented a weight-loss program called the Ideal Protein Weight Management System. With medical oversight, the plan promotes the overall health of participants and helps them effectively shed pounds.

Participants have experienced a reduction in cardiovascular and diabetes risk. The lab results are impressive—LDL cholesterol levels have decreased 50 to

60 percent, and triglyceride and blood pressure levels have dropped.

Each participant has developed a healthier lifestyle, lost a significant amount of weight and gained valuable insights about how the body uses food.

"It is a safe, effective, medically monitored system that produces clearly defined physical, mental and health benefits," says Nancy Bickley, RN, CDE, Portneuf Valley Medical Clinic. "This is truly a weight-management system—not a diet, but a process—a life-changing process."

The Ideal Protein Weight Management System promotes fat loss while sparing muscle mass. The system was developed in France more than 23 years ago by Tran Tien Chanh, MD, PhD. Dr. Chanh has focused his career on nutrition research with an emphasis on the treatment of obesity and obesity-related issues.

"The biggest reason people fail is by going about weight loss on their own," says Deb Jolly, RN, CDE, Portneuf Valley Medical Clinic. "When trying to lose weight, people normally cut down on everything and in the process lose muscle mass which is vital for burning calories and for sustaining long-term weight loss."

In September 2009, a group of 10 people began the first trial of the system.

"We wanted to know if the program worked—whether it was a good diet, if people could stand the regimen and the food, and most importantly, did participants lose weight and realize significant medical health benefits as a result?" says Kandi Brown, dietitian.

The system is an easy, four-phase protocol that helps stabilize the pancreas and blood sugar levels while burning fat and maintaining muscle and other lean tissue.

By the end of December 2009, the group lost a combined total of 357 pounds—an average of 35 pounds per person during the three-month trial. Not only did the weight come off, the overall health benefits were dramatic.

"With this nutrition plan, the average woman will lose weight at the rate of three to four pounds per week, and men will lose four to seven pounds per week," Bickley says. "It was impressive to see the changes in body fat and body mass index as well as the lab results for each participant."

Dedicated coaches provided support sessions, nutrition education, weight and measurement progress analysis, lab testing, and vital information to ensure that participants not only lost weight, but kept it off.

The products are approved by the U.S. Food and Drug Administration, and Portneuf Valley Medical Clinic is the only clinic in Southeast Idaho that offers the plan. If you are older than 18 and have more than 20 pounds to lose, this may be the system for you. To learn more, call Portneuf Valley

Medical Clinic at 239-2260 or visit [www.portmed.org/ownyourhealth](http://www.portmed.org/ownyourhealth).



## Beyond arthritis: Other causes of spinal stenosis

Arthritis is the leading cause of spinal stenosis but not the only one. It can also be triggered by:

- **Problems present at birth.** Children born with an unusually small cavity surrounding the spinal cord may develop spinal stenosis.
- **A herniated disk.** As we age, the disks that separate the vertebrae in our back may slip from their normal position and leak out some of the jellylike substance they contain. This can put painful pressure on a nerve.
- **Trauma.** Fragments of bone from a spinal injury can narrow the spinal canal and compress nerves.
- **Spinal tumors.** Cancerous tumors can also narrow the spinal canal.
- **Bone diseases.** One example is Paget's disease, which can result in both easily broken bones and spinal stenosis.

Sources: American Medical Association; National Institutes of Health

## SPINAL STENOSIS THE CULPRIT IS OFTEN ARTHRITIS

**SAY THE WORD** *arthritis*, and chances are you instinctively think of your knees, hips or hands. These, after all, are the parts of the body most often harmed by osteoarthritis—the kind of arthritis that many of us will develop to some degree as we get older.

But this might surprise you: Osteoarthritis can also affect your spine. In fact, it is the primary cause of what doctors call spinal stenosis.

A common condition, spinal stenosis is characterized by a narrowing of the spinal canal—the cavity through which the spinal cord passes. This narrowing can squeeze the spinal cord and the nerves that branch out from it.

Sometimes, spinal stenosis causes no symptoms at all.

But it has the potential to cause considerable pain and to make it difficult to walk any significant distance.

**THE ARTHRITIS LINK** Osteoarthritis wears away cartilage, the slippery material that cushions the ends of bones in joints. To try to repair this damage, the body may produce bony growths called bone spurs. When these bone spurs develop in the small joints that help the spine move, they can narrow the spinal canal.

As we age, the ligaments—bands of tissue that support

**There is no cure for spinal stenosis, but it can be treated. Nonsurgical options are often tried first.**

the spine—may also thicken and harden. This, in turn, can narrow the spinal canal and compress the spinal cord or the nerves. Depending on where this compression occurs, spinal stenosis can trigger:

- Neck or back pain.
- Pain shooting down a leg.
- Pain, numbness or weakness in the arms and legs. This weakness may cause something called foot drop—the

sensation of a foot slapping on the ground when walking.

- **Loss of bowel or bladder control.** This symptom—when coupled with other problems, such as pain, weakness or numbness in one or both legs—should never be ignored. It is a sign of a very serious type of spinal stenosis that needs immediate medical attention.

**NONSURGICAL REMEDIES** While there is no cure for spinal stenosis, it can be treated. Typically, doctors first advise nonsurgical remedies—and one of the most important is exercise. Stretching and other exercises prescribed by a physician or physical therapist can help manage symptoms.

Additionally, over-the-counter anti-inflammatory medicines, such as ibuprofen, can ease pain by reducing swelling around pinched nerves. To treat pain radiating down a leg, doctors may also inject cortisone—a powerful anti-inflammatory drug—directly into the outermost membranes covering the spinal cord.

Finally, for severe symptoms, surgery to remove bone, bone spurs and ligaments compressing nerves is also an option. Often this surgery is followed by a second operation to stabilize the spine.

Sources: American College of Rheumatology; National Institutes of Health

## VACCINE PROTECTION: NOT JUST FOR KIDS

**THE MUSIC ON** your grandchild's MP3 player may be quite different from the tunes you listen to on your radio. But here's something you definitely have in common: the need for vaccines to help you stay healthy.

That's right. You still need vaccines. They can help everyone—from grandparents to grandkids—stay a step ahead of some serious diseases.

In fact, as an older adult, getting certain vaccines is especially important because you're at increased risk of serious complications if you do get sick. Sadly, thousands of U.S. adults die each year from diseases that vaccines can help prevent. Also, when you get vaccinated, you help protect your family too, since you reduce your chances of spreading an illness—such as the flu—to your spouse and grandkids.

Which vaccines you need depends on factors such

as your age and any shots you have had in the past. You should ask your doctor which vaccines are right for you. You may want to ask specifically about vaccines that protect against these health problems:

**Shingles.** Developed in recent years, the zoster vaccine is for adults 60 and older. It helps protect against shingles—a blistering, painful rash that sometimes results in chronic pain. The one-time shot is recommended even if you've already had shingles.

**Flu.** The best way to avoid getting sick is to get a yearly shot in the fall, before flu season starts. The flu can lead to serious complications in older adults and those with chronic health problems, such as heart disease or diabetes.

**Pneumonia.** If you're 65 or older, you need this vaccine. People in this age group are at increased risk of pneumonia

complications, as are younger adults who smoke or have chronic health problems, such as diabetes, asthma, or a heart or lung disease.

**Tetanus, diphtheria and pertussis.** You need a booster shot every 10 years to stay protected from tetanus (lock-jaw) and diphtheria. Those younger than 65 may need a one-time booster that also protects against pertussis (whooping cough).

Your doctor may recommend other shots too, depending on your risk for a particular disease. For example, hepatitis A or B shots may be recommended if you have certain medical conditions or travel to certain countries.

For more information about where you can get vaccinations, visit [www.portmed.org/ownyourhealth](http://www.portmed.org/ownyourhealth).

Sources: Centers for Disease Control and Prevention; National Foundation for Infectious Diseases

COMING  
SOON



# YOUR NEW MEDICAL HOME

BY MARY KEATING

Health care has come a long way since iron lungs and ether. In fact, Pocatello has seen a tremendous evolution since our first hospital opened in 1905. While the hospital location and façade have changed, the goal of delivering state-of-the-art service to the residents of Southeast Idaho has remained constant. Today, Portneuf Medical Center (PMC) continues to deliver compassionate, high-quality care with a focus on the future and the evolving needs of our community. ♦ Our recent partnership with LHP Hospital Group has given us the chance to provide a new medical home for patients. This new single-campus regional referral center will be the most

advanced medical center in Idaho, with well-defined centers of excellence.

**MAINTAINING COMMUNITY VALUES** Built into the foundation of this new hospital are the same beliefs and values this community has held dear for more than 100 years. These values include:

- Caring for others as if they were members of our own family.
- Treating everyone with respect.
- Continually improving our services to ensure the highest quality of care.
- Maintaining a commitment to growth and learning.
- Using resources wisely.
- Ensuring that services are consistently provided at an appropriate cost.
- Working with others to improve the health status of the entire community.

**COMPASSION AND DIGNITY** PMC's staff members and leaders will open the doors to the new facility in mid-2011. Caring, compassionate professionals will treat you like a member of their family, helping you feel confident and comfortable in

bringing your family members to us when a medical need arises.

**EXCELLENT CARE** When PMC's new \$220 million facility is complete, the heart of the building will be the emergency room. It will include specialized equipment, such as state-of-the-art trauma and cardiac devices and will be located adjacent to units, such as the surgery department, radiology, cardiology and catheterization labs, which are most often needed when emergencies arise.

"Everything sort of hubs around the emergency department," says Norman Stephens, PMC CEO. "All your critical care services are contiguous to the emergency department. It makes for more efficient and rapid treatment."

The current emergency department on the West Campus receives more than 40,000 visits annually, but it was designed to accommodate only 14,000 visits each year.

"The new hospital is designed to handle expected growth for the next half century, but is being built so it can easily be expanded by up to 50 percent if the need and growth arise," says Brad Huerta, director of public affairs.

**INCREASED CAPACITY** This hospital is being built with you in mind by incorporating 187 private patient rooms,



## Comprehensive care

The new Portneuf Medical Center facility will provide the following services:

- Inpatient and outpatient surgery.
- Cardiac catheterization.
- Oncology, including medical radiation, chemotherapy and infusion therapy.
- Endoscopy.
- Pain management.
- Two computed tomography and magnetic resonance imaging scanners.
- Emergency care.
- Observation.
- Cardiovascular surgery and cardiovascular intensive care unit.
- Telemetry.
- Obstetrics.
- Labor and delivery.
- Postpartum care.
- Primary care clinics.
- Well-baby nursery.
- Neonatal intensive care unit.
- Pediatrics.
- Inpatient and outpatient behavioral health care.
- Rehabilitation.
- Imaging.
- Nuclear medicine.
- Conference and education center.
- Sleep lab.
- Wound care.
- Orthopedics.

# ONE LOCATION. MANY BENEFITS.

specially designed labor and delivery rooms, a conference and education center, and expanded dining facilities. It will include 15 operating rooms—three times the number of the current hospital.

**ENVIRONMENTAL ACCOUNTABILITY** The hospital will comply with the U.S. Green Building Council's Leadership in Energy and Environmental Design standards as set forth in the Green Guide for Health Care. The hospital will use sustainable building strategies to reduce operating costs, provide a healthier work environment and reduce the overall environmental impact of the project.

The new facility will have five generators with the capacity to generate 3 megawatts of electricity. The hospital can run off three of the diesel generators, allowing it to be self-sufficient for up to seven days in a power outage.

The *LifeFlight* helicopter will be housed in a garage designed for the flight team instead of being kept outside and weathered by the elements. With the reduction in wear and tear caused by weather extremes, thousands of dollars in repairs will be saved each year.

**COMMUNITY COLLABORATION** PMC partners with local organizations to bolster the community's health, and physicians work together to bring the latest, most advanced treatments to the region.

The new facility has also been instrumental in the recruitment of nationally recognized physicians. These

top-notch physicians bring to PMC skills, knowledge and ideas from all over the country, helping us to rapidly develop innovative programs that will rival major hospitals.



For construction updates and a virtual tour of the new facility, visit [www.portmed.org/newhome](http://www.portmed.org/newhome).





# TAKE TALK OF SUICIDE SERIOUSLY

**HOW DO YOU** know when someone is going to commit suicide?

The answer to that question is, you really don't. So if someone is talking at all about suicide—or is displaying other risk factors that might point to suicide—you need to take the person seriously and get help.

A person may be at risk for suicide if he or she:

- Threatens to hurt or kill himself or herself.
- Seeks access to firearms, pills or other means of taking a life.
- Talks or writes about death, dying or suicide.
- Participates in risky activities, seemingly without thinking.
- Abuses drugs or alcohol.
- Feels anxious or agitated.
- Experiences dramatic mood changes or bouts of rage or uncontrolled anger.
- Withdraws from friends, family and society.
- Feels trapped in current circumstances with no way out.
- Has no sense of purpose in life.

A person in a suicidal state of mind needs to be seen by a doctor or a mental health professional right away. If the person refuses, call for an appointment yourself. Don't hesitate to call 911—and don't leave the person alone—if you think the person is in immediate danger of committing suicide.

If you're not sure what to do, call a suicide prevention hotline or crisis center and ask for help. The National Suicide Prevention Lifeline can be reached 24 hours a day at 800-273-8255.



Sources: American Foundation for Suicide Prevention; American Medical Association; U.S. Department of Health and Human Services

## Know the warning signs

More than 19 million adults will experience depressive illness each year in the U.S. If you or a loved one experiences any of these warning signs, seek help immediately.

- Strong suicide idealization, especially with stated intent.
- Any talk of suicide or suicidal thinking.
- Isolation.
- Marked personality changes.
- Sudden or eccentric lifestyle changes.
- Confused thinking or strange and grandiose ideas.
- Prolonged, severe feelings of depression or apathy.
- Abrupt mood swings from emotional highs or lows.
- Excessive, almost uncontrollable self-centeredness or preoccupation with body functions.
- Denial of an obvious problem and a strong resistance to accepting help.
- Dramatic, persistent changes in eating or sleeping habits, or heightened restlessness and hyperactivity.

Call 911 in an emergency. If a person is not an immediate danger to themselves or others, call Portneuf



Medical Center's clinical nurse at 239-1620, 24 hours a day, 7 days a week.

## Mental illness facts and figures

- An estimated 22.1 percent of Americans age 18 and older—about 1 in 5 adults—have a diagnosable mental disorder.
- About 20 percent of children are estimated to have mental disorders with at least mild functional impairment.
- Major depression is the leading cause of disability worldwide among people age 5 and older.
- Eight to 9 percent of the general population is reported to have post-traumatic stress disorder.
- Studies reveal that fewer than one-third of adults with a diagnosable mental disorder—and even a smaller proportion of children—receive any mental services in a given year.

The Suicide Prevention Action Network of Idaho (SPAN Idaho) is working hard to reduce the number of completed suicides in Idaho.

To learn more about SPAN Idaho, survivor support groups or suicide prevention, contact SPAN Idaho at [info@spanidaho.org](mailto:info@spanidaho.org)

or 860-1703. You can also visit [www.spanidaho.org](http://www.spanidaho.org).



## BEHAVIORAL HEALTH SERVICES

# WE'RE HERE TO HELP

BY MARY KEATING

**PEOPLE SEEK MENTAL** health assistance for a variety of reasons—for home or work situations, personal tragedy, long-lasting discouragement, or depression—but sometimes fear or pride can get in the way of asking for help. Seeking help can make the difference between spinning out of control and gaining new tools to turn your life around.

"Mental health issues are not uncommon, and no one is immune," says Charlie Aasand, MBA, RN,C, director of Portneuf Medical Center (PMC) behavioral health services. "It is important for all individuals to know who to call in a crisis and to know the signs and symptoms of a crisis."

PMC behavioral health services provides of four levels of care: ● Emergency services. ● An outpatient clinic. ● An intensive outpatient program. ● Inpatient care.

**IN AN EMERGENCY** "When a mental health crisis occurs, it can be frightening and confusing for both you and your family," says Earlene Henry, clinic manager at PMC behavioral health services. "If a person is a danger to themselves or to others, is completely out of control, or is contemplating or has attempted suicide, it is important to seek help immediately. Call the police, bring the patient to the emergency department, or, in serious situations, call 911."

If a person is assaultive or exhibits other dangerous behaviors, call 911 and request immediate assistance. If the

**You can call a clinical nurse 24 hours a day, 7 days a week at 239-1620, or visit [www.portmed.org/healthymind](http://www.portmed.org/healthymind).**

crisis does not involve dangerous behavior, call a family physician. If a physician is unavailable and help is needed immediately, take the person to the emergency department or call a clinical nurse at PMC 24 hours a day at 239-1620.

"We receive over 1,400 calls in the inpatient unit a year—about 4 per day—and we admit 550 patients per year for inpatient services," Aasand says. "The outpatient unit receives thousands of calls per year as well."

**COMPREHENSIVE CARE** PMC behavioral health services provides comprehensive behavioral health care for adults with psychiatric and behavioral health problems. Primary care providers or other medical and mental health professionals can refer patients.

"We are here to provide individuals with assessment and crisis interventions, identify problems and behavioral issues, recommend the best services to treat a given situation, and work with physicians to coordinate admission to one of our inpatient or outpatient programs," says Steve Proctor, CSW, PMC behavioral health services.

Services at PMC behavioral health services include: ● Assessment and diagnostic evaluation. ● Collateral consultation. ● Individual, group and family therapy. ● Medication management. ● Electroconvulsive therapy. ● Medical support. ● Crisis intervention. ● Advocacy. ● Resource acquisition. ● Discharge planning. ● Customized treatment plans.

**WHEN TO SEEK HELP** "Symptoms of mental and emotional disorders generally manifest in a person's thinking, behavior and personal habits," Proctor says. "Sudden, frequent, transient or prolonged lifestyle changes are among the first signs of a serious problem."

# JOINT SCHOOL

*Where education is part of surgery*

BY MARY KEATING

**SURGERY CAN BE** frightening. There are complex devices, unfamiliar faces and complicated medical terms. For many people, surgery, hospitalization and aftercare are unnerving and overwhelming.

The experienced surgeons and staff members at Portneuf Medical Center (PMC) know that anxiety is common and questions need to be answered. In an effort to reduce the stress associated with total joint replacement surgery, PMC offers a preoperative education course, called Joint School, for patients scheduled to have a total joint replacement.

When patients prepare mentally and physically for any surgical procedure, they are taking the right steps toward a successful outcome. It is important for patients to have a medical team to empower, educate and support them. Statistics show that attendance at Joint School correlates to shorter hospital stays, improved surgical outcomes and greater patient satisfaction.

**WHAT IS JOINT SCHOOL?** Joint School is a half-day preoperative course taught by a collaborative interdisciplinary team.

Patients and their family members receive instruction on what to expect before, during and after surgery. The course gives patients a clear understanding of their role in their own recovery. Patients will interact with physicians, nurses, physical therapists, occupational therapists, anesthesiologists and care coordinators.

Additional topics include bathing, home safety, incision care, potential complications and the role of physical therapy in the recovery process.

**PHILOSOPHY OF JOINT SCHOOL** The school is designed to align the expectations of patients and their medical team. This helps the patient get back on his or her feet both physically and psychologically after surgery.

Major joint surgery can take two to three hours, but getting full motion, strength and flexibility back

**For more information about Joint School, call 239-1000 or visit [www.portmed.org/jointschool](http://www.portmed.org/jointschool).**

usually takes months. This is where preoperative exercises, education and postoperative therapeutic exercises play a major role.

**WHO ATTENDS JOINT SCHOOL?** The class is open to total joint replacement patients and their families.

When families attend with the patient, it helps everyone feel more prepared to deal with postoperative care and to become an integral part of the recovery process. A physician referral is required to attend the course.

## What happens at Joint School?

Patients scheduled for total joint replacement surgery are invited to attend Joint School. Here they can ask questions, interact with medical professionals, learn about the process and become an integral part of their own recovery.

Topics covered include:

- How to prepare for surgery.
- What to expect during the hospital stay.
- Advance planning for the hospital

stay and post-hospital care.

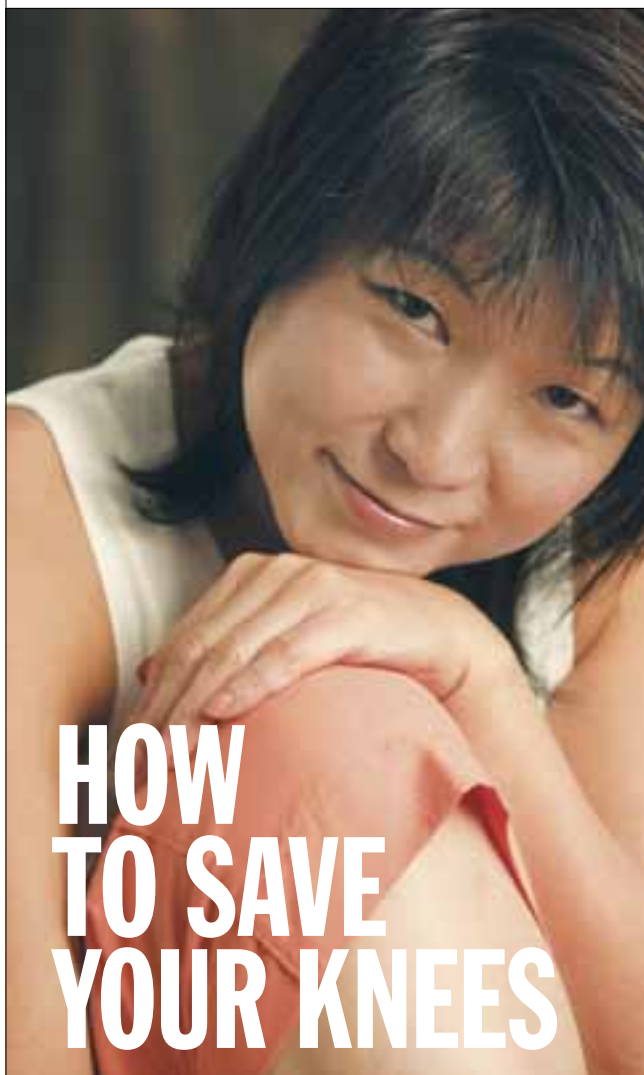
- The role of physical therapy in the recovery process.
- Specialized equipment needed after surgery.
- Occupational therapy, including instructions on bathing, dressing, home safety and using assistive devices.
- Pain management.
- Safety precautions.
- Joint anatomy and surgical procedures.
- Functional mobility, including bed mobility, transfers, walking and climbing stairs.

■ Use of adaptive equipment such as a walker, a cane, raised toilet seats and dressing aides.

- Postoperative precautions.
- Pre- and postoperative exercises.
- Home safety instructions.
- Fall prevention.
- Questions and answers.

The benefits of attending Joint School include:

- Improved surgical outcomes.
- Faster recovery times.
- Reduced preoperative stress.
- Improved strength and balance.



**WHAT DO HEALTHY** knees need? A little nurture, lots of exercise and just the right amount of nutrition, according to bone and joint experts. Taking steps to protect your knees is smart, since they're the body's largest joints and among the most easily injured, according to the American Academy of Orthopaedic Surgeons (AAOS).

**KNEE ANATOMY** The knee consists of three bones, four ligaments and a variety of muscles, tendons and cartilage. All of these structures must work together for the joint to perform right. When they don't, problems arise.

One of the most common knee problems is osteoarthritis. It occurs when cartilage, the rubbery tissue between bones, breaks down. Osteoarthritis can cause pain, stiffness and swelling and make it hard to bend or straighten the knee.

Other common knee problems result from inflammation or injury. But no matter the cause, damaged knees can make everyday tasks—like walking, climbing stairs or getting up from a chair—difficult.

**PROTECT YOUR KNEES** There are several ways you can keep your knees working right. Perhaps the most important is to develop strong, flexible leg muscles, advises the AAOS.

Building up the quadriceps muscles in the front of the thigh and the hamstrings in the back will help prevent injury, reduce knee stress and increase the joint's shock-absorbing ability.

Good strength-building exercises include climbing stairs and lifting weights. If you already have some knee problems, try walking, swimming, cycling or water aerobics to strengthen the muscles that support the knee.

Keep in mind that strengthening exercises tighten muscles and that tight muscles are more injury-prone. That's why stretching is important. Gentle stretching will keep muscles flexible and help reduce soreness.

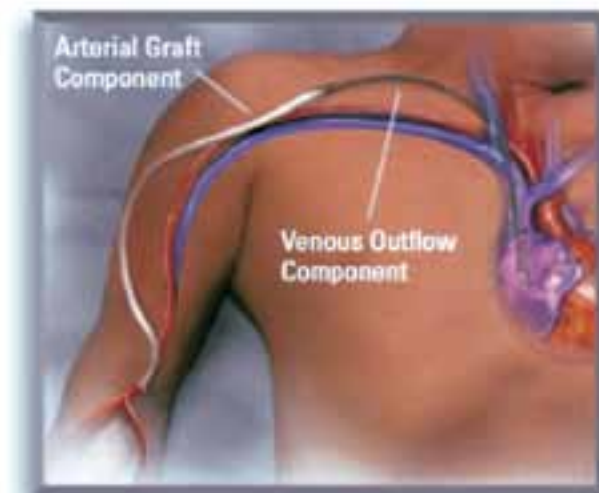
Be especially careful when you begin an exercise and stretching program. Go slowly and increase intensity gradually. You shouldn't feel significant pain during or after exercise. It's also a good idea to talk to your doctor or physical therapist before you start an exercise routine. They can help you decide which exercises and stretches are best for you.

**FEED YOUR KNEES** Along with exercise, proper nutrition is also important. Eating right will help you control your weight and reduce the risk of some diseases, including those that affect bones and muscles, according to the AAOS.

For example, the right amount of calcium and vitamin D are needed to build strong bones and help prevent the bone-weakening disease osteoporosis.

But perhaps the most important dietary advice is to eat no more than you need to maintain a healthy weight. Being overweight puts added pressure on the knees.

While some joint problems can't be prevented, exercise, stretching and proper diet can help your knees bend happily for years to come.



## NEW DIALYSIS TREATMENT

BY MARY KEATING

**MORE THAN 26 MILLION** Americans older than 20 have chronic kidney disease, according to the National Kidney Foundation. And more than 336,000 people need renal dialysis on a long-term basis.

Portneuf Heart & Lung Surgeons and the Idaho Kidney Institute are using the latest options for patients with complex dialysis needs, including the recently released Hemodialysis Reliable Outflow (HeRO) device.

Hemodialysis, the artificial process of removing waste from the bloodstream, circulates a patient's blood outside of the body. The blood comes out of the patient through a catheter inserted into a vein, then circulates through filters. The filtered blood is then returned to the patient through the same catheter. A patient usually needs dialysis three times a week.

The ability to create and maintain access to a patient's bloodstream is a vital component of dialysis. A fistulae, or graft, is most often used to create a passageway for blood circulation. However, blockage or damage to veins sometimes requires relocation of site access. This problem is commonly seen in patients who have been on hemodialysis for several years. But the body has a limited number of sites that can be used for grafts.

Until recently, the only alternative for these patients was to place a tunneled hemodialysis catheter directly into the heart through a large vein in the neck. There are several disadvantages to this, including risk of infection and lifestyle limitations.

In May 2009, Portneuf Medical Center (PMC) became the first hospital in Idaho to implant the HeRO device in a patient. The cardiovascular surgeons at PMC have now successfully implanted several HeRO devices.

The HeRO device is implanted under the skin to provide long-term vascular access for chronic dialysis patients. It significantly lowers the risk of infection, improves the quality of dialysis and allows patients to enjoy new activities they were unable to do with a tunneled catheter.

According to Hemosphere, the manufacturer of the HeRO device, 1,000 end-stage renal disease patients have benefited from the HeRO device worldwide.

To learn more about the HeRO device, call Portneuf Heart & Lung Surgeons at **239-2580** or the Idaho Kidney Institute at **904-4780**. You can also visit [www.portmed.org/healthvision](http://www.portmed.org/healthvision).

## HEMODIALYSIS HELP FOR FAILING KIDNEYS

**WHEN KIDNEYS FAIL**, your doctor can't promise a cure. But treatments that do the work of the kidneys often can help you live well for years to come. The most common treatment is hemodialysis.

Just as healthy kidneys do, hemodialysis:

- Rids your bloodstream of waste materials, salt and excess fluid. Retaining these in your body can cause nausea, vomiting, swelling due to fluid retention, fatigue and, eventually, death.
- Helps control blood pressure.
- Maintains a healthy balance of elements such as potassium and sodium.

**HOW HEMODIALYSIS WORKS** During hemodialysis, your blood flows (a few ounces at a time) through a container about the size of a dishwasher. Inside the container is a canister (dialyzer) with a special filter to catch waste products and drain them away.

Several weeks to months before dialysis begins, a surgeon will prepare the site on your body where blood is removed and returned.

To start dialysis, a needle attached to a tube is inserted into a vein, allowing blood to be pumped through the dialyzer. Clean blood is returned to your body through another tube.

Typically, treatment needs to be done three times a week. Each treatment takes about four hours, according

to the National Kidney Foundation (NKF). A treatment that takes less time is available, but it's not right for everyone.

Dialysis can be done in a hospital, at a dialysis center or at home. You and your doctor will decide which place is best, based on your medical condition and your wishes.

**Treatments that do the work of the kidneys often can help you live well for years to come.**

If you are able to have home dialysis, you and a family member or friend will be trained to do it. You must follow directions carefully and maintain your treatment schedule. Also follow your doctor's instructions for diet and fluid intake.

If you have treatment-related cramps, headaches, nausea or dizziness or you feel tired or depressed, tell your health care team. Help is available.

Many people on dialysis can live normal lives, with the exception of time set aside for treatments, the NKF reports. This time is well spent, however. Treatment can relieve many of the problems caused by kidney failure.

If dialysis treatments don't work, the alternative is a kidney transplant.

Additional source: National Institute of Diabetes and Digestive and Kidney Diseases



# YOUR FAMILY, YOUR HEALTH

*It pays to know as much as possible about your family health history*

**FAMILY GATHERINGS ARE** a great time to share funny stories and fond memories with relatives.

But the next time you get together, you may want to spend a few moments discussing a more serious topic: your family health history.

Most of us know that diseases such as cancer, diabetes and heart disease sometimes run in families. Genes we inherit can also put us at risk for less common health problems, such as hemophilia and cystic fibrosis.

However, few of us ever discuss such information and write it down. But we should, health experts advise.

**WHY IT MATTERS** Family health history is vital information for your doctor, says Joseph W. Stubbs, MD, 2009–2010 president of the American College of Physicians.

“It can give a heads-up that you’re potentially at risk for a problem,” he says. “And that helps the doctor decide if you might benefit from getting certain screenings earlier or more often so these problems can be detected early and treated.”

For example, a doctor may encourage a woman to get mammograms earlier than usual if there’s a history of breast cancer in her family. Or a physician may order earlier tests for high blood sugar if you have a family history of diabetes.

Knowing your family health history is also important if you have children. It allows you to keep watch for early signs of allergies, asthma, diabetes or other conditions that may be inherited.

**WILL I GET SICK?** You may worry that having a family history of a disease means you’ll develop it. But that isn’t

necessarily true, Dr. Stubbs says. It just means there’s a potential risk.

“It’s just one part of the picture, but it’s an important part,” he says. “Other factors, such as diet and exercise and whether you smoke, are also very important.”

## Your health history should include information about close blood relatives on both sides of your family.

In fact, by eating healthfully, exercising regularly and not smoking, you can reduce your risks for diseases such as cancer, heart disease and diabetes—even if they run in your family, advises the Centers for Disease Control and Prevention (CDC).

**WHAT TO INCLUDE** According to the CDC, your health history should contain information about close blood relatives on both sides of your family. This includes your parents, grandparents, siblings, aunts, uncles, nieces and nephews.

Learn what conditions each relative has had and when they were first diagnosed. If relatives have died, include the cause of death and their age.

It’s OK if your history is incomplete. Just gather as much information as you can.

**GETTING STARTED** To make creating your history easier, visit [www.portmed.org/ownyourhealth](http://www.portmed.org/ownyourhealth) for online tools and forms that can be printed and shared with your doctor and relatives.

## It’s not all in the genes: Behavior plays a major role in your health too

Does good health seem to run in your family? That’s great! But don’t let that fact prevent you from following good health habits.

When it comes to developing diseases, genes play a big role—but so does behavior. To help protect your health:

- Eat right. Cut down on fats and salt. And be sure to

eat plenty of fruits, vegetables and whole grains.

- Manage your weight. Ask your physician if you’re at a healthy weight and what you should do if you’re not.

- Exercise regularly. Try to do at least 30 minutes of moderate activity on most days of the week.

- Control your blood pressure and cholesterol. See your doctor regularly to have these checked. If they’re high, follow your doctor’s instructions on bringing them down.

- Don’t smoke. Talk to your doctor if you need help quitting.

Sources: Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute

### CPR

# APPROACH IT HANDS-ON

**YOU’D PROBABLY DO** anything you could to save the life of a loved one.

Learning CPR (cardiopulmonary resuscitation) helps prepare you to do just that when your loved one—or even a stranger—experiences cardiac arrest.

If CPR is performed in the first moments after cardiac arrest, it doubles that person’s chance of survival. CPR keeps blood flowing to the brain and other vital organs until emergency help arrives.

**WHEN TO ACT** During cardiac arrest, the heart suddenly stops functioning. As a result, a person collapses and can no longer breathe. You may feel shocked if you see this happen, but don’t let it stop you from acting. Try not to be afraid, and remember that your actions can only help, says the American Heart Association (AHA).

If an adult around you suddenly collapses, first call 911. Then you can administer hands-only CPR. Here’s what to do:

- Place your hands in the center of the person’s chest. Push as hard and as fast as you can, allowing the chest to rise between compressions.
- Continue, without interruption, until emergency help arrives.

Hands-only CPR can be as effective for cardiac arrest as regular CPR, says the AHA. However, do not use the hands-only technique for:

- Infants or children.
- Adults whose cardiac arrest was related to a drug overdose or near-drowning.
- An unwitnessed cardiac arrest.

In these instances, conventional CPR, which includes rescue breathing, is recommended.

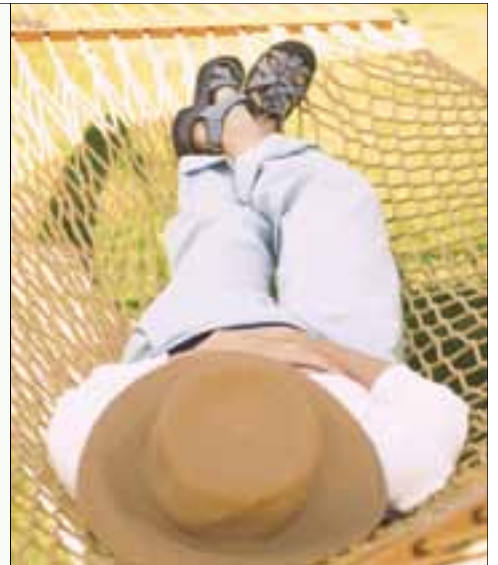
For more information or class schedules and registration, visit [www.portmed.org/classes](http://www.portmed.org/classes).



# COMMUNITY EDUCATION CLASSES

REGISTER ONLINE AT [WWW.PORTMED.ORG/CLASSES](http://WWW.PORTMED.ORG/CLASSES)

At Portneuf Medical Center, our focus is on your family's health. Check out the many opportunities below to improve and preserve your health and the health of those you love. Come by Portneuf Medical Center's education office (located at 957 Hospital Way, Building D) from 9 a.m. to 4 p.m., Monday through Thursday, or call us at **239-2430** for dates, times and more information.



## DIABETES EDUCATION PROGRAMS

Portneuf's diabetes education programs are recognized by the American Diabetes Association. We offer private consultations and group classes. Call **239-2260** for more information.

## FIRST AID/CPR

Call **239-2430** for more information.

### Family and Friends CPR

Be better prepared for emergencies. This program is for people who want to learn CPR in a group environment but do not need a course completion card.

### Heartsaver CPR/AED

American Heart Association (AHA)-certified instructors teach adult and infant/child CPR, obstructed airway, the Heimlich maneuver, the use of a barrier device, and AED hands-on training. This course meets the requirements for day care providers if taken in conjunction with the "Heartsaver Pediatric First Aid" class.

### Heartsaver Pediatric First Aid

Includes first aid basics and medical, injury and environmental emergencies. This course is designed to meet regulations for day care providers if taken

in conjunction with the "Heartsaver CPR/AED" course.

### Health Care Provider CPR and AED

An AHA course for those who work in hospitals, clinics or other health care environments. Covers training for infant, child and adult CPR and AED.

### Health Care Provider Recertification

An AHA renewal course. Participants must have a current AHA certification card.

## WOMEN AND CHILDREN

Call **239-2430** for more information.

### Breastfeeding for Success

Designed to help the expectant or new mother prepare for successful breastfeeding. Topics include proper positioning, latching, troubleshooting, breast pumps and milk storage. Taught by certified lactation consultants and educators.

### Childbirth 101

Discussions include labor and birth, postpartum care, and baby care basics. It is recommended that the class be taken between 28 and 35 weeks of pregnancy.

## Early Pregnancy

This class teaches women and their partners about early prenatal care, fetal development, nutrition, exercise, discomforts during pregnancy, preterm labor and relaxation techniques. It is recommended that the class be taken before the 28th week of pregnancy.

### In a Hurry Childbirth

For first-time parents who need to quickly complete a childbirth class. Covers labor, birth, medical interventions, medications and baby care basics.

### Maternity Social

This free class includes a tour of the newborn nursery and birthing rooms, hospital preregistration, refreshments, and prizes.

### Super Sitter

Boys and girls 11 and older learn how to safely care for children or themselves when home alone. It covers safety, discipline, basic first aid, CPR practice on manikins, proper hand-washing and fun learning activities. Pizza lunch and snacks included.

## WEIGHT MANAGEMENT

### The Ideal Protein Weight Management System

Learn healthy eating habits and lifestyle changes with a four-stage eating plan. Participants will meet each week to weigh in, take body measurements, monitor blood pressure and body mass index, and learn about exercise and nutrition. Call **239-2260** for more information.

## SUPPORT GROUPS

Call **239-1750** for more information.

### H.O.P.E. Cancer Support Group

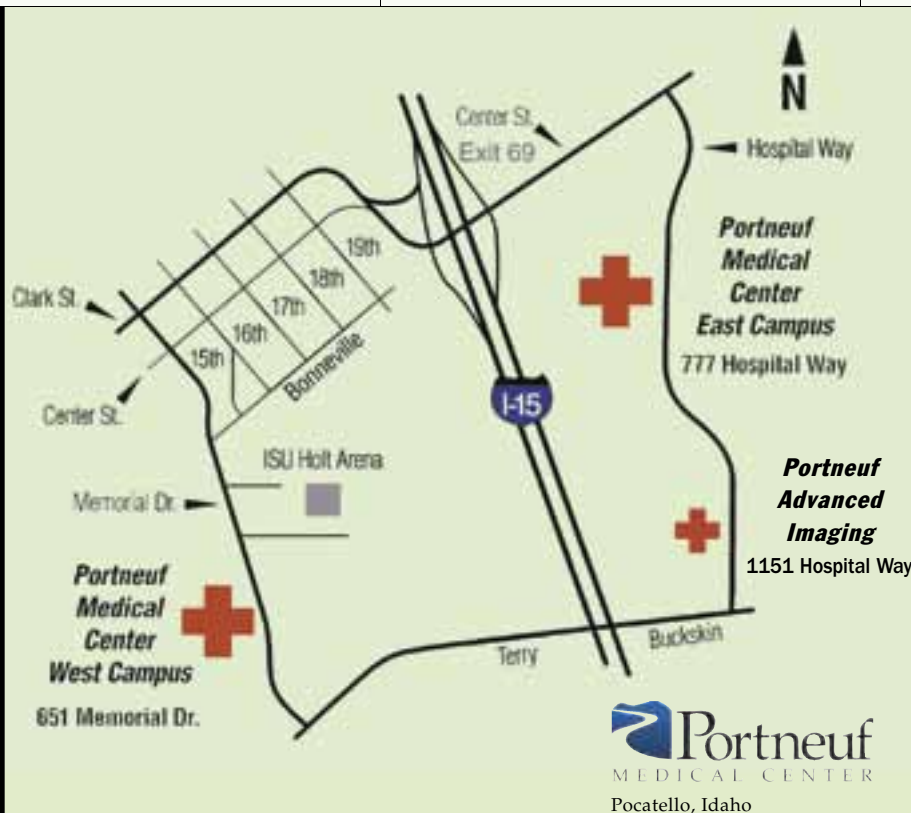
For cancer patients who are receiving treatment, in remission or cancer-free, as well as caregivers. Includes relevant topics and guest speakers. Bring a family member or friend for support.

### Tobacco Cessation Clinic

Provides one-on-one medical assessment of your health and tobacco use and helps develop an individualized plan, incorporating stress management, nutrition, exercise, nicotine replacement therapy or prescription medications.

## Hospital Directory

<b>Behavioral Health Clinic</b> . . . . .	<b>239-1222</b>
<b>Cancer Center</b> . . . . .	<b>239-1750</b>
<b>Convenient Care</b> . . . . .	<b>238-2000</b>
<b>Emergency Services</b> . . . . .	<b>239-1800</b>
<b>Heart &amp; Vascular Center</b> . . . . .	<b>239-2500</b>
<b>Idaho Vein Center</b> . . . . .	<b>233-1451</b>
<b>Information</b> . . . . .	<b>239-1000</b>
<b>Laboratory</b> . . . . .	<b>239-1671</b>
<b>LifeFlight</b> . . . . .	<b>800-237-0911</b>
<b>Physical Medicine</b> . . . . .	<b>239-1490</b>
<b>Pocatello Cardiology</b> . . . . .	<b>234-2001</b>
<b>Pocatello Clinic of Internal Medicine</b> . . . . .	<b>233-4562</b>
<b>Pocatello Family Medicine</b> . . . . .	<b>282-4700</b>
<b>Pocatello Lung &amp; Sleep Disorders Clinic</b> . . . . .	<b>239-2640</b>
<b>Portneuf Heart &amp; Lung Surgeons</b> . . . . .	<b>239-2580</b>
<b>Portneuf Pain Specialists</b> . . . . .	<b>239-2222</b>
<b>Portneuf Valley Medical Clinic</b> . . . . .	<b>239-2260</b>
<b>Rocky Mountain Outpatient Surgery</b> . . . . .	<b>234-7800</b>
<b>The Clinic at Walmart, operated by PMC</b>	
<b>Blackfoot</b> . . . . .	<b>782-3501</b>
<b>Chubbuck</b> . . . . .	<b>237-2686</b>



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# HEALTH VISION

**SUMMER  
2010**

Information in HEALTH VISION comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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