

Free Diabetes Screenings Available At the Rector Center

Imagine a device that, within a few seconds, can calculate your body-mass index, measure the amount of fat and water in your body, and tell you how many calories you can consume daily to lose weight, given the amount you exercise.



Labette Health's new Body Comp Scale, from Valhalla Scientific,

Inc., can do all that and more. Best of all, it's free, along with fasting and post-prandial blood-glucose screenings now available at the Rector Diabetes Education and Resource Center.

The scale, purchased through donations to the Labette Health Foundation, works by measuring and analyzing the body's bio-electrical impedance in relation to your height and weight. Visitors to the Rector Center can receive a free five-page health risk assessment and body composition profile.

Blood-glucose screenings, which are done after an eight- to 10-hour fast and again after a meal, are used to help diagnose diabetes and to detect either hypoglycemia or hyperglycemia.

Symptoms of diabetes include frequent urination, excessive thirst, extreme hunger, unusual weight loss,

Continued on page 3

'Comfortable, Convenient, Secure' Women's Imaging Center Opens

Labette Health celebrated Breast Cancer Awareness Month in October by dedicating a new Women's Imaging Center.

The new center, which was launched with a series of presentations to local women's organizations followed by a public open house Oct. 28, brings together a collection of services for women in an area of the hospital that is comfortable, convenient and secure, according to Deb Smart, Labette Health's director of radiology and laboratory services

"Our services include digital mammography and bone density testing, and the center provides women with a private environment where they can feel more comfortable. We have in-suite bathrooms adjacent to the exam rooms for more privacy. It's very well decorated, with an education room and other amenities in an environment that feels serene and calming, not institutional. It's designed around our customers' comfort," she said.

"Most of the women who come to us for these tests are not ill, so having a separate waiting area keeps them from being exposed to other people's illnesses," she said. The new imaging area, which was remodeled as part of Labette Health's recent \$32 million upgrade and expansion, is located off the hospital's first-floor north rear hallway near the former outpatient surgery entrance.

A highlight of the tours was a comparison of new digital technology with older screening technology. The new technology provides clearer images, as well as the ability to manipulate them to focus on specific areas of concern. Images also are immediately available to Radiologist Robert Gibbs, M.D., and through the hospital's Picture Archiving and Communications System to the patient's physician elsewhere

Continued on page 3



Lyndsey Cranor, a radiology technician student at Labette Community College, demonstrates Labette Health's new DEXA Scanner.

Profiles:

Ear, Nose & Throat Specialty Clinic

Meet two Joplin physicians who are now seeing patients and performing surgical procedures at Labette Health. Nathan Box, D.O., and Mark Van Ess, D.O., otolaryngologists with Freeman Ear, Nose and Throat Center, began seeing patients in Labette Health's Specialty Clinic in Suite 200 of the new Medical Office Building.

Nathan S. Box, D.O.



Hometown: Joplin, Mo.

Bachelor's Degree: Biology, Missouri Southern State University, Joplin

Medical School: Kansas City University of Medicine and Biosciences

Internship: Ear, Nose and Throat Surgery, Freeman Health System

Residency: Head and Neck Surgery/Facial Plastic Surgery, Oklahoma State University College of Osteopathic Medicine/Freeman Health System, Joplin.

Mark J. Van Ess, D.O.



Hometown: East Grand Rapids, Mich.

Bachelor's Degree: Biomedical Sciences, Grand Valley State University, Allendale, Mich.

Master's Degree: Microbiology, Grand Valley State University

Medical School: Kansas City University of Medicine and Biosciences

Internship: Head and neck surgery, Via Christi Riverside, Wichita, Kan.

Residency: Oklahoma State University College of Osteopathic Medicine/Freeman Health System, Joplin

Fellowship: Otology/Neurotology, the Silverstein Institute, Sarasota, Fla.

Board Certification: Otolaryngology-Head and Neck Surgery

Briefly...

According to HealthStream Research Database, Labette Health's **inpatient satisfaction scores** were at the **90th percentile** for the third quarter of 2010, placing it in the top 10 percent of hospitals across the United States. Congratulations to our entire Labette Health team for taking such good care of our patients and thanks to our patients for giving us the opportunity to earn their trust.

◆◆◆

Trauma Coordinator **Tereasa Demeritt, R.N.**, was one of **32 graduates** of the **Kansas Hospital Association's ninth annual Leadership Institute.**

Continued on page 7



Labette Health celebrated the recent addition of six new physicians to the community with a Nov. 18 ribbon-cutting ceremony to mark the official opening of its new Medical Office Building. Participating in the ceremony were, from left, Dr. Mark Van Ess; Dr. Nathan Box; Wendy and Dr. Eric Thomson, with their sons Ben and Joseph; Trustee Carl Hoskins; Dr. Javine Horani; Dr. Julie Griffin; and Dr. Terry Coffey.

Labette Health, Oswego Hospital Sign Network Agreement

Labette County's two hospitals, Labette Health and Oswego Community Hospital, will be working together more closely in the future.

Under a newly signed network agreement, Labette Health will become a supporting hospital for Oswego Community Hospital, a 12-bed Critical Access Hospital with 24-hour emergency care as well as inpatient, laboratory and radiology services. Critical Access Hospitals are required to enter into networking agreements for patient referral and transfer, communications and emergency and non-emergency transport.

"We are pleased to enter into a network agreement with Labette Health. This is a milestone that will have many positive results," said



Vince Schibi, center, president of Labette Health's Board of Trustees, signs a network support agreement with officials of Oswego Community Hospital. Dan Hiben, left, is CEO of the Oswego hospital. Jim Shaffer, standing, and Larry Arthur, right, are chairman and CEO respectively of HMC/CAH Consolidated, Inc., which owns OCH.

Oswego Community Hospital CEO Daniel Hiben. "In working closely together, this will put our hospitals in a better position in moving forward in the health care industry making sure the needs of our community are met. Some benefits in working together will be to increase quality initiatives, program and service enhancements, state initiatives, community focus, and local networking and resource sharing."

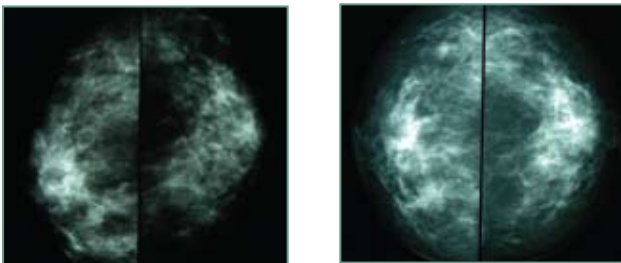
A 109-bed regional medical center, Labette Health was the state's first level III trauma center and operates the county-wide Emergency Medical Services, with ambulance crews based in Parsons and Oswego.

Its medical staff of more than 40 physicians provides a wide range of family and specialty medical services.

"Although Labette Health operates without taxpayer subsidies, the hospital is owned by Labette County, and we have a responsibility to provide the best possible care for our citizens," said Vince Schibi, president of Labette Health's Board of Trustees. "We feel that we can best accomplish that goal by supporting and working alongside Oswego Community Hospital."

"We're excited by the opportunity to collaborate on improving care for the population of Labette County," added Labette Health CEO Jodi Schmidt. "Both our facilities have a longstanding commitment to patient- and family-centered care and a history of service to the people of Labette County. In today's changing healthcare environment, strong relationships between hospitals and other healthcare facilities will become increasingly important in providing cost-effective and efficient care to our patients." ■

Women's Center... *Continued from page 1* *Read about new mammography and screening guidelines on page 4*



A side-by-side comparison of an old mammography image, left, with one created with newer digital technology shows much more detail and clarity.

on the Labette Health Campus.

In addition to the digital mammography screening equipment, which Labette Health has had for more than three years, the facility includes a new digital bone densitometer from GE Healthcare. Known as a DEXA Scanner, the device was purchased with contributions to the Labette Health Foundation and was installed just before the open house. A bone densitometer is used to detect osteoporosis, a disorder in which progressive bone loss results in increased risk of fracture. The condition, which affects nearly half of all post-menopausal women, results in more than one million hip, spine and wrist fractures each year, Smart said. ■

Diabetes Screenings... *Continued from Page 1*

increased fatigue, irritability, blurry vision, or wounds that are slow to heal. If you have one or more of these symptoms, contact your healthcare provider immediately.

Current estimates are that almost eight percent of the U.S. population – 23.6 million children and adults – have diabetes, and more than twice that many are pre-diabetic, meaning their blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetic. According to recent research, even pre-diabetic levels are enough to cause damage to the heart and circulatory system.

For more information about diabetes or free screenings, call the Rector Center at (620) 820-5230. ■

Mammography Screenings Should Begin at 40, Study Says

A newly released study of deaths from breast cancer has effectively ended the controversy over whether women should begin regular mammography screenings at age 40 or wait until age 50. The new study, the largest ever conducted of women in their 40s, concludes that annual mammography screenings reduce the breast cancer death rate by nearly 30 percent, according to Deb Smart, Labette Health’s director of radiology and laboratory services.

The issue arose a year ago, when the United States Preventive Services Task Force withdrew its support for screening women between the ages of 40 and 49, citing some studies that showed no difference in breast cancer deaths between those women and women who began screenings at age 50. The new larger study of real-life data, recently published online in the journal *Cancer*, followed 600,000 women for 16 years. It showed that the number of breast cancer deaths among women who did not receive mammograms was twice as high as those who underwent screening.

As far as Smart is concerned, there never was a real controversy.

“The task force recommendation and the studies on which it was based set us back 25 years in the fight against breast cancer. The whole point of mammogram screenings is to catch breast cancer early while it’s still treatable, rather than waiting until it has reached a more advanced stage and requires more invasive treatments,” Smart said, noting that the American Cancer Society, the American College of Radiology and other groups support beginning mammography screenings at age 40.

“There are a number of risk factors that can have a big impact on whether and when women develop breast cancer. Why would you not want to know as early as possible?” she added.

Breast cancer is the most common cancer in women worldwide, killing some 465,000 people globally each year. Mammography, which uses low-dose X-rays to detect masses in the breast tissue, is the primary screening tool for detecting breast cancer. ■

Check Your Calendar: Screening Guidelines for Women of All Ages

Selected guidelines for screenings and immunizations are provided by the United States Department of Health and Human Services. Other factors such as family history may require earlier or more frequent screenings. For a complete list, go to www.womenshealth.gov, and be sure to talk to your physician or provider about your own healthcare needs. You’ll also need to check with your insurance plan to find out which tests are covered.

| Test | Ages 18-39 | Ages 40-49 | Ages 50-64 | Ages 65 and older |
|--------------------------------------|---|--|--|--|
| Bone density | | Discuss with provider | Discuss with provider | Get a bone density test at least once. Discuss with provider |
| Blood glucose or A1c test (Diabetes) | Discuss with provider | Start at age 45, then every 3 years | Every 3 years | Every 3 years |
| Blood pressure | At least every two years | At least every two years | At least every two years | At least every two years |
| Cholesterol | Start at age 20, discuss with provider | Discuss with provider | Discuss with provider | Discuss with provider |
| Mammogram | | Every 1-2 years. Discuss with provider | Every 1-2 years. Discuss with provider | Every 1-2 years. Discuss with provider |
| Clinical breast exam | At least every 3 years | Yearly | Yearly | Yearly |
| Pap test | Every two years starting at age 21. Starting at age 30, every 3 years | Every 3 years | Every 3 years | Discuss with provider |
| Pelvic exam | Yearly beginning at age 21. Sexually active women under 21 should discuss with provider | Yearly | Yearly | Yearly |
| Fecal occult blood test | | | Yearly | Yearly. Older than 75, discuss with provider |

Just a few of our accomplishments in 2010...

As the year draws to a close and we reflect on our success, we are *thankful* for the generosity and *support* of our donors who make it all happen. Labette Health Foundation needs your support now more than ever so that we may continue to further our mission, assisting Labette Health in offering you and your loved ones the *quality care* you deserve. Please consider a tax deductible contribution to Labette Health Foundation. With your help, 2011 will be another successful year!

Bone Density Scanner - Labette Health has significantly enhanced its ability to diagnose osteoporosis by installing a new General Electric bone density scanner. This \$35,000 machine replaces a 14 year old unit now giving Labette Health the latest in modern equipment to assist doctors in treatment for women. This unit is capable of a full body scan and is digitized for immediate diagnosis as well as transmittal of results via the hospital's internal computer system. "The Lunar bone densitometer measures the density of the spine, hip, and forearm, which are the most frequent sites of fracture," explained Deb Smart, Director of Radiology. "It can also aid in determining the effects of osteoporosis treatment." Partial funding was through the Labette Health Foundation and a grant provided by the Rita J. Bicknell Women's Health Fund, a giving circle, managed by the Community Foundation of Southeast Kansas.



Therapy Garden - One of the biggest projects in 2010 was the design and current construction of the Bill & Louisa Wiener Therapy Garden. A generous gift to the foundation by the Wieners has made this specialized therapy garden which provides an area for functional mobility training over a variety of surfaces (brick, gravel, sand, etc.) a reality. This garden also provides an optimal setting for specific neuromuscular training, such as sensory integration, balance training, and fall risk prevention.



Under Construction



The Labette Health Foundation awarded \$17,250 in scholarships to 19 area students in 2010. Back Row L-R: Jordan Gard, Jenae Harper, Katrina Hogg, Tatum Beckley, Erica Mansfield, Tashanda Jackson, Shayla Smith, Payton Kessler, Melody Ramirez. Front Row L-R: Allyson Gard, Megan Dewey, Bailey Gilbreath, Heather Stringer, Shelby Noble, Kelsey Carter, Blake Boss. Not pictured: Emily Gilpin, Neil Young, April Wheeler.

BOARD MEMBERS

Brian West
President

James Welch, M.D.
Vice President

Phil Eaton
Treasurer

Alice Beachner
Secretary

Rod Landrum
Foundation Director

Holly Winkler
Office Coordinator

Gary Wall * Helen Hines * Robert Gibbs, M.D. * Stephen Miller, M.D. * Brad Woodworth
Linda Weidert * Senta Meister * Rick Hines * Scott McLaughlin

...donors like **YOU** *make a difference*



Gait Trainer - The Biodex Gait Trainer is used to treat a variety of diagnoses relating to movement disorders. This unit consists of two components: a harness/unweighing system and a highly specialized treadmill. The harness will enable deconditioned patients to focus on relearning correct walking patterns without the risk of falling. A computer screen located at eye level on the treadmill delivers real time information guiding the patient toward step symmetry through audiovisual biofeedback. This state-of-the-art machine was made possible by a donation from Bill and Louisa Wiener through the Labette Health Foundation. Lisa Farris and Teresa Gabbart, physical therapists at Labette Health's CORE, demonstrate the revolutionary equipment.

The Rector Diabetes Education and Resource Center celebrated its one year anniversary! The center has hosted 1,133 visitors and 70 physician referrals. The director of the center, Shellie Collins has visited the area schools and presented to several thousand students, faculty and administrators about diabetes and healthy living tips. Insulin pump training, glucose testing, fitness and cooking classes, along with nurse's classes and other classes about diabetes have been conducted at the center. A body comp scale to calculate Body Mass Index was also purchased to assist in the education of visitors. Labette Health received the Kansas Hospital Association Community Connections award through the hard work and vision of the Rector Center.



Fetal Monitor - The Labette Health Foundation purchased a Corometrics Maternal/Fetal Monitor to be used in the OB unit. This state-of-the-art machine records the fetal heartbeat and uterine contractions of expectant mothers during pregnancy. Donna Vitt, Director of the OB unit said, "This fetal monitor is connected into our computer charting, therefore we are able to view fetal monitor strips in the office, home, and OB dept. The machine itself is an outstanding model. It is durable and dependable. In our line of business this is extremely important."

*How **YOUR** donations helped Labette Health and the patients we serve. Labette Health Foundation was pleased to provide support and services in the following areas...*



| | |
|--|----------|
| Center of Rehabilitation Excellence (CORE) | \$76,200 |
| ER & Trauma Unit..... | \$25,300 |
| Scholarships/Continuing Education..... | \$19,700 |
| OB Department | \$10,800 |
| General Hospital..... | \$7,200 |
| Women's Imaging Center..... | \$6,250 |
| Rector Diabetes Education & Resource Center | \$3,700 |

...and this is just part of how we fulfill our mission.

A recent reunion of graduates of the Joint Replacement Center at Labette Health attracted more than 130 former patients and their guests, physicians, nurses and therapists for a celebratory dinner and an evening of Wii bowling in Labette Health's new conference center.

Patients who have knee- and hip-replacement surgery in Labette Health's nationally recognized program participate in pre-surgery classes and recover in a group environment that emphasizes a return to normal activities as soon as possible. The event attracted participants from as far as Emporia.

Dr. William L. Dillon, who recently celebrated his thirtieth anniversary at Labette Health, reflected on the program's growth. Orthopedic surgery has changed a great deal in that time, but some things have not, he said.

"When I came here, I was on my own for eight years or so, and it began to get overwhelming," Dr. Dillon said.

"Then we were fortunate enough to be able to recruit Dr. Kevin Mosier. His arrival brought our work here to a new level of excellence, but it wasn't long until we were overwhelmed again.

"When Dr. Brad Meister joined us, we took another giant step forward. Together, we have developed a program with a national reputation for excellence, and we're able to help several hundred patients each year," he said.

All three surgeons pointed with pride to recent national recognition for the Joint Replacement Center. Earlier this year, BlueCross BlueShield of Kansas executives honored the program for its selection as a Blue Distinction Center for Knee and Hip Replacement, one of fewer than 500 such facilities across the United States.

The program was also recognized earlier this year by Marshall Steele Associates, a healthcare firm that works with orthopedic surgical centers, for its outstanding patient-satisfaction scores.

The evening turned to good-natured competition as patients and family members who had been through recovery and rehabilitation together took turns at several Wii bowling stations.

The evening's big winner was Ruth Zollars of Parsons, who drew the winning ticket for a 26-inch Sanyo television. Winners of the drawing for five \$20 Wal-Mart gift certificates were Ralph Berthot, Chanute; Jackie Arb, Parsons; Carol Hiatt, Parsons; Wilma South, Erie; and Sharon Jontra, Fredonia. ■



How Do We Celebrate a New Knee or Hip?

Wii Bowl!



Among those winning trophies in the Joint Replacement Center Wii Bowl-Off were, at rear, Diane and Ernie Lewis of Independence; second row from left, Jackie Arb, Dixie Wetherell, Melton Hiatt and Karen Carson, all of Parsons, and Connie Stegman of Erie; and in front, Alex and Sydney Meister, children of Dr. and Mrs. Brad Meister of Parsons.

Briefly...

Jerry Bouman, D.O., F.A.C.O.S., is the recipient of the 11th Annual William & Allene Guthrie



Dr. Bouman

Van Meter Outstanding Alumni Achievement Award from Labette Community College. Dr. Bouman

was born in

Chanute and grew up in Fredonia. After high school, he attended Labette Community College and wrestled for legendary coach Jody Thompson. He graduated from Pittsburg State University before becoming the biology and physiology instructor and wrestling coach at Chanute Senior High School. He received his medical degree with honors from what is now Kansas City University of Medicine and Biosciences. After serving as chief of surgical oncology and chair of the cancer committee at Cancer Treatment Centers of America in Tulsa, Dr. Bouman returned to Parsons in 2008 and established S.E.K. General Surgery at Labette Health.

...

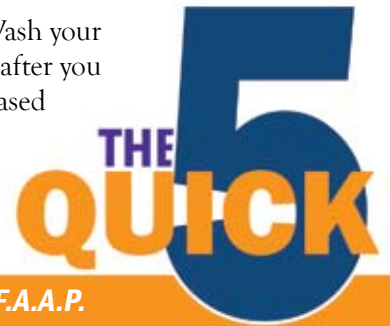
Service totaling almost 200 years was recognized during Labette Health's Medical Staff Appreciation Dinner at Parsons Golf Club Nov. 20. Honored for 30 years of service were William L. Dillon, M.D.; Sheela Kishore, M.D.; Chirund Lava, M.D.; and Terry Rothstein, M.D. E.L. Jordan, D.O., and Pat Webster, P.A.-C. were recognized for 25 and 15 years of service respectively. Those with 10 years of service were Jeffrey Hogge, D.P.M.; John Nicholas, M.D.; and Thomas Rose, M.D. Michael Bolt, M.D., was honored for five years of service to Labette Health and the community.

- **New Women's Imaging Center Includes Digital Mammography, Bone Density Scans**
- **Women's Screening Guidelines**
- **Free Diabetes Screenings Available at Rector Center**
- **Labette Health, Oswego Community Hospital Sign Network Agreement**
- **Reception Introduces Six New Physicians**
- **Joint Graduates Reunite for Wii Bowling Tournament**

KIDS AND THE FLU: Five Things to Do

It's flu season again. For adults, a bout with the flu often means a fever, sore throat and other uncomfortable symptoms, but for children, the flu can have more serious consequences. From Pediatrician Kelly Gorman, M.D., F.A.A.P., here are five tips for protecting your young ones.

- 1** A flu vaccine is the best way to protect against the flu. Flu vaccine is approved for children 6 months of age and older.
- 2** Research shows that children less than 5 years old are at high risk of serious flu-related complications. Complications can include pneumonia, dehydration, sinus problems, ear infections, encephalopathy, and worsening of long term medical problems like heart disease or asthma.
- 3** Since children under 6 months of age cannot get the flu vaccine, but are at high risk of serious complications from the flu, the best way to protect them is for caregivers and other children to get the vaccine.
- 4** Don't forget everyday preventive actions. Wash your hands often with soap and water, especially after you cough or sneeze. You can also use an alcohol-based hand cleanser.
- 5** Keep your baby, and yourself, away from sick people as much as possible.



*Thanks to Pediatrician Kelly Gorman, M.D., F.A.A.P.
For more information, call (620) 820-5820*