



ISLAND HOSPITAL

Fall 2014

Heartbeats

Magazine



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Commissioner's Message

Check facility prior to any surgical procedure

by **Chip Bogosian MD**
Commissioners



Chip Bogosian MD

Joan Rivers, one of my favorite comedians, recently died in New York after a “minor” and “routine” throat procedure because she “stopped breathing”. This didn’t make sense to me since as an anesthesiologist I have stopped literally thousands of patients from breathing without this horrific result, so I looked further.

It turns out that Ms. Rivers entered the Yorkville Endoscopy Clinic in New York City for a simple procedure on her vocal cords, which would require a number of different anesthesia techniques to provide the optimal operating conditions. It hasn’t been made public what she was given to achieve this condition but the press states that she had a cardiac arrest with subsequent brain damage.

Another factor that should have been considered in Ms. Rivers’ treatment was her age (81 years old). Older people typically do not tolerate the physiologic stress of treatments as well as younger patients.

The margin of error in older patients is much smaller. So as patients you have to think like airline pilots do and prepare for the worst — as physicians we always try to do this and always ask the “what if” questions and prepare to handle the emergencies.

Why, you ask, is this important to the patients we serve at Island Hospital? Very simply, we at Island Hospital have a standard we have to live up to that not only involves the latest in medical equipment, but a staff readily on hand to help out in these types of emergencies. We plan and practice for emergencies so when they happen we are prepared!

Before receiving medical services at an outpatient facility you, as a consumer, should ask questions such as:

- Does the clinic have a board-certified anesthesiologist handling the spectrum of anesthesia care such as sedation, general anesthesia, nerve blocks, etc.?
- Are all physicians’ credentials verified for education, license, training, experience, insurance, etc.? In Ms. Rivers’ case, an involved physician was not even authorized to practice at Yorkville Endoscopy and had not had a credentials check required by state and federal law, according to the *New York Times*.
- Is the clinic staff prepared to handle medical emergencies? In Ms. Rivers’ case, a drug that may have helped her breathe – succinylcholine – was not even on hand at the clinic.

Be an advocate for yourself in all incidents of your medical care. Before having any surgical procedure done, check to ensure that the facility’s staff and procedures offer professional standards of safety, quality and preparation. I know for a fact that Island Hospital does.

Kathy Garde MD elected IH Chief of Medical Staff

Kathleen A. Garde MD, an obstetrics and gynecology specialist, has been elected to serve as Chief of Medical Staff at Island Hospital. During the 2015-2017 term, her duties will include maintaining high-quality patient care; working with medical staff, hospital employees and Administration to provide first-rate health-care services and acting as a liaison between Medical Staff and the community.



Kathy Garde MD

Dr. Garde received a Bachelors degree from Seton Hill University, Greensburg, PA and Masters and Doctorate of Medicine degrees from Case Western Reserve University School of Medicine, Cleveland, OH. She completed an internship and a residency in Obstetrics and Gynecology at Mt. Sinai Medical Center, Cleveland, where she received advanced training in urogynecology, a medical subspecialty dedicated to the treatment of women with pelvic-floor disorders.

Prior to joining Fidalgo Medical Associates in 2001, Dr. Garde was affiliated with Keystone Health Center, Chambersburg, PA. She is certified by the American Board of Obstetrics & Gynecology and is a member of the American College of Obstetrics & Gynecology.

As she approaches her tenure as Chief of Staff, Dr. Garde sees the challenges facing Island Hospital as twofold: Ongoing efforts to comply with exacting quality standards and integration of electronic medical records, plus decisions related to affiliation by the hospital with a larger partner. Personally, she hopes to reinforce the idea that “all who work at Island Hospital have an equal opportunity every day to influence how the community and beyond relate to what we do as an institution and how well we do it.”

Dr. Garde has made her home in Anacortes for 13 years and has three children.

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As I See It...

By Vince Oliver, IH Chief Executive Officer

Local medical-information network earns major grant

In 2009, Island Hospital joined with Skagit Regional Health and United General Hospital to sponsor a health-information exchange (HIE) that would enable secure medical record portability. MIN-NS (Medical Information Network - Northwest) is the organization responsible for development of the HIE and has achieved cutting-edge results.

Recently, MIN-NS was awarded an \$870,000 grant to enrich the HIE with online medical services (tele-health) and certified, secure email capabilities, essential for cost-effective delivery of rural healthcare services. The grant also enables MIN-NS to integrate electronic medical records of independent rural medical providers in Skagit, Island, San Juan and Whatcom counties.

Island Hospital is the official grant applicant and recipient. The grant, from the U.S. Department of Health and Human Services (HHS) - Health Resources and Services Administration, is one of only 15 Rural Health Network Development Program grants issued nationwide this year. This award follows a successful planning grant from the same agency issued to Island and MIN-NS several years ago.

The staff at Island Hospital provide the corner-

stone of care for our patients in the district (defined by the 98221 zip code, comprising Fidalgo, Guemes, Sinclair and Cypress islands), as well as those to the west (San Juan County) and south (north Whidbey Island). This grant allows us to better connect with providers in these rural areas as well as those on the I-5 corridor, where patients may go off-island for care.

MIN-NS electronically connects healthcare providers of northwest Washington by supplying a community health record. These records are securely accessible wherever patients need care, whether at clinics, hospitals, emergency departments, skilled-nursing facilities, etc. A nonprofit organization, MIN-NS strives to improve the quality and reduce the cost of medical care by securely providing immediate access to patient records. For information, visit www.min-ns.org.

Island Hospital and our clinics will continue to focus our efforts on providing the highest quality care possible and meet the needs of our district and communities we serve. I always encourage your comments, concerns and suggestions. Feel free to contact me at voliver@islandhospital.org or at (360) 299-1300 ext. 2411.

Robert Prins MD named Chief Medical Officer

Highly regarded physician Robert Prins MD, Obstetrics/Gynecology, has been selected as Island Hospital's first Chief Medical Officer (CMO). Dr. Prins will remain in his practice at Fidalgo Medical Associates and serve as the part-time CMO.

In his new role, Dr. Prins will work closely with IH Chief Executive Officer Vince Oliver and Administration to maintain, update and implement the medical staff development plan; participate in provider recruitment; collaborate with the Chief of Staff - currently Kathy Garde MD, Obstetrics/Gynecology at FMA (see article page 2) - on medical-staff policy implementation; along with other physician-focused oversight responsibilities. In addition, he will work to improve patient-care-management processes, clinical quality and patient satisfaction.

"We are very fortunate to have an experienced physician who has provided exceptional medical service to our community join Island Hospital



Administration," said Oliver. "Dr. Prins has considerable understanding of, and strategic vision for the delivery of healthcare, government programs and finances."

In 1969 Dr. Prins received his Doctorate of Medicine at Johns Hopkins, Baltimore, MD, where he also completed his internship and the first year of his residency. He completed his residency in 1974 at the University of Southern California, Los Angeles County Hospital.

Prins was certified by the American Board of Obstetrics and Gynecology in 1976 and since 1977 has been a Fellow, American College of Obstetricians and Gynecologists. Dr. Prins was formerly an associate professor of Ob/Gyn at the Oregon Health & Science University. He is a member of several professional societies and recently was president of the Pacific Coast Ob/Gyn Society.

His special medical interests include oncology, infertility surgery and high-risk obstetrics.

Our Mission:

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

Island Hospital

(Skagit County Public Hospital District No. 2) is governed by a Board of Commissioners.

Correspondence to commissioners can be sent to:

COMMISSIONERS

c/o Administration
1211 24th St.
Anacortes, WA 98221-2590

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Comments or suggestions to:
(360) 299-1310

COMMUNITY RELATIONS/ EDUCATION

DIRECTOR

Dennis Richards

HEALTH RESOURCES COORDINATOR

Aubre Adams

COMMUNITY EDUCATION COORDINATOR

Claire Zaugra

COMMUNITY RELATIONS/

DIGITAL MEDIA COORDINATOR

Barb LeDuc

GRAPHICS/DESIGN

Teresa L. Pierzchala

WRITER

Dee Oliver

PHOTOGRAPHY

kp-studios.com

INTERN

Breijanna Ney

Our Promise

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

Auxiliary project demonstrates the soft side of giving

The Island Hospital Auxiliary is known throughout our community for fundraising events which have buyers lining up for treat-filled Easter baskets, miniature Christmas trees, spring hanging plants, Valentine Candygrams for IH staff, the Penny Drive and more. These projects help provide Lifeline services to those who otherwise could not afford them, and funding to purchase technologies and equipment that improve patient care at Island Hospital.

But the Auxiliary's latest project, while not aimed at raising funds, does raise new awareness of the long-standing, personal connection between its members and IH patients and their families.

The experience of one member, whose daughter was undergoing treatment for breast cancer, inspired the new project which was immediately embraced by Auxiliary members. Earlier this summer, the group set about to create small, heart-shaped pillows that keep seat belts from causing discomfort in women who have recently undergone breast cancer surgery or radiation treatments.

All supplies and materials to make the pillows, plus time and effort to cut out, sew and stuff them, was donated by the Auxiliary, said member Betty-Anne Ely. "While we'll continue to sponsor events that raise money for Island hospital, this project is simply a gift for women by women."



Have a heart - Creating heart-shaped pillows to comfort others are Auxilians (front, left to right) Joan Fossum, Tisa Kniskern (Auxiliary guest), Karen Edwards and Betty-Anne Ely; and (back, left to right) Sharon Stringer, Kathy Morgan, Carolei Lamoureux, Jeri Liggitt and Terry Oliver.

Auxiliary Christmas Tree Sale

Annual Christmas Tree Sale featuring miniature Christmas trees custom decorated by Auxiliary members

Friday, November 14
9 am to Noon*

Island Hospital Main 24th Street Entrance

*Come early as trees sell quickly!

All patients undergoing breast cancer treatment at the Merle Cancer Care Center at Island Hospital will be given a heart pillow, and according to Auxiliary members, the response by patients and their families has been heart-warming. Post-mastectomy patient and

Anacortes resident Kathy Sousa found the pillows to be functional, comfortable and attractive. "They keep the seatbelt to the left of my port, while still securing my midsection and giving me maximum protection in case of an accident," she said. A number of pillows also will be sold in the hospital gift shop.

Following a summer hiatus, the Auxiliary will resume regular monthly meetings in October and has announced its new slate of officers for the year: chair, Carol Strandberg; vice chair, Tamara Alcorn Satco; treasurer, Margaret Read; secretary, Betty-Anne Ely, Jeri Liggitt (shared); and at-large, Terry Oliver.

The Island Hospital Auxiliary always welcomes new members to its meetings which are held on the first Monday of each month except July, August and September. For more information on the Auxiliary, call the Island Hospital Foundation at (360) 299-4201.

Gifts & More needs volunteers

Gifts & More, Island Hospital's popular gift shop, has had record sales since the move to a more central area, and seeks new Volunteers who enjoy a fun retail environment. All net proceeds are donated to improve patient care at the hospital.

"I can't thank our Volunteers enough for their dedication and hard work to move the shop to its new location, prepare for holidays and create new merchandise displays," said Jennifer Van Dyke,

Volunteer Coordinator, who manages Gifts & More. "We simply would not have a gift shop without them."

Van Dyke notes that there are four-hour and shorter shifts available for those interested in volunteering at the shop, which is open from 9:30 a.m. to 4:30 p.m., Monday through Friday.

For more information about volunteering at Island, contact Van Dyke at (360) 299-1371 or jvandyke@islandhospital.org.

IH tax-credit program to end Dec. 31

The Island Hospital tax-credit program will end Dec. 31, 2014. Since the 1980s, property owners in Island Hospital's district have been allowed to deduct the hospital portion of property tax from their hospital bill. At the April 17 meeting of the Island Hospital Board, Commissioners voted unanimously to end the credit Dec. 31. The program began in the 1980s and is believed to be the only such program still active in Washington.

"With the current state of healthcare financing, the Board decided that we could no longer provide this discount to hospital-district resident property owners," said Board President Jan Iversen. "Our community wants Island Hospital to remain independent and, to do so, we will need to take some steps such as this."

Back on the links with help from Island Hospital pain-relief clinic

Pain is no stranger to Jim Brix. The 75-year-old Whidbey Island resident and retired U.S. Army officer was injured in the Vietnam War, but he says he shrugged off discomfort in his neck and upper spine for years. Then as the pain worsened about a decade ago and his range of motion decreased, he had orthopedic surgery at a Seattle hospital to ease his condition.

“Unfortunately, after the surgery, the pain got worse instead of better,” says Brix. “I had difficulty doing chores, my range of motion narrowed further, and I was forced to give up golf, a pastime that I had grown to enjoy.”

According to Brix, not being able to play a round of golf with friends was the last straw. After consulting other healthcare professionals, he concluded that more surgery was not an option for him and he sought the medical advice of his primary-care physician, Oliver Stalsbrotten MD at Anacortes Family Medicine. After evaluating Brix’s condition, Dr. Stalsbrotten referred him to Geoffrey Godfrey FNP, MSN at the Center for Pain Relief & Supportive Care at Island Hospital.

Godfrey, who is an accredited Family Nurse Practitioner and a trauma and critical care specialist, also evaluated Brix’s condition and together they devised a treatment plan to gradually decrease his pain and improve his quality of life.

“Chronic pain is an absolute detriment to a full life,” says Godfrey.

“Many people in constant pain spend exorbitant amounts of money and time chasing relief from their pain. In fact, Johns Hopkins researchers estimated the total cost of pain in the U.S. at \$635 billion. The total healthcare costs of pain is about half of this total. Not surprisingly, patients with chronic pain spend \$5,000 to \$6,000 more than others.”



Geoffrey Godfrey FNP, MSN

“Geoff listened to me,” says Brix. “I try to pay attention to what is going on with my body and I felt that the pain came, in part, from soft tissue damage. My treatment regimen included use of a special salve, massage and ultrasound therapies.”

Brix also began regular appointments with Sheryl Kylo, a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital. These treatments, over the course of several weeks, markedly improved Brix’s condition.

“Today I’m not totally free of pain, but I can do small tasks that I couldn’t before,” says Brix. “The discomfort is manageable and an increased range of motion has allowed me to take up golf again. I’m looking forward to improving my game.”

“A Seattle neurosurgeon and another pain specialist there did what they thought was all they could do but did not rid me of my pain. It’s surprising and, for me rewarding, to find such advanced and effective care right here in a small hospital. The quality of care by Geoff and Sheryl is outstanding and a much shorter drive.”

“I incorporate a gentle, holistic approach that requires the patient to make some lifestyle modifications to return to an improved quality of life without as much pain medication,” says Godfrey. “Jim needn’t be a unique testimonial to our services, but others can take heart from his fortitude. I sincerely hope those suffering chronic pain can find inspiration and hope for themselves; and envision what can be accomplished when their bodies function properly.”

Jim Brix could have gone to another facility, but he chose Island Hospital for his medical care. “I really value the people here who have



Jim Brix is enjoying golf again.

provided the treatments I needed,” he says. “They listened to me -- really listened -- and I believe that has made all the difference.”

Geoffrey Godfrey FNP, MSN provides care at the Center for Pain Relief & Supportive Care at Island Hospital. For information call (360) 299-4929 or visit www.islandhospital.org. If you have chronic pain please engage your healthcare professional about a (required) referral to this program.

Island earns Community Value Leadership Award

Island Hospital continues to earn recognition for high-quality patient care, lower costs and financial management. Recently, Cleverley + Associates -- which provides healthcare-information consulting services, reports and custom databases to hospital executives and organizations serving the healthcare industry -- named Island one of five Washington hospitals earning its Community Value Leadership Five-Star Award.

The award is based on measurement of the value the hospital provides to its community, or its community value index (CVI), in four key areas:

- Financial viability and plant reinvestment
- Hospital cost structure
- Hospital change structure

- Hospital quality performance.

The CVI implies that a hospital provides great community value “when it is financially viable, is appropriately reinvesting back into the facility, maintains a low cost structure, has reasonable charges and provides high-quality care to patients,” notes Cleverley on its website www.cleverleyassociates.com.

In recent months, Island Hospital has received honors from Comparion, HEALTHSTRONG, Healthgrades and NerdWallet. For more information about recognition for high-quality services and leadership, visit www.island-hospital.org.

Patricia Davis PA-C joins The Walk-In Clinic



Aboard-certified physician assistant with 17 years experience, Patricia Davis PA-C has joined the staff of The Walk-In Clinic at Island Hospital and is now

seeing patients. With her strong background in emergency and urgent care, The Walk-In Clinic staff is very pleased to have her available to provide services for patients of all ages.

Davis earned her RN from Cochise College, Douglas, AZ and logged 12 years in nursing before earning a Physician Assistant degree from the University of North Dakota, Grand Forks, ND. She is certified by the National Commission on Certification of Physician Assistants and is licensed to practice in Washington and Arizona. She also holds certifications in advanced cardiovascular, advanced trauma and pediatric life support.

Davis has practiced in a range of facilities – from major metropolitan emergency departments to small critical-care clinics. Prior to joining The Walk-In Clinic, she was with FastMed Urgent Care, Gilbert, AZ; EmCare Staffing, Pensacola, FL; and the Inter-Island Medical Center, Friday Harbor, WA.

Glad to be returning to the Northwest, Davis' interests include multi-media art and fused and stained glass. She enjoys the outdoors and her two dogs which she calls her "happy souls".

The Walk-In Clinic at Island Hospital provides non-emergency medical care Monday through Saturday, 8 a.m. to 8 p.m. at 2511 M Ave., Anacortes. Starting Nov. 1, the clinic will be open Sundays 9 a.m. to 5 p.m. For information call (360) 299-4211 or visit www.islandhospital.org/walkinclinic.

Robert Ayala takes over EVS



Robert Ayala was selected as Island Hospital's Director of Environmental Services. Ayala joined the U.S. Army at 18 and became a military food inspector. He spent eight years

working at Crothall Services Group, Seattle, in environmental services. Before coming to IH, he served as Environmental Services Manager at Mirabella Seattle, a continuing care and retirement community.

As Island's Director of EVS, Ayala oversees all cleaning across the 200,000 square-foot hospital and adjacent clinics facilities, leading a staff of 37 over three shifts. The EVS Department is responsible for the daily cleaning of all patient rooms, surgical serv-

ices facilities, public areas including restrooms and floors. Cleanliness is vital in a hospital setting and EVS takes responsibility to ensure Island is as sanitary as possible.

"As Director, I need to connect and help the EVS staff with everything needed to do the best job we can. I intend to bring an innovative approach so we are as efficient and effective as possible," said Ayala. "This will be accomplished by developing new processes and possibly finding equipment that enables us to be as effective as we can to support the great care that takes place here."

Robert and wife Marie have six children ranging in age from 9 to 29. He looks forward to becoming part of the Anacortes community and live out the Island Hospital Promise; individually and as a team.

Jeri Rudolf MN, Psych program



The Psychiatric & Behavioral Health program at Island Hospital has welcomed Jeri Rudolf MN, BSN to its staff. The family psychiatric mental health nurse practitioner is now seeing patients, adding her expertise to the program's team of experienced professionals.

Rudolf received a Bachelors degree in Nursing from Minot State University, Minot, ND and a Master of Nursing from Montana State University, Bozeman, MT. She is licensed to practice as an advanced practice nurse with prescriptive authority in Washington and New Mexico, and has earned certification as a family psychiatric mental health nurse practitioner from the American Nurses Credentialing Center.

Prior to joining Island Hospital, Rudolf provided psychiatric services at Presbyterian Medical Services, Valley Community Health Center, Espanola, NM. She is a member of the American Psychiatric Nurses Association, the American Nurses Association and the National Alliance on Mental Illness.



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The Island Hospital Employee Service Recognition Dinner was moved to May, too late for the most-recent issue of Heartbeats. While the spring issue did recognize employees who reached five-year intervals of service, the Employee of the Year and Management Leadership Award selections are unknown until being named at the event. Therefore, Employee of the Year Deniece Ballenger and Management Leadership Awardee Kay Steiner are recognized in this issue, months after the announcement.

Employee Of the Year: Deniece Ballenger



Deniece Ballenger joined the Finance Department in September 2008, taking the position of accounts payable/payroll specialist. She quickly learned the processes for Island Hospital. Ballenger's attention to detail and organizational skills are a great asset on a daily basis as she assists hospital staff with accounts-payable and payroll questions.

In 2013, Ballenger took on more payroll responsibilities while continuing to manage her accounts-payable responsibilities. Managers have experienced her outstanding skills as she assists them with time-card review on payroll Mondays. She was instrumental in the transition to record Finance Department policies and procedures on Island Hospital's policy-management system.

Ballenger is willing to take on any project or responsibility that she is given and ensures that the task or project is completed in a timely and efficient manner.

While those who first meet her will note her pleasant, helpful, and quiet demeanor, her co-workers and many other employees, know she has a delightfully offbeat sense of humor.

Manager of the Year: Kay Steiner



Kay Steiner began at Island Hospital in 2006 as Director of the Cancer Care Center. She has exemplified the Island Hospital Promise and what it means to be a leader in a healthcare environment.

In her current position as Director of Patient Access, Steiner has been put to the test with federally mandated coding preparation, the Central Registration remodel, and taking on the additional role of Revenue Cycle Improvement Director. She also has completed the Healthcare Financial Management Association's Certified Revenue Cycle Representative Credential. Kay has also earned certificates in Leading and Managing Change, Dealing with Difficult People, and Bridging the Generational Gap.

Kay is a master of project management. She has an amazing and gentle way of keeping people on track and the project moving ahead – all while getting those involved to share the vision. She led the Island Hospital Promise Team in delivering and reinvigorating Island Hospital's Promise to place patients' emotional and medical needs first and foremost.

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Wound Care Center welcomes Tom York PA-C



Tom York PA-C brings solid training and a range of experience to his new position with the Wound Care & Hyperbaric Medicine Center at Island Hospital. He has worked in specialties that include family practice, hospitalist, urgent-care telemedicine, cardiac stress testing and more.

His medical experience also includes work as an EMT on critical-care transport and 911-response ambulances. In an earlier career in Internet technology, York served as CEO of a dotcom company and as an independent information-technology consultant.

York is a graduate of the MEDEX Northwest Physician Assistant program at the University of Washington, Seattle, WA, where he was the recipient of several awards and scholarships. Prior to joining the staff of the Wound Care & Hyperbaric Medicine Center, York was an Urgent Care NowClinic telemedicine provider for United

Healthcare/Optum/Southwest Medical Associates, Las Vegas, NV and served with several medical practices providing a range of inpatient and outpatient services at Whidbey General Hospital and Clinics, Coupeville, WA.

As part of his physician assistant training, York served a family-practice preceptorship at North Whidbey Community Clinic, Oak Harbor, WA and clerkships in a range of medical specialties at the Everett Clinic, Everett, WA; Mount Isa Base Hospital, Mount Isa, Australia; Harborview Medical Center, Seattle, WA; Children's Hospital, Seattle; and Gray's Harbor Hospital, Aberdeen, WA.

A world traveler who has worked in and visited more than 20 countries and an avid sailor, backpacker and rock climber, York is married and has a two-year-old son.

The Wound Care & Hyperbaric Medicine Center at Island Hospital provides advanced wound care services, including hyperbaric oxygen therapy in the Medical Arts Pavilion, 1015 25th St., Anacortes. For information call (360) 899-4600.

Restless legs syndrome can occur at any age

by **Robert Reyna MD**

Island Hospital Sleep Wellness Center

"Why do I get this creepy, crawling feeling in my legs at night that makes me get up and walk around to make it go away?"



Restless legs syndrome (RLS) is a neurological disorder in which the person feels unpleasant sensations in the legs and an uncontrollable, and sometimes overwhelming, urge to move to relieve the feeling. People with this problem often describe the sensations as pulling, itching, tingling, burning, aching or electric shocks. The sensations range in severity from uncomfortable to irritating to painful.

Though leg movements are most commonly reported, RLS can affect other parts of the body as well. The arms can also be affected with one side or both sides being involved. Typically one in 10 experience RLS. It is more common in women than men and onset can occur at any age. Children may also be affected by RLS, many having moderate to severe symptoms and experiencing difficulty sitting or lying still when tired or at rest.

People whose family members have RLS also are more likely to develop the disorder. This suggests that genetics – specifically,

the faulty use, or lack of iron in the brain – appears to be the main cause of restless legs syndrome based on the most current research. The brain uses iron to make the chemical dopamine and to control other brain activities. Dopamine works in the parts of the brain that control movement.

Many conditions can affect how much iron is in the brain or how it's used. These conditions include:

- Kidney failure
- Parkinson's disease
- Diabetes
- Rheumatoid arthritis
- Pregnancy
- Iron deficiency.

Medications may also trigger RLS, including:

- Anti-nausea medicines (used to treat upset stomach)
- Antidepressants (used to treat depression)
- Antipsychotics (used to treat certain mental-health disorders)
- Cold and allergy medicines that contain antihistamines
- Calcium channel blockers (used to treat heart problems and high blood pressure).

RLS symptoms usually get better or may even go away if the medicine is stopped.

Certain substances, such as alcohol and tobacco, also can trigger or worsen RLS

symptoms.

For those with mild to moderate symptoms, certain lifestyle changes and activities to reduce or eliminate symptoms are often effective, including:

- Decreased use of caffeine, alcohol, and tobacco may provide some relief.
- Supplements to correct deficiencies in iron, folate and magnesium.
- Taking a hot bath, massaging the legs, or using a heating pad or ice pack can help relieve symptoms in some patients.

Some individuals have periods of remission in which symptoms decrease or disappear for days, weeks, or months, although symptoms may eventually reappear. RLS is generally a life-long condition and symptoms may gradually worsen with age.

RLS support group offered, see page 16

Nevertheless, current therapies and medications can control the disorder, minimizing symptoms and increasing periods of restful sleep. Having an evaluation by a physician is the first step in evaluating and treating RLS and your first step to a good night's sleep.

The Island Hospital Sleep Wellness Center provides child and adult sleep services in a specially built facility at 1110 22nd St., Anacortes. For information call (360) 299-8676 or visit www.islandhospital.org/sleepwellnesscenter.

Kidney dialysis center opens in Anacortes



The new Anacortes kidney center opened in June.

Puget Sound Kidney Centers (PSKC) recently opened a nine-station dialysis facility that will serve patients in the Anacortes area and surrounding communities. The 6,500-square-foot center, located at 809 31st St. (the corner of 31st Street and R Avenue), Anacortes, can accommodate as many as 54 dialysis patients each day.

PSKC is a community-based nonprofit organization with four centers in western Washington which annually provide more than 90,000 dialysis treatments to more than 500 patients. The centers also provide community education and support programs for patients and their caregivers, including nutrition counseling, social services and patient support groups.

Designed to be a welcoming and comfortable environment for patients and visitors, the facility will provide in-center hemodialysis as well as training and support for home hemodialysis and peritoneal dialysis patients.

For more information, contact the Puget Sound Kidney Center Anacortes at (360) 755-3586, or visit www.pskc.net.

Island joins UW Medicine Accountable Care Network

University of Washington Medicine announced earlier this year it has formed an accountable care network (ACN) with other healthcare organizations in Puget Sound, including Island Hospital. The ACN has entered an agreement to offer health-care services to certain employees of Boeing — who can receive in-network services at Island Hospital and its clinics — beginning in January.

Boeing has selected the UW Medicine ACN for its new Preferred Partnership option, which is available in the Puget Sound area for nonunion employees as well as some union-represented employees and some retirees. Eligible employees can stay in their current plan or they can select the new option, which allows them to choose one of two networks for their care: either the UW Medicine Accountable Care Network or the Providence-Swedish Health Alliance Network. In November, Boeing employees

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In-home care for our community

Patients, particularly those who are elderly and fragile, are especially vulnerable when they leave the hospital following surgeries and other treatments for illness or injury. Fragmented care, breakdown in communications and lack of understanding of follow-up needs can lead to confusion and uncertainty in patients and their caregivers, and may result in re-hospitalization or trips to the Emergency Department.

“The Home Health physical therapy provided in my home helped me get my muscles activated. I really appreciated the positive attitude of the therapists.”

Easing the transition from a hospital setting to a patient's home is a key element in timely rehabilitation and recovery. That's why Island Hospital Home Health adopted proven interventions to improve quality of transitional care, meet the needs of the patients and families served, and lower hospital re-admissions.

“I would not be where I am today in my

continued on Page 22



Tom Hudson PT works with Wallie Funk in his home.

Sensitivity key to home healthcare service

Wallie Funk, retired journalist and chronicler of Anacortes history in word and picture, was on his way to an event in town earlier this summer when he fell and injured his head. Protesting that he was “fine” all the way, the Anacortes native was taken to the Emergency Department at Island Hospital for observation and treatment. He was later released to his home.

While he recuperated, Funk agreed to have the services of Island Hospital Home Health (IH HH). Physical Therapist Tom Hudson made regular visits to help the 92-year-old increase mobility and to monitor his post-injury progress.

“I wasn't looking for a drill sergeant to order me around,” says Funk, who calls himself the “dinosaur” of Anacortes. “Tom has a great personality and he encouraged me to

exercise and regain flexibility. But he also was very sensitive to my needs. For health-care services that are personal and delivered in your own home, that makes all the difference.”

IHHH brings the skills of nurses and physical, occupational and speech therapists into the home of patients who need extra help with a challenging medical condition or recovery from illness, injury or surgery. IH HH professionals work closely with clients, families and physicians to develop a care plan that meets the particular needs of each individual, helping each achieve the highest possible level of health, comfort and function.

For more information call (360) 299-1302 or visit www.islandhospital.org/homehealth.



Renowned journalist and photographer Wallie Funk.

Do you need health insurance? Here it is!

As a result of the Affordable Care Act (ACA), everyone under age 65 has the opportunity to have health insurance coverage. Health-insurance exchanges will help people find plans that fit their needs and budgets. The ACA requires that all people 18 and older (who pay taxes) must have insurance or face a small penalty in taxes (children can remain on parents' health-insurance plans until age 26). If you are 65 or older, see MedicareCompareUSA article on this page.

For more information, call the Washington Healthplanfinder call center at (855) 923-4633 (open 8 a.m. to 7 p.m., Monday through Friday). To find the details of the new requirements – and compare and/or sign up for plans allowed in Washington State – visit www.wahealthplanfinder.org.

Depending on your household income, you may be able to qualify for insurance coverage at no or low cost; others may be able to get insurance at more affordable prices or qualify for a subsidy to help pay the monthly costs.

When can I sign up for health coverage?

You can sign up for coverage starting Nov. 15. If you sign up before the end of December, your coverage starts on Jan. 1, 2015. If you qualify for Medicaid or Basic Apple Health coverage you can sign up at any time. You can apply for health insurance online through the Washington Healthplanfinder at www.wahealthplanfinder.org or by calling directly, (360) 688-7700.

Residents of the Island Hospital district (zip code 98221) who wish personal help should call and leave a message at (360) 299-4924. For those living in the surrounding communities, a number of locations have trained staff to assist you:

- Community Action Agency – Mount Vernon
- Mt. Baker Planned Parenthood – Mount Vernon
- Sea Mar Community Health Center – Mount Vernon
- Skagit Valley Hospital/Regional Health Clinics – Mount Vernon
- Family Resource Centers on Lopez, Orcas and San Juan islands

MedicareCompareUSA, resource for Medicare plans

For those who are or soon will be eligible to receive Medicare coverage, MedicareCompareUSA might be the perfect place for help finding the best plan for you... and it's all done in a phone call.

MedicareCompareUSA is an independent insurance agency that specializes in Medicare

health-coverage options and represents leading Medicare insurers, including various Medicare plans accepted by Island Hospital and affiliated clinics.

MedicareCompareUSA insurance specialists can help:

- identify the Medicare plans accepted by your healthcare providers
- understand the differences between Medicare Supplement and Medicare Advantage plans
- find a Medicare prescription plan that covers your medications at the lowest cost
- compare Medicare plans in an unbiased manner with no obligation to purchase.

Contact the helpline toll-free at (855) 607-2614 (8 a.m. to 5 p.m., Monday to Friday), or visit www.MedicareCompareUSA.com.

MedicareCompareUSA publishes *Understanding Medicare Insurance – A Helpful Guide* that provides a general overview of Medicare and your insurance options. They also provide a checklist for smoothly transitioning to Medicare. Feel free to contact the helpline for your free copy.

MedicareCompareUSA is a Medicare-specialty insurance agency and call center, not affiliated with the Federal Medicare

program. MedicareCompareUSA is a resource provided at no cost and with no obligation.

Help others with Medicare

SHIBA (Statewide Health Insurance Benefits Advisors) – sponsored by the Washington State Office of the Insurance Commissioner – offers free, confidential and impartial Medicare counseling. Trained volunteer advisors help consumers of all ages understand their rights and options, and offer up-to-date information on Medicare, extra-help services, prescription assistance and other topics.

Counseling services provided by SHIBA volunteers are highly utilized and appreciated in the communities served by Island Hospital. If you are interested in helping in this very special and effective program, please call Aubre Adams at (360) 299-1342.



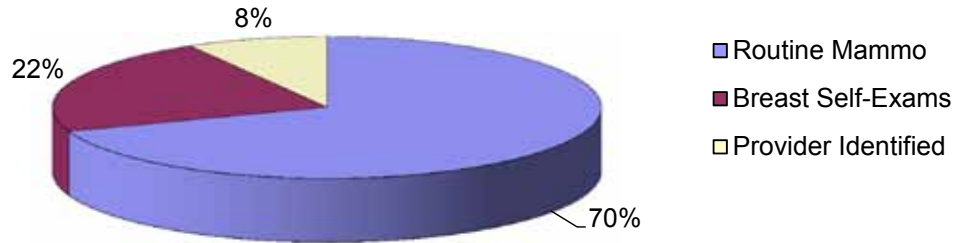
Debate continues, but yearly mammograms still recommended

October is Breast Cancer Awareness month and with it comes a reminder that although the death rate from the disease is decreasing, it is estimated that one in eight women will develop breast cancer in her lifetime. However, according to the Centers for Disease Control, breast cancer is the most common cancer, and the second leading cause of cancer death, among women.

The value of yearly mammograms for women – largely upheld by healthcare professionals, but questioned by a panel of independent experts several years ago – has resulted in more selective recommendations that consider age, risk factors and a woman's intuition about her own body.

Differences remain in the medical community on when screening should begin and with what regularity it should be continued. The American Cancer Society (ACS) recommends annual mammograms starting at age 40 for women and continuing as long as they remain in good health. Other organizations say that age 50 is soon enough to begin screening with mammograms following every 1-2 years, with two-year intervals for women age 70 and older. Differences arise from the

Early Stage Breast Cancer (Stage 0 & I) by Method of Detection for Year 2013



way in which organizations and practitioners interpret the benefits and limitations of mammograms in screening trials.

The ACS screening guidelines for early detection of breast cancer include performing regular breast self-exams (checking breasts for lumps and irregularities) and women age 20 – 39 have a clinical breast exam (provider examines breast for lumps) every three years and every year for women over 40. The National Cancer Institute suggests, "Screening may find cancers early, when they are most treatable."

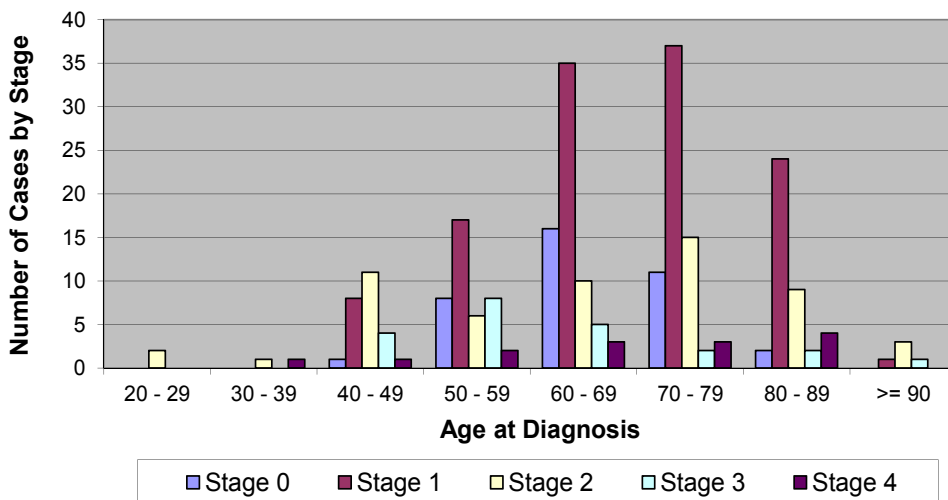
Although the controversy is confusing to many women, at Island Hospital current evidence shows that annual mammograms offer substantial benefits for women age 40 and older. Most healthcare professionals also agree that women should be told of potential downsides of screening mammograms. For older women that means nearly twice the number of false positives and biopsy recommendations that may cause anxiety, inconvenience and unneeded follow-up procedures.

Island Hospital supports women's breast health by providing disease-prevention events throughout the year and by offering a free breast screening to community members annually. In October 2013, 16 women participated in the annual breast screening that included a clinical breast exam given by Bette Robbins, ARNP from Fidalgo Medical Associates. All participants received a results letter indicating (1) nothing abnormal was found and mammogram status is current, (2) nothing abnormal was found, but the participant is due/overdue for a mammogram or (3) an area of concern was found and the participant needs to follow up with their primary-care physician to be scheduled for further testing.

Despite ongoing debate, it is still generally held that early detection of breast cancer plays a major role in saving lives. To schedule your mammogram, call (360) 299-1315. Medicare covers the cost of annual screening mammograms for all female beneficiaries age 40 or older. There is no deductible requirement for this benefit.

A free breast screening will be held Friday, Oct. 24 at Island Hospital. For information or reservation call (360) 299-1309.

Island Hospital Breast Cancer by Age and Stage for 2009 - 2014



The incidence of breast cancer increases significantly at age 40 corresponding with national recommendations for screenings. Island Hospital's experience by age and stage for the years 2009 – 2013 shows approximately 60% of breast cancer cases diagnosed and treated at IH are diagnosed early with Stage 0 and I disease.

SURGERY AT ISLAND

High-quality, exceptional surgical care provided at Island Hospital

Island Hospital Surgical Services – staffed by highly skilled and dedicated registered nurses (RNs) and surgical technicians – provides high-quality inpatient and outpatient surgery procedures. The department staff thrives on teamwork and takes great pride in the services they provide.

As a small-hospital-based service, Surgical Services is considered one of the best and safest centers in which to have a surgical procedure performed in the state of Washington. In fact, last year *Consumer Reports* rated Island Hospital in Washington's top 10 for lowest surgical infections.

Along with low infection rates, IH Surgical Services maintains very high patient-satisfaction scores. The goals of the staff are to deliver the best possible surgical services and support physicians at the highest level. All patient-care staff are cross-trained to enable maximum flexibility. All anesthetics are administered solely by physician (MD) anesthesiologists.

Patients of all ages receive surgical care at Island Hospital – infants through the elderly. Surgeries performed represent the full spectrum of specialties, including orthopedics, gynecologic and ENT (ears, nose and throat). Most frequently performed are total-joint replacements, arthroscopies, bowel surgeries and endoscopies. Surgical Services is also a key component in providing local emergency care. Island's outstanding surgeons and surgical services are key to maintaining the high standards and Level III trauma designation.

For more information call (360) 299-1300, email sburton@islandhospital.org or visit www.islandhospital.org.

Stephen Burton RN, CNOR, brings wide range of experience as Surgical Services Director

Stephen Burton RN, CNOR, was recently selected as Island Hospital's Director of Surgical Services. He wasted no time in making changes in the department as he has taken on initiatives to lower supply costs, increase efficiency, work out a schedule that meets the needs of additional surgeons and

improve the environment for patients.

"Surgery is a difficult and highly sterile and controlled environment that doesn't lend itself to warm reception. We want to do all we can to ensure every patient feels as comfortable as possible," said Burton.

"I am honored to be the director of this high-quality, renowned surgical facility. The surgeons, anesthesiologists and staff are simply exceptional."

Burton received his College Diploma as a General Registered Nurse at Suffolk and Great Yarmouth College of Nursing and

Midwifery, Suffolk, England, and a Bachelors Degree in Health Services at Coventry University, Coventry, England.

After becoming a nurse he worked at increasingly challenging jobs throughout the United Kingdom. Since 2006 he has worked at Alder Hey Children's Hospital, Liverpool, England; Exempla Good Samaritan Hospital, Lafayette, CO; Kennewick General Hospital, Kennewick, WA; Milford General Hospital, Milford, CT; Carson Tahoe Regional Medical Center, Carson City NV; and DCI Gardnerville, Gardnerville, NV. In 2012 he began working at Swedish Medical Center Ballard Campus in Seattle.

Burton intends to be at Island Hospital long term and improve the efficiency and quality of care. He has set goals to improve pre-admission and make every patient's experience excellent.

In his spare time Steve enjoys taking wildlife pictures, acting, and singing.



Stephen Burton RN, CNOR, (seated) wants to ensure patients feel welcome in the Surgical Services Department, which is served by an outstanding team of nurses including (from left) Mary Jo Boylon RN, Michelle Bessler RN, Karen Krotz-Sperry RN, Vicki Jacobs RN and Pamela Olich-Tweeten RN.

NW Skagit Ortho, Island Hospital work to develop total joint program

Skagit Northwest Orthopedics (SNO) is working with Island Hospital Surgical Services and Administration to enhance a total joint-surgery program here. The goal is to improve the already high quality of surgical care; improve overall comfort, convenience and efficiency for patients; and shorten the length of hospital stay.

"Skagit Northwest Orthopedics has renewed our commitment to help upgrade the total-joint program by working closely with Island Hospital staff to increase patient volumes and dramatically reduce the length of stay," said Kenneth Oates MD, SNO orthopedic surgeon.

Total-joint replacement surgery is a procedure in which parts of a joint – typically damaged by arthritis, fracture or other condition – are removed and replaced with a plastic, ceramic or metal appliance or prosthesis. The design of the prosthesis allows it to replicate the movement of a healthy and normal joint.

"We are very excited to work more closely with Skagit Northwest to develop a total-joint program," said Lois Pate RN, Island Hospital Chief Nursing Officer. "These outstanding surgeons have performed here for many years and the commitment to enhance our orthopedic surgical services will benefit our patients."

Northwest Orthopaedic Surgeons (NWO) and Skagit Island Orthopedic Surgeons (SIO) recently merged to form Skagit Northwest Orthopedics (SNO) under Proliance Surgeons Inc., one of the largest surgical practices in the country with more than 200 surgeons.

The combined group has 11 physicians with eight



Skagit Northwest Orthopedics physicians are (from left) Cindy Bullock DPM, Jimmy Cui MD, Michael Santoro MD, Robert Billow DO, Timothy Messmer DPM, Stacia Smith MD, Curtis Rodin MD, David Mourning MD, Kenneth Oates MD, Jonathan Shafer MD, Kaarsten Lang MD and Dawei Lu MD. Not shown: Daniel Hanesworth MD.

orthopedic surgeons: Drs. Daniel Hanesworth, Kaarsten Lang, Dawei Lu, David Mourning, Kenneth Oates, Curtis Rodin, Jonathan Shafer and Stacia Smith; two physical medicine physicians: Drs. Robert Billow and Jimmy Cui; occupational medicine physician Michael Santoro; and

two podiatrists: Drs. Cindy Bullock and Timothy Messmer.

There is no change in how patients can contact the offices: (360) 424-7041 (previously NWO) and (360) 424-2400 (previously SIO).

IHF purchases surgical tower



Earlier this year, the Island Hospital Foundation – at its signature Gala of Hope auction – raised \$85,000 for the purchase of a surgical tower dedicated to gynecologic procedures. At the new tower are (from left) Manuela Sharber CST; Stephen Burton RN, CNOR; Kathy Garde MD, Ob/Gyn; Nicole Gonzales RN; and Barbara Aguero RN, CNOR.

Health & Wellness

Classes, Screenings & Support Groups

Prepayment is required.

Please note that some classes cannot be held without a minimum number of participants. You will be notified if a class is cancelled. A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class.

THREE EASY OPTIONS FOR REGISTRATION



Visit www.islandhospital.org/classes



Email communityed@islandhospital.org



Call (360) 299-4204

Classes

ADVANCE HEALTHCARE DIRECTIVES

Living Wills & Durable Power of Attorney for Healthcare

Do you have someone to make medical decisions for you if you are not able? Do you have a living will? Join us to learn about completing these important documents so your personal preferences about your medical care will be known.

When: Monday, Jan. 12, 10 – 11 a.m.

Where: Fidalgo Room

Cost: FREE

BIRTH AND BEYOND

Childbirth Education Class



This six-week class is designed to prepare parents-to-be for the arrival of their new baby. Participants will learn essential skills and develop confidence as they approach the end of pregnancy, labor, birth and

early parenting. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVD's, hands-on practice and guest speakers.

When: Tuesdays, Nov. 4 – Dec. 9, 6 – 8:30 p.m.

Tuesdays, Jan. 6 – Feb. 10, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$95 (Apple Health Pregnancy Medical covers class fee)

Registration: 299-1309

Instructor: Teri Shilling MS, LCCE, CD(DONA), IBCLC

Weekend Childbirth Education

This two-day class is for those unable to attend the six-week session. Prenatal nutrition, stages of labor, coping techniques, pain relief options,

breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVD's and hands-on practice. Class must meet minimum registration requirements to be held.

When: Sat. & Sun., Dec. 6 & 7, 10 a.m. – 6 p.m.

Sat. & Sun., Feb. 7 & 8, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$130 (Apple Health Pregnancy Medical covers class fee)

Registration: 299-1309

Instructor: Teri Shilling MS, LCCE, CD(DONA), IBCLC

Breastfeeding Matters



Topics include getting started with breastfeeding, its benefits and breastfeeding in the early weeks of postpartum, in special situations and while working. Specific questions are welcome and will be addressed.

This class is open to pregnant and postpartum women and their babies.

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

When: Monday, Nov. 17, 5 – 6:30 p.m.

Monday, Jan. 19, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$10 or fee waived for those with Apple Health

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

Car & Booster Seat Clinic



Drop in to have your car and booster seats checked by nationally trained car seat technicians. They will check your seat for safety, make sure you

are using it correctly and show you how to properly install the seat in your car. No appointments required, please just drop in.

When: Thursday, Dec. 11, 2 – 4 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

CANCER CARE RESOURCES

Look Good...Feel Better

This class is a free, national service that teaches techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Each two-hour session is comprised of hands-on demonstrations of the 12-step skin care and make-up program, proper care for nails and instruction on options related to hair loss, including use of wigs, scarves and other accessories. Each participant receives a free kit of cosmetics donated by the cosmetic industry. A minimum of 3 participants is necessary to hold the class.

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

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Registration: 299-4200

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty, or stent placement in the past year, this monitored exercise program will help you increase your endurance and provide you with the necessary education you need to make lifestyle changes for better cardiac health. Call 299-4242 for more information.

Pulmonary Rehabilitation

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



Classes, Screenings & Support Groups

DRIVER'S SAFETY

AARP Smart Driver

During this two-session class intended for those 50 and older, you will refresh your defensive driving techniques, review the rules of the road, learn new traffic laws and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

When: Thursday & Friday, Oct. 16 & 17, 9 a.m. – 1 p.m.

Thursday & Friday, Dec. 11 & 12, 9 a.m. – 1 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$15 AARP members, \$20 non-members

Instructor: Jack Porter

HEALTH INSURANCE

Medicare Open Enrollment

Learn about your choices for Medicare during open enrollment for 2015. Prescription drug plans (Part D) and Medicare Advantage Plans available in Skagit County will be discussed. Includes a demonstration of the www.medicare.gov website.

When: Tuesday, Oct. 21, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

Medicare 101: Understanding Your Medicare Choices

Do you need help deciphering the Medicare puzzle? Join us to learn more about traditional Medicare coverage, Medicare Advantage plans, prescription drug coverage, gaps, enrollment and fraud protection.

When: Monday, Jan. 12, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA Volunteer

PHYSICAL THERAPY PROGRAMS

Golf Fitness



Learn how strength, flexibility and coordination can influence your golf swing. Try out some exercises to help improve your game. Malcolm McPhee is a Doctor of Physical Therapy

at Physical, Occupational & Speech Therapy at Island Hospital and is a certified Titleist Performance Institute Golf Fitness Instructor.

When: Wednesday, Oct. 29, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Malcolm McPhee DPT

Life & Therapy After Joint Replacement Surgery

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

When: Tuesday, Nov. 18, 1 – 2:30 p.m.

Tuesday, Jan. 13, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Island Hospital Occupational Therapist

Urinary Leakage



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help. Come learn ways to strengthen your pelvic floor muscles to

help prevent urinary leakage.

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

When: Thursday, Jan. 8, 10 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

Osteoporosis: Exercise and Nutrition

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

Linda Lewis is a Physical Therapist at Physical, Occupational & Speech Therapy at Island Hospital and Suzie DuPuis is a Registered Dietician at Island Hospital.

When: Wednesday, Jan. 14, 3 – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Linda Lewis PT & Suzie DuPuis RD

SELF-CARE

Meditation for Everyday Living



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

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

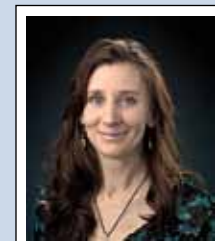
When: Wednesdays, Nov. 5 - 19, 6 – 8 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Essential Oils for Wellness



Learn to make a variety of essential oil blends to help relieve a variety of ailments. Create your own aromatherapy blend suited to meet your needs to take home.

Michelle Mahler of Circle of Healing Essences has

been leading workshops at Puget Sound area Co-ops and schools since 2004.

When: Monday, Nov. 10, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$20, includes supplies

Instructor: Michelle Mahler

Improving Your Aging Memory



Is your memory not quite how it used to be? Join Island Hospital's Speech-Language Pathologist, Alisha Kleindel, to learn strategies and activities to improve your memory and keep your mind sharp.

When: Wednesday, Dec. 3, 10 – 11:30 a.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Alisha Kleindel MS, CCC-SLP

Classes, Screenings & Support Groups

Joy, Peace and Serenity with Essential Oils

Essential oils have been used for centuries to effectively uplift the spirit and bring peace and tranquility. Find relief from stress, negativity and more with this alternative therapy. Create an aromaspray and therapy oil to take home.

See "Essential Oils for Wellness" for instructor's information.

When: Wednesday, Dec. 10, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

SPECIAL EVENTS

Nutrition in Aging



Join naturopathic physician Alethea Fleming ND for an informative look at how nutritional needs change as we age. She will discuss how to maximize nutrition, common deficiencies and the role of medications. There will

be time to answer any of your questions.

When: Monday, Nov. 10, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

WEIGHT MANAGEMENT

Overweight?

Over time, weight seems to just creep onto us, yet it does so at a cost to our health, mobility and agility. Meet with our registered dietitian, Suzie DuPuis, for an individual dietary session. Please call 299-1300, ext. 2567 for more information. Insurance may cover cost.

Weight Watchers™

Ready to look and feel your very best? Find the boost you need by attending Weight Watchers™ meetings every week!

When: Thursdays, 5 p.m. (weigh-in 4:30 p.m.)

Where: Island Hospital Cypress Room

Cost: \$39.99/month (includes use of online eTools)

*Contact: Renee McKinnon, (360) 333-2864,
rjmck1070@gmail.com*

OTHER RESOURCES

HIV/AIDS Training for Licensure

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

Island Prenatal Care Center

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

Lifeline

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

SHIBA HelpLine

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

Anacortes Teen Clinic

We offer confidential family planning services for teens on Wednesdays from 2 – 5 p.m. We are located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

Support Groups

The following meet at Island Hospital (1211 24th Street) or the Medical Arts Pavilion (1015 25th Street).

Art & Healing for Cancer Patients

1st & 3rd Wednesday, 1 – 3 p.m.

Merle Cancer Care Center Conference Room

Contact: 299-4200, registration required

Grief

Every Wednesday, 3:30 – 5 p.m.

Guemes Room

Contact: Doug, 202-1699

Mended Hearts

Last Thursday, 11 a.m. – noon

Fidalgo Room

Contact: Mike, 293-8914

Parkinson's

3rd Thursday, 1:30 – 3 p.m.

Fidalgo/Burrows Rooms

Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. – 12 p.m.

Fidalgo Room

Contact: Carl, 299-3892

Willis-Ekbom Disease (Restless Leg Syndrome)

Call for dates/times

Fidalgo/Burrows Rooms

Contact: Charlotte, 293-7328

OTHER ANACORTES SUPPORT GROUPS

Alzheimer's Association - Caregivers

2nd & 3rd Monday, 1 p.m.

Westminster Presbyterian Church,

1300 9th St. Anacortes

Contact: Ann, 299-9569

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

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



New Heart Disease Support Group

If you are suffering from, or caring for someone with heart disease, the new Mended Hearts Support Group can provide understanding, support and hope from diagnosis through treatment and recovery. Members include those with heart disease and their caregivers whom can offer a wealth of information from their own experiences. Mended Hearts is a national organization that was started 63 years ago and has since spread to 300 chapters throughout the U.S.

The group meets the last Thursday of each month, 11 a.m. – noon in the Fidalgo Room at Island Hospital. For more information contact Mike at (360) 293-8914.

The Walk-In Clinic adds Sunday hours starting Nov. 1

Anyone who needs immediate medical attention can receive care any day of the week beginning Nov. 1 as The Walk-In Clinic at Island Hospital has added Sunday hours. The clinic is currently open Monday through Saturday, 8 a.m. to 8 p.m., and starting in November, Sunday 9 a.m. to 5 p.m.

The Walk-In Clinic at Island Hospital, located in Anacortes Family Medicine, 2511 M Avenue, Suite B, is available for those whose regular healthcare provider is not accessible or for those visiting or new to the area.

Providing care for all common health concerns, The Walk-In Clinic can help with these conditions and more:

- Colds, flu, fever
- Ear aches, sore throats
- Migraines
- Fevers
- Rashes
- Bumps, bruises, cuts



- Urinary tract infections
- Sinus infections
- Sports physicals
- Much more!

The Walk-In Clinic is staffed with licensed,

compassionate healthcare providers who are ready to serve patients, right now, no appointments and no phone calls.

For information call (360) 299-4211.

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

Classes, Screenings & Support Groups

Health Screenings

Sponsored by the Island Hospital Foundation



Ongoing Blood Pressure Checks

Blood pressure indicates the health of your heart and blood vessels. Untreated, elevated blood pressure can result in stroke. Get your blood pressure checked regularly at one of the following locations: Island Health Resource Center

Every Wednesday, 9 a.m. – noon

Anacortes Senior Activity Center

Last Tuesday of the month, 9 – 10:30 a.m.

Bone Density Screening

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

When: Tuesday, Oct. 21, 9 – 11 a.m.

Tuesday, Jan. 20, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Clinical Breast Exams

During this screening, Jennifer Eichhorn ARNP and Nora McMillan ARNP, Island Family Physicians will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required!

When: Friday, Oct. 24, 8 a.m. – noon

Where: Island Health Resource Center

Cost: FREE

2013 Breast Screening Results: 16 people participated; one required a follow-up visit with their healthcare provider.

Vitamin D Screening

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

When: Tuesday, Oct. 28, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$45

Skin Cancer Screening

Have your skin visually checked for any abnormalities by Dermatologist Susan Kallal, MD, Pharm.D., of Rosario Skin Clinic. Appointments are required.

When: Tuesday, Nov. 4, 8:30 a.m. – noon

Where: Island Health Resource Center

Cost: FREE

Memory Awareness Screening

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

When: Tuesday, Nov. 11, 9 – 11 a.m.

Tuesday, Jan. 6, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Pulmonary Function Screening

If you get short of breath while getting dressed, climbing stairs or walking with a friend, or if you have smoked for 10 years or more, this screening can help determine your lung function. You and your doctor can then decide on a treatment plan to improve the quality of your life. Appointments are required!

When: Thursday, Nov. 13, 8 a.m. – noon

Where: Island Health Resource Center

Cost: FREE

Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required!

When: Thursday, Nov. 13, 9:30 – 11:30 a.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-1367

Sleep Apnea Screening

Do you feel tired during the day? Have you been told you snore? Meet with a Registered Polysomnographic Technologist to determine your risk of suffering from sleep apnea, a condition characterized by pauses in breathing or shallow breathing while sleeping, which can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes, as well as the risk of accidents while drowsy. Appointments are required!

When: Friday, Nov. 14, 10 a.m. – 2 p.m.

Where: Island Hospital Sleep Wellness Center, 1110 22nd St.

Cost: FREE

Swallow Screening

Concerned about your swallow? Do you cough or clear your throat frequently when eating or drinking, have wet sounding vocal quality, have congestion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms meet with a Speech Language Pathologist to determine if you might have a swallowing disorder. Appointments are required!

When: Thursday, Dec. 11, 9:30 – 11:30 a.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Cholesterol & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. Your results will be sent to you in the mail. No appointment required. First come, first served. Call 299-1309 for questions.

When: Tuesday, Jan. 13, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10



▲
Former Island Hospital Chief Financial Officer Peter Swanson (right) watches his teammate Fred Lee putt at the 13th Annual Golf Classic, as Kurt Swanson waits his turn.

Golfers take to the greens, chip in \$87,000 for health screenings, charity care, more

Celebrating its lucky 13th year, the annual Island Hospital Golf Classic provided a day of competitive fun and earned more than \$87,000. Tournament proceeds help support health screenings and charity care at the hospital and fund new equipment and technologies that improve patient experiences.

The dinner following the tournament is always lively with a raffle drawing for dozens of great prizes. The big winner this year was Nick Chahley who won a full set of clubs, golf bag and accessories worth more than \$1,000.

The event, which has grown steadily in popularity, was hosted by the Skagit Golf & Country Club. Thanks go

to a dedicated group of volunteers who help to make the tournament a success year after year. Tournament Director, aka Island Hospital CEO Vince Oliver, was recognized by the hospital Board of Commissioners for his establishment and management of the annual Golf Classic, which has raised more than \$1 million over 13 years.

2014 Golf Classic winners

1st Place Gross

Parker, Smith & Feek
Jeff Murphy
Tim Niernan
Jim Hamlin
Troy Hiatt

2nd Place Gross

RIS Insurance Services
Jim Jermyn
Vince Oliver
Bob Tracey
Larry Farnham

1st Place Net

CliftonLarsonAllen
Paul Bailey
Lincoln Kemp
Clayton Bland
Dean Fox

2nd Place Net

Shell PSE
Greg King
Jeff Gabert
Mike Lytton
David Torres

Remembering

Island Hospital Foundation has received caring donations recognizing those listed here (Through August 31, 2014):

IN HONOR OF:

Larry Azure	Gene E. Markel
The Cancer Center Angels	Dr. Joe Mulcahy
The Cancer Center Patients	Albert O. Schmitt
Dr. Charles Blackadar and supporting AFM staff	Jan Tivel, ARNP

IN MEMORY OF:

Effie Bassett	Dennis J. Heggem
James Benfield	Helmer and Alma Leno
Jack Bollerud	Annetta Miller
John Carabba	Craig Nielsen
Keith Eide	Beth Prins
Donald Ellis	Stewart Sterling
Heidi Eyster	June Thomas

To remember or honor someone with a donation, please make check payable to "Island Hospital Foundation" and mail to:

*1211 24th Street,
Anacortes, WA 98221*

Info: (360) 299-4201

Surgeon experience is key factor in prostate cancer surgery outcomes

by **Laurence Lee MD**

Skagit Regional Clinics - Urology

Prostate cancer is the second most common cause of cancer death in men nationwide. But according to the American Cancer Society, there are more than 2.4 million men in the U.S. today who have been diagnosed with prostate cancer at some point and are still alive. This is, in part, the result of new screening and treatment techniques.

For those whose prostate cancer diagnoses suggests surgery, there are options to consider. Previously, the prostate could only be removed by making an incision in the lower abdomen - a procedure known as "open" surgery. Later, prostate removal could be done by laparoscopy with a small incision through the naval. In the past decade, a new laparoscopic procedure was introduced in which a surgeon can perform prostate cancer surgery assisted by new robotic technology.

Today an increasing number of studies are being undertaken to determine which procedure causes fewer complications and which offers patients the best outcome in terms of quality of life, blood loss, scarring, hospital stay, urinary incontinence and sexual function.



While both the open and the robot-assisted surgical procedures have been proven effective in controlling prostate cancer, and each claims to minimize the risk of long-term side effects, there are, as yet, no randomized clinical trials that would allow a head-to-head comparison.

In short, there is currently no conclusive evidence that one procedure is more effective than the other.

What has emerged from research is that one of the most important factors that determine outcomes for prostate cancer surgical patients is the experience of the surgeon. While the value of very competent technicians is unquestioned, what patients really need according to study findings, are specialists who understand the disease and are able to make crucial surgical and treatment decisions based on knowledge and experience beyond technical expertise.

The American Cancer Society predicts that approximately 233,000 new cases of prostate cancer will be diagnosed in 2014. For those patients, the best future course may be to seek out treatment from medical professionals with both proven technical expertise and broad experience in treating the disease.

Skagit Regional Clinics-Urology is a partnership of Skagit Regional Health and Island Hospital, with an Anacortes office on the Island Hospital campus at 1213 24th St. For information call (360) 293-0910.

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for more information.

Keeping compliant, safe, operational

Engineering Dept. maintains facilities, utilities for Island Hospital campus

The Engineering Department of Island Hospital is responsible for keeping the entire hospital campus, medical equipment and a quarter million square feet of building space safe, operational and compliant with all applicable codes. The department accomplishes this by planning, designing, constructing, operating and maintaining Island Hospital's buildings, medical equipment and outdoor areas.

In addition, Engineering manages the purchase and consumption of utilities by the hospital and affiliated clinics. Recently, the department achieved Energy Star status by meeting strict energy-use standards set by the Environmental Protection Agency (EPA).



Engineer Randy Richards makes regular checks to ensure the emergency generator functions properly.

interior bulbs with LED (light-emitting diodes, which operate much less expensively than typical bulb lighting and last much longer); motion-detector switches for all Medical Office Building lights and new piping for the hospital's steam-generation system.

"We have a great department staff who work well as a team and are not afraid to ask questions so we deliver the best solutions," said Director of Engineering Mike Young. "We are fortunate to have such great medical professionals here and we do all we can to support the delivery of the highest-quality care possible."

Engineering comprises seven employees who work to keep the hospital on track, 24 hours a day throughout the year.

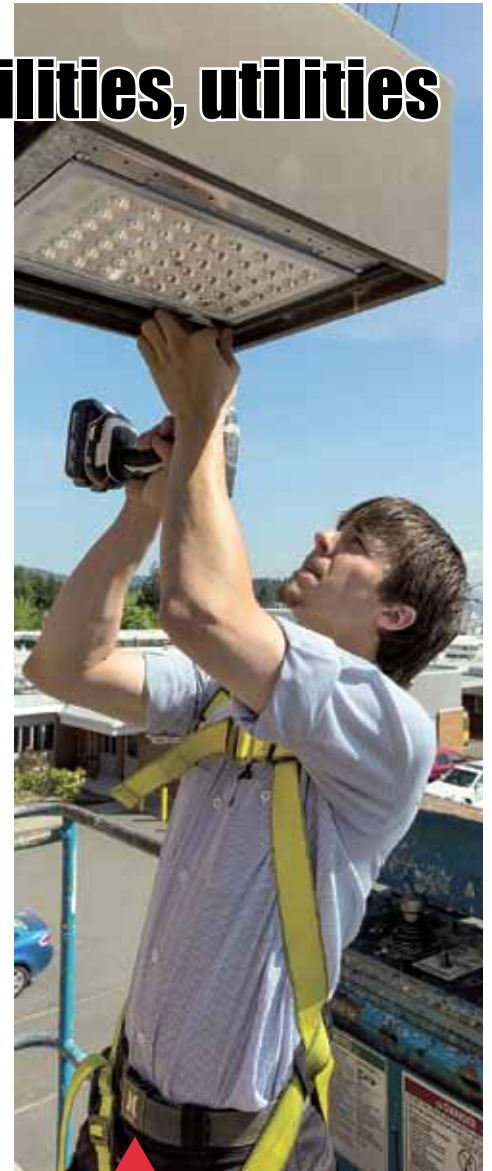
Support Department Spotlight is a feature presenting Island Hospital departments that typically operate behind the scenes providing services vital to the delivery of medical care for our community.



Mel Larsen checks fuel filters on the hospital's emergency generator.

"We're very proud of our Engineering Department for achieving such efficiency in energy use as well as qualifying for \$170,000 in grants toward lighting and heating projects," said Island Hospital Chief Financial Officer Elise Cutter. "Once completed, these initiatives will save thousands each year for the long term."

These projects include replacing all parking-lot and



Kody Anderson replaces bulb lighting with LEDs in the hospital parking lot.



The Engineering Department includes (from left) Kody Anderson, Randy Richards, Mike Young, Denise Richter, Monte Birkle, Rhonda McLaughlin, Mel Larsen and Tim Malsch. Richter transferred recently to the Island Hospital Quality Improvement Department, but has been key in attaining energy grants and continues to manage the hospital phone system.

In-home care *continued from Page 9*

recovery if it wasn't for Home Health services. I have graduated to a cane!"

By coordinating care at the time of discharge, Home Health can help ensure that patient needs are met in ways that keep them safe and more confident at home, while improving the likelihood they will adhere to lifestyle, behavioral, and medication recommendations. Home Health clinicians become the "touch point" for any questions or problems that arise between the time of discharge and the time when nurses or therapists visit a patient's home.

"I was never once made to feel incompetent or embarrassed. Everyone was on time, answered all my questions and were concerned regarding my progress."

IH Home Health works with patients, physicians and caregivers to promote recovery, coordinate care and prevent avoidable re-admissions through specific interventions such as:

- early engagement of patients, including a home visit within 24 to 48 hours following discharge and condition-specific instructions to family and other caregivers

- wound-care management
- home evaluation for safety and equipment needs
- careful medication management
- physician engagement with scheduling and reminders of physician visits early in the transition process.

Our country's healthcare system faces many challenges, but few are as pressing as an aging population with a greater chronic-disease burden than its predecessors and higher expectations of quality care. Home Health is a true patient-centered approach which recognizes that comprehensive transitional services can be a cost-effective option to providing quality healthcare close to home and in the home.

Home healthcare is a benefit covered by Medicare, Medicaid and most private insurance programs. IH Home Health is the only locally owned and operated Medicare Certified Home Health Agency in Skagit and San Juan County.

For more information on Home Health at Island Hospital, call (360) 299-1302.

UW Network *continued from Page 9*

will make the selection during annual enrollment for coverage starting Jan. 1, 2015.

The inclusion of Island Hospital allows access to any hospital services as well as affiliated primary-care and specialty clinics in Anacortes and on Lopez and Orcas islands.

"Our network is well positioned to provide seamless, integrated, high-quality care for patients," said Johnese Spisso, UW Medicine Chief Health System Officer. "Patients will have prompt access to comprehensive care. Our medical home model also helps us to efficiently and effectively manage patients who have chronic medical conditions."

The UW Medicine Accountable Care Network offers a comprehensive network of services for Boeing employees from Bellingham to Tacoma. In addition to the eight UW Medicine entities – Harborview Medical Center, Northwest Hospital & Medical Center, Valley Medical Center, UW Medical Center, UW Neighborhood Clinics, UW Physicians, UW School of Medicine and Airlift Northwest – the UW Medicine Accountable Care Network provides access to numerous member hospitals, clinics, physicians, and other services. Current UW Medicine Accountable Care Network members include Cascade Valley Hospital, Island Hospital, Overlake Medical Center, MultiCare Health System, PeaceHealth, Seattle Cancer Care Alliance, Seattle Children's, and Skagit Valley Hospital.

Early Detection Is Your Best Protection

**Have you had
your mammogram
this year?**

The American Cancer Society recommends that women age 40 and older should have an annual mammogram. Performing monthly breast self-examination and having regular clinical breast examinations is also an important part of your breast health!

Make Your Appointment Today!

360-299-1315



ISLAND HOSPITAL

1211 24th St., Anacortes • www.islandhospital.org



“EWWW!” Malea Pemberton (left) makes a face when she and cousin Harleigh Lehmann touch an unhealthy lung, damaged by years of smoking. They viewed the display at the Kids-R-Best Fest with another cousin Finley Pemberton, who is not shown.

Teaching children about dangers of tobacco

Merle Cancer Care Center (MCCC) staff recently participated in two local children’s events with interactive displays promoting healthy lifestyles. Presentations focused on the negative effects of tobacco use and other unhealthy lifestyles, showing how these behaviors can lead to cancer.

MCCC staff attended the Mount Erie Elementary School Field Day in June and the Anacortes Kids-R-Best Fest at Storvik Park in July, reaching more than 400 children. Both presentations featured a set of real pig lungs, one healthy lung (of a non smoker) and one diseased lung (of a smoker). The lungs were inflated and deflated to show the difference in appearance, air capacity and texture of the diseased compared to the healthy lung. The MCCC staff plan on participating in school events throughout the year.

If you are interested in a presentation on cancer prevention for children, please contact Kelsey Jenison at (360) 299-4200 or kjenison@islandhospital.org.

The Merle Cancer Care Center at Island Hospital offers comprehensive services accredited by the Commissioner on Cancer of the American College of Surgeons. For information call (360) 299-4200 or visit www.islandhospital.org.

myIslandHealth – your health- info connection

Island Hospital and IH clinic patients are now able to access their personal health information on home computers, laptops, tablets and hand-held devices. myIslandHealth is a secure online portal that allows patients to view their health record information, including:

- Recent visits
- Medications
- Allergies
- Immunizations
- Lab test results
- Billing activity.

In the future, myIslandHealth will expand to include functions to help expedite and improve care such as:

- Send non-urgent messages to your provider
- Renew prescriptions
- Request appointments
- Pay your bill.

Signing Up Is Easy!

Patients can register for myIslandHealth at the hospital or one of its clinics. Look for additional information about myIslandHealth at www.islandhospital.org. Call (360) 299-1300 or email portalsupport@islandhospital.org with any questions.



October 16, 10:16 a.m.

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