



Intelligent Medicine

Working together for a healthy tomorrow.



Greater Access for You

NEW PHYSICIAN CLINICS COMING IN WINDSOR AND WARSAW

Golden Valley Memorial Hospital is committed to providing exceptional health care services to our rural communities. As part of that commitment, we are constructing two new Physician Clinics offices; one in Warsaw and the other in Windsor. Ground was broken at both sites early this year.

"These new locations will allow us to enhance services now and plan for anticipated growth for many years to come," says Kyle Adkins, Physician Clinics administrator. "We're excited about this opportunity to provide greater access to physicians and services and fulfill a pressing need for these communities."

NEW SERVICES, MORE CONVENIENCE

The new 11,000-square-foot Warsaw office is located on Commercial Street just south of Wal-Mart. "Our two current family practitioners, one of whom also handles OB, and our nurse practitioner will move to the new location upon completion," Adkins says. "We also have a podiatrist, general surgeon and a cardiologist doing outreach in Warsaw, and they will have offices in the new building."

Even more exciting, the clinic in Warsaw will introduce new services, including:

- Physical therapy and occupational therapy.
- Mammography.

"We also plan to add another family practitioner within the year," Adkins says. "Having these services close to home will be a tremendous benefit to the residents of Warsaw," Adkins says.

In Windsor, the new 5,500-square-foot facility is located at the corner of Benton and Tebo streets. Physician clinic services will continue to be provided by a family practitioner and a nurse practitioner. "We already have rehab services in leased space in Windsor," Adkins says. "Now we will be able to pull them together with our other services in one convenient spot. We're also introducing radiology services. If one of our patients needs a chest X-ray, for example, he or she won't need to travel to Clinton or elsewhere. The convenience of having radiology services in town will be a tremendous benefit to the community."

Warsaw



Windsor



Artist's renderings of our new clinics.

The new Windsor office will also provide a greater range of lab procedures than is currently available. Finally, with additional room for providers, we will be able to keep the clinic open five days a week, rather than four.

BENEFITING THE COMMUNITIES WE SERVE

These new locations will allow us to continue providing high-quality and compassionate health care services to our growing rural communities. "In addition, we are providing additional opportunities for local employment with these expanded clinics," Adkins says. "With more convenience, accessibility and services – along with the capacity to expand services as these communities grow – the new clinics in Windsor and Warsaw are well-situated to provide for the health care needs of local residents."



A LOOK INSIDE DIAGNOSTIC IMAGING

Since the discovery of X-rays in 1895, medical professionals and patients have marveled at the technology that allows noninvasive views inside the body. During the past 100+ years, medical imaging has helped health care providers locate broken bones, pinpoint diseases, find out babies' genders, guide cancer treatments and more. Above all, diagnostic imaging aids in saving lives.

GVMH is proud to offer our patients the following diagnostic imaging services. Most exams are done on an outpatient basis and result in little or no discomfort. Your doctor can give you more details if you need to have an imaging exam, or you may contact our imaging department at **660-890-7145**.

Bone Densitometry – This exam, also called dual-energy X-ray absorptiometry (DXA or DEXA), uses X-rays to scan your bones as you lie on a table. It measures bone loss and risk for developing osteoporosis (brittle bones). The densitometry machine can calculate the density of bone and create a chart comparing your bone density to what it should be. These readings can help your doctor create a plan for preventing or treating osteoporosis. Talk to your physician about scheduling a bone density study at Golden Valley Medical in Clinton.

Computed Tomography (CT) – During a CT scan, you lie on a table inside a donut-shaped machine. An X-ray tube inside the machine rotates around your body and produces detailed images of your internal organs. CT scans create cross-sectional images like slices. Doctors use the scans to detect cancer and heart disease; diagnose muscle and bone disorders; detect internal injuries; and locate tumors, infections and blood clots.

Magnetic Resonance Imaging (MRI) – MRI uses a magnetic field and radio waves to create cross-sectional images of your head and body. MRI machines are large, cylindrical magnets. A computer processes your body's responses to the radio waves to generate an image. MRI is incredibly useful in producing high-resolution images of your brain, neck, spinal cord and soft tissues. The images are often used to diagnose central nervous system disorders, such as multiple sclerosis and brain tumors. MRI is also used to



Talk to your doctor about scheduling a mammogram at GVMH.

help identify disorders of blood vessels and inner ear tissue as well as the lungs, liver, pancreas, kidneys and spleen.

Mammography – This type of imaging is a low-dose X-ray system used for breast disease screening and diagnosis of early breast cancer. The images can show changes in a breast up to two years before a patient or physician can feel them. During an exam, the breast is compressed to get a quality X-ray picture.

Ultrasound – Although most people associate ultrasound with pregnancy and viewing a fetus, this type of examination can also be used to study the heart,

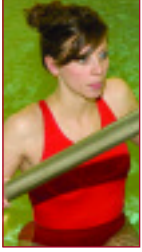
PACS: FASTER DIAGNOSIS THROUGH MORE ACCESSIBLE IMAGES

Managing medical images is easier than ever at GVMH, thanks to picture archiving and communication systems (PACS). With PACS, computers or networks are dedicated to the presentation, distribution, storage and retrieval of images. This means radiologists and other medical professionals no longer have to use hard-copy images such as film archives.

PACS gives practitioners easier access to X-rays, MRI and CT scans, and ultrasound and mammography images. Specialists at various locations can view the same information at the same time over a secure network, which can speed diagnoses and protect patients' privacy.

diagnose some forms of infection and cancer, guide biopsies and treatment of tumors, check the thyroid gland, diagnose gallbladder disease and reveal abnormalities in the scrotum and prostate in all ages. During an ultrasound exam, warm gel is applied to the skin and a hand-held device (a transducer) is pressed against the part of the body being examined. A computer composes images from the patterns created by sound waves.

X-ray – One of the oldest types of medical imaging, an X-ray examination uses electromagnetic radiation to create images of your bones, teeth and internal organs. X-rays are generally safe for people of all ages, but women who are pregnant should avoid them (high doses could be harmful to a fetus). X-rays offer medical professionals a quick and effective way to assess bone problems, joint infections, lung and heart diseases, abdominal pain, dental conditions and more.



Expanded Services at GVMH

PHYSICAL THERAPY FOR WOMEN'S HEALTH

When it comes to women's health, childbirth and breast cancer are issues that typically draw the most attention. However, there are other women's health issues that are equally important to address but tend to be silenced because we aren't comfortable discussing them.

Incontinence and pelvic pain are among these less-talked-about health issues, and that's why Golden Valley Memorial Hospital is taking steps to raise awareness and bring more treatment options to the women in our communities.

COORDINATED CARE

"We are responding to a growing need to provide more specific care to women in terms of pelvic pain and incontinence," says Craig Thompson, assistant administrator/professional services.

GVMH now offers expanded treatment options for women through physical therapy, and these services complement the treatment provided by specialty physicians. "We recently added an OB-GYN and urologist to our medical staff," Thompson continues, "and with the addition of these two physician specialties we can provide a broader range of services to patients."

Physical therapy for women's health is provided in coordination with other

treatments identified by the physician. The urologist or OB-GYN meets with the patient and may refer her to physical therapy, where the patient works one-on-one with a physical therapist. Some of the women's health issues that can be treated with physical therapy include:

- Urological syndromes (including incontinence)
- Chronic pelvic pain
- Pelvic muscle relaxation disorders
- Sacroiliac joint dysfunction

Learning more about these common – and treatable – conditions is essential in getting your questions answered on the road to treatment.

GAIN CONTROL

Rachel Boyles, physical therapist, is helping lead the effort to provide well-rounded women's health care at GVMH. "So many women are affected by incontinence, and they feel it's a part of life that's inevitable with pregnancies and

aging," Boyles says. "Our program is about helping women feel comfortable to go about their daily lives without feeling held back by incontinence and other health problems such as pelvic pain."

GVMH provides a supportive, comfortable environment for women – where female caregivers play an important role. "We realize that these are sensitive issues," Thompson explains, "and that's why the female members of our physical therapy staff are specially trained to work with patients needing women's health services."

CARE CLOSE TO HOME

You don't have to travel far to get unparalleled care for women's health. Help is available close to home – schedule an appointment with your doctor, or call **660-890-7190** to learn more about the physical therapy services offered through GVMH.

Nuclear Medicine and PET Scans

LIFE-SAVING IMAGING SERVICES AT GVMH

Whether it's scanning a cancer patient to track progress of the disease, a geriatric patient for neurological damage or a heart patient to determine blood flow, a PET scan can provide physicians with vital information that can help determine the best course of treatment. PET, or positron emission tomography, is a nuclear medicine imaging technique that can provide more detailed information than many other imaging procedures.

ADVANCED NUCLEAR MEDICINE

Golden Valley Memorial Hospital has offered nuclear medicine procedures such as PET for many years, staying current with the latest in medical technology. "PET is especially useful in diagnostics because it allows us to look not just at the structure of an organ, but also at its function," says Phil James, nuclear medicine/ultrasound director. "Unlike magnetic resonance imaging, ultrasound or computed tomography, a PET scan can show metabolic changes occurring in an organ or tissue *before* they start to change the structure of the organ. Finding changes at this very early level may result in more effective treatment and a better outcome for the patient."

PET scans are not indicated in all cases, however. Your physician will help determine what type of diagnostic procedure is most appropriate for you.

EXPERIENCE AND EXPERTISE

Golden Valley Memorial Hospital has one nonregistered technologist, two registered technologists and a board-certified nuclear medicine physician on staff. "We average about 250 nuclear medicine procedures a month," James says. "As far as nuclear medicine capabilities and experience, we are right up there with any of the big city hospitals."

"In the past, people had to travel considerable distances to larger cities to have these procedures performed," he adds. "With high-quality nuclear medicine right here at GVMH, we provide patients with more convenience and less stress. When you're facing serious illness, having the medical care you need close to home is a huge benefit."



LIFEFLIGHT EAGLE CAPITAL CAMPAIGN

GVMH Foundation's LifeFlight Eagle Capital Campaign is in full swing, with the dream of a LifeFlight Eagle base right on the Golden Valley Memorial Hospital campus moving closer to reality.

Thanks to generous contributors, the Foundation is making steady progress toward its Capital Campaign goal needed to finance the building of the base. "People recognize the value of having an air ambulance based right at GVMH," says CEO Randy Wertz, "and generous community support is important to our efforts to improve access to emergency air ambulance services. We are deeply appreciative of everyone who has contributed."

WHEN EVERY MINUTE COUNTS

Few people wake up in the morning thinking they'll need an air ambulance. But for the victim of a highway accident, a critically ill patient who needs to be transported to a specialty care center or a heart attack or stroke patient in a rural area, access to an air ambulance can suddenly mean the difference between life and death.

The closest LifeFlight Eagle base is currently located at the Harrisonville

Highway 7 Junction. With a base right on the GVMH campus, medical teams will be able to save time when it counts most. "In an emergency, every minute counts," says Wertz. "The new LifeFlight Eagle base will mean that patients can receive potentially life-saving care that much sooner."

JOIN THE CAMPAIGN

LifeFlight Eagle crews are among the most highly skilled EMS professionals in the nation, and each helicopter includes high-

tech equipment for providing in-flight care. "If you're looking for a powerful way to touch lives," says Wertz, "I'd encourage you to contribute to the LifeFlight Eagle Capital Campaign. Your gift could end up saving your own life or that of a loved one, and it will save countless other lives over the decades to come."

To learn more about the LifeFlight Eagle Capital Campaign, please call Karen Bullock, director of the GVMH Foundation, at **660-890-7108**.



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