



Intelligent Medicine

Working together for a healthy tomorrow.



GVMH INTRODUCES DIGITAL MAMMOGRAPHY

There's a new weapon in the fight against breast cancer at Golden Valley Memorial Hospital: digital mammography. "We're happy to be able to offer the most up-to-date technology to women in the area," states Douglas Walrath, director of radiology. "They'll enjoy peace of mind knowing we're using the most advanced mammography techniques available to help detect breast cancer early."

Traditional mammograms involve an image on a film that must be processed, stored and hand-delivered to any physician or radiologist who needs to see it. Digital mammography replaces all that with a digital image that is stored in the hospital's picture archiving and communication system (PACS). The PACS allows the mammogram to be viewed instantly from any workstation connected to the secure system.

BETTER CARE WITH HIGH-TECH TOOLS

"Patients may find that digital mammography is a little quicker," Walrath states. "The image appears on a monitor and is approved by the technologist as it is created, so there's no waiting for film to be processed.

"But the real benefit of digital mammography comes from better quality images and the variety of tools available to the radiologist reading the mammogram," Walrath explains. "We have many ways to manipulate the image – we can zoom in, magnify, or change the contrast of the image. All of this will help to improve findings for early detection of breast cancer."

GVMH uses computer-aided detection (CAD) with film mammography, and will continue to employ this "second set of eyes" with digital mammograms. CAD scans and analyzes the image and flags any areas with abnormalities that the radiologist may want to take a closer look at.

A PERSONAL TOUCH

The caring, dedicated professionals at Golden Valley Memorial Hospital are committed to combining sophisticated technology with personalized care for the best possible results. With that in mind, the mammography area has undergone some renovations.

"We remodeled the room to create a more pleasant experience for women getting mammograms,"

Walrath says. "The comfortable new suite is a very positive improvement for our patients."

No doctor's referral is required for a screening mammogram, and digital mammography is now available at Golden Valley Memorial Hospital and will be available soon at our brand-new physician clinic in Warsaw. For an appointment, call **660-890-7145**.

Beating Breast Cancer REGULAR SCREENING IS VITAL

Getting routine mammograms could save your life! According to the American Cancer Society, deaths from breast cancer are reduced 63% when women are screened regularly with mammograms. That's because mammograms help to find breast cancer early, when it is most treatable.

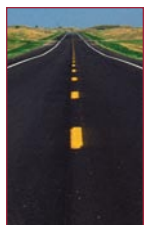
The American Cancer Society recommends that women at average risk for breast cancer have a mammogram and a clinical breast exam every year starting at age 40. Women in their 20s and 30s should receive a clinical breast exam at least every three years.

For an appointment, call 660-890-7145.

DIGITAL MAMMOGRAPHY SUITE OPEN HOUSE

Join us Thursday, Oct. 4, 3-6 p.m. to see our new suite. Refreshments will be served.

See page 4 for the new clinic open house events.



CLAY RADFORD – A WALKING SUCCESS STORY

At just 20 years old, Clay Radford has faced more challenges than most people face in a lifetime. His promising career as an assistant program director for a local radio station almost ended this year, after a tragic car accident. Few people expected him to live, but today his outlook is bright.

RECALLING THE CRASH

“The accident was on March 24, 2007,” Clay recalls. “Our vehicle lost control and went sideways into oncoming traffic. We were hit broadside on the passenger side. I was in the back seat, behind the driver, and I’m the only one in our vehicle who survived.”

Clay suffered multiple pelvic fractures, a shattered right elbow, broken ribs and sternum, a broken right ankle and a punctured lung. He also had some metal embedded in the back of his head, which was removed at the scene.

“Emergency services transported me to Truman Medical in Kansas City, where they did the trauma work,” he says. “I was in a drug-induced coma for several days and heavily medicated after that, so I don’t remember much during that time.”

COMING HOME FOR THERAPY

After about three-and-a-half weeks, Clay was transferred to Golden Valley Memorial Hospital.

“At GVMH, I started inpatient therapy. Just getting from the bed to the wheelchair was a challenge. I’d have physical and occupational therapy every morning. While I was in the coma, my right leg was turned at an odd angle, so the muscles tightened up and my leg is bent. The physical therapists concentrated on correcting that, and we’re still working on it. We’d also work on my balance. In occupational therapy, they concentrated on my right elbow, working on flexion and extension.”

Clay spent about six weeks in the hospital, with daily physical and occupational therapy. He was still wheelchair-bound when he went home, with a metal brace holding his pelvis in place.

“I continued with outpatient therapy about three days a week,” he says. “I had aquatic therapy once, and it was great. They eased me into the pool and the buoyancy of the water helped me walk,” he says. “The warm water also relaxed my muscles, so I was able to extend more than usual.” A bladder complication put an end to pool therapy, but Clay continues with the rest of his physical and occupational therapy.

“I don’t remember the exact date, but once I could bear weight, I stood up and started walking the next night. It was a great feeling,” he says.

“Once I got back on my feet, we started different therapies, like walking backward on the treadmill and climbing on a stair-stepper. I’m also riding a bicycle and using different strategies like working with elastics attached to the wall to strengthen my arms and legs.”



Radford with Rachel Boyles, Registered Physical Therapist.



Clay Radford receives therapy in the hospital’s Inpatient Rehab Facility, with therapist Angie Crook, COTA/L.

KEEPING LIFE IN PERSPECTIVE

Clay’s doctors have suggested that he’ll need therapy for at least three to four more months. His positive outlook and can-do spirit are sure to see him through.

“I really enjoy going to therapy,” he says. “My experience at GVMH has been wonderful. I can’t say enough about the therapists there. Every single one of those fine therapists knows what they’re doing. They’re so nice and supportive, but they also push you when you need it. It’s just a great atmosphere.

“I’m very grateful,” he adds. “With the help of the therapists at GVMH, I’m back on my feet.”



HOME SERVICES FOR YOUR HEALTH AND WELL-BEING

Through its Home Services Department, Golden Valley Memorial Hospital offers three programs to provide you with the comprehensive care you need at home: Home Health, Home Care and Custom Care. “We offer assistance during recovery from an illness, surgery, injury or long-term medical problem in the privacy, comfort and security of home,” says Marlene Miller, Home Services Director.

After a physician referral for home services and a consultation with you and your physician, a nurse or therapist develops a plan of home care. Home Health services include but are not limited to:

- Skilled nursing, including IV therapy, wound therapy, teaching and assessment.
- Physical therapy including hip or knee replacement rehabilitation and stroke rehabilitation.
- Occupational therapy after an injury or illness.
- Stroke therapy for stroke recovery and swallowing difficulties.
- Therapy for arthritis and other pain.
- A social worker available to talk with patients and their families over the phone or in the home.
- Aid with personal services such as bathing and exercises.
- Teaching programs for management of diabetes, chronic lung disease, congestive heart failure as well as fall prevention.

“We are concerned with our patients’ overall health and well-being, and we take extra steps to make sure every need is met,” Miller says. GVMH’s Home Health has registered dietitians and pharmacists for staff consultation. In addition, therapists are skilled in evaluating the home environment.

“Developing a care plan for home health is more than just evaluating the medical issues,” Miller explains. “It means looking at the home and assessing social and environmental issues, too. We have to include the dog, the cat and the rugs that are tripping hazards – we even test smoke alarms. Preventing a life-threatening fall or other injury is a high priority.”

HOME CARE

Home Care provides in-home services for clients who need help with chores around the house and personal care. Services provided include nursing visits; medication program setup; bathing and personal hygiene, such as nail care; housekeeping, laundry and meal preparation; errands/shopping; and respite care (staying with a client for 4 to 6 hours).

CUSTOM CARE

Custom Care is designed to offer flexible scheduling and personalized care. “With Custom Care, an RN or certified nurse assistant comes in to take care of any health need or assistance that can be provided in the home and is not covered by your regular insurance coverage,” Miller says.

Custom care is usually paid for by the patient or his or her family. “This is a great program to assist family members caring for their loved ones even when they do not live close by,” Miller says. “We can send a nurse on a regular basis, or at your request.”

AT HOME WITH GVMH

“Home Services don’t take the place of a physician, but we can be the eyes and ears of a physician and help patients and clients get the care they need,” Miller says.

For more information about Home Health, Home Care or Custom Care, call **660-885-5088** or visit www.gvmh.org.

OUTSTANDING REHAB SERVICES IN YOUR BACKYARD

When you need rehabilitation services, the last thing you want is to add traveling out of your way to obtain them. Fortunately, Golden Valley Memorial Hospital offers a broad range of first-rate rehab services.

“We’re unique in that our highly qualified rehab staff has the same credentials you’d see at any big-city or specialty hospital,” says Craig Thompson, assistant administrator, Professional Services. “We even have board-certified specialists on staff.”

GVMH offers extensive inpatient therapy as well as outpatient services for everyone from infants to seniors, including:

- Physical therapy
- Occupational therapy
- Speech therapy
- Aquatic therapy
- Women’s pain and incontinence treatment services
- Business services, including worksite assessments and screenings
- Sports-related injuries

“Not only do we provide professional and effective therapies, we have a personal connection that you may not get elsewhere,” Thompson says. “Our patients are also our neighbors and friends. We may run into them at the grocery store or on the street. That warm, caring connection can make a big difference in outcome.”

To learn more about rehabilitation services at GVMH, please visit www.gvmh.org or call **660-890-7190**.



New Facilities

JOIN US FOR OUR OPEN HOUSE EVENTS

Our brand-new physician clinic in Windsor, Golden Valley Medical-Windsor, is now open. The clinic was formerly called Family Care Clinic. Please join us on **Sunday, Oct. 7, 1-4 p.m. for an Open House**. Tours will be provided during the open house and refreshments will be served. A Dedication Ceremony and Ribbon Cutting will be held at 2 p.m.

The new physician clinic in Warsaw, Golden Valley Medical-Warsaw, will open in November. This clinic will replace our current facility, Warsaw Family Clinic. We will celebrate the opening of the new clinic with an **Open House on Sunday, Dec. 2, 1-4 p.m.** Tours will be provided during the open house, and the staff will serve refreshments. We will also have a special Dedication Ceremony and Ribbon Cutting at 2 p.m.



LIFEFLIGHT EAGLE OPEN HOUSE

To celebrate the opening of the new LifeFlight Eagle base in Clinton, LifeFlight Eagle is hosting an **Open House** event at the new base hangar on **Saturday, Oct. 20, 10:30 a.m.-2:30 p.m.** The community will have the opportunity to tour the new base and helicopter, enjoy a picnic style lunch and share in the gratitude we have for our donors.

Already, LifeFlight Eagle has transported 80 patients from Henry County since its arrival in June. The GVMH Foundation is still receiving gifts toward the LifeFlight Eagle Building. If you want to be a donor, please call 660-890-7108.

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