



WASHINGTON
COUNTY HOSPITAL
AND CLINICS

VITAL *signs*

Quarterly Newsletter to WCHC Friends

Summer 2009

Digital Mammography at WCHC

Washington County Hospital Foundation and the Washington County Riverboat Foundation help make Digital Mammography a reality at WCHC.

A New Ally in the Fight Against Breast Cancer

Breast cancer will affect an average of one in eight

part in the early detection of breast cancer because they can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt. The use of mammography has greatly enhanced the ability to detect breast cancers at earlier stages. Now, a new technology called full field digital mammography

resolution computer monitor, and transmitted and stored just like computer files.

From a patient's point of view, having a digital mammogram is very much like having a conventional screen-film mammogram. Both film-based and digital mammography use compression and x-rays to create clear images of the inside of the breast. During all mammography exams, the technologist positions the patient to image the breast from different angles and compresses the breast with a paddle to obtain optimal image quality.

Unlike film-based mammography, digital mammograms produce images that appear on the technologist's monitor in a matter of seconds. There is no waiting for film to develop, which can mean a shorter time spent in the breast imaging suite.

(continued on page 3)

Open House

Thursday, October 1st from 5-7 pm
in the Radiology Department at WCHC

Refreshments • Drawings & Give-Aways

women sometime in their lifetime. It is the second most common cause of cancer related deaths in women. Numerous studies prove that early detection is a vital component in the successful treatment of breast cancer.

Mammograms play a central

shows great promise in the fight against breast cancer.

What is Full Field Digital Mammography?

Digital mammography uses computers and specially designed digital detectors to produce an image that can be displayed on a high-

Seniorfest2009

Community-wide health fair for seniors,
and those caring for seniors

Saturday, October 17 8:30-11:30 am

Washington County Hospital and Clinics

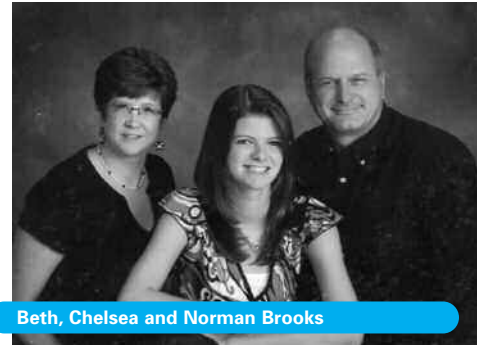
Please see page 4 for more information

“Know what the signs are and don’t ignore them”

February started out as just another month for Norman Brooks. After his normal routine teaching band at M-P Elementary school, he went to lift weights. Norman had always been an active person who exercised, lifted weights and tried to take care of himself. During a routine workout he noticed that his chest felt a little tight, but did not think too much of it as he had just started a new routine. A week later, he was back lifting weights when the pain intensified and he had trouble breathing. He decided to drive himself to Washington County Hospital and Clinics and told his daughter, Chelsea, to come there to pick him up. He walked in the main entrance and told them he was having chest pains and to page Dr. Plattenberger, his family doctor. Within minutes Norman had gone into cardiac arrest in the lobby area. The ER staff responded by beginning chest compressions and shocking his heart. After stabilizing

him, they transferred him to Mercy Hospital. Norman said, “I remember seeing lights in the ambulance and hearing Dr. Plattenberger’s voice. She was holding the back of my head and talking to me. I was in and out during the ride to Mercy, but I knew I was having a heart attack.” When he arrived at Mercy he was taken to the Heart Cath Lab where they ran several tests to find the blockage and later had a stint put in. “As I look back on it now, I am very lucky that I did not go into arrest while driving to the hospital. If the hospital was not here in Washington, I don’t know what I would have done. I was in the right place at the right time. The staff at WCHC saved my life.”

Norman did his cardiac rehab at WCHC. His rehab consisted of individualized sessions including an exercise program, discussions of risk factor modifications, a medical plan of care, medication questions and life style adjustments. They also perform diagnostic testing ordered by WCHC



Beth, Chelsea and Norman Brooks

physicians and Cardiac Specialists. Norman, a regular weightlifter, remembers having a hard time lifting a one pound weight during his first sessions. Shelly Bontrager, ER and Cardiac Rehab Nurse, worked with Norman and explained why his body might respond differently because of the aftermath of the heart attack. “I really enjoyed having Shelly as my rehab nurse. I knew her personally as a parent from having her kids in band, but as a nurse she was great. It was hard for me at first to understand why my body was not as strong as I thought it should be. Shelly listened, helped me to understand, and motivated me to keep working hard.” After two weeks Norman was able to graduate from Rehab and pass his stress test.

Norman has a family history of heart disease. He knew that a heart attack could happen to him but ignored the signs when he was having one. Norman just celebrated his six month anniversary since having his heart attack. He continues to lift weights but also tries to work out on his elliptical machine everyday. “The biggest thing that I would like to tell people is to know the symptoms and signs of a heart attack, and if you feel any of them, do not ignore them. Call 911 and get help right away. Do not drive yourself to the Emergency Room. Looking back, I am very lucky that I did not have my heart attack while driving. My outcome could have been very different.”

Heart Attack Symptoms and Warning Signs

If you think you're having a heart attack, call 9-1-1 or your emergency medical system immediately.

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Below are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you or someone you’re with has chest discomfort, especially with one or more of the other signs, don’t wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1... Get to a hospital right away.

* American Heart Association

Digital Mammography

(continued from front page)

The Benefits of Digital Mammography

Unlike other parts of the body, the breast is composed mainly of soft tissue. When breast tissue is x-rayed, it creates an image that looks something like a smoky haze, making it difficult to see tiny "spots," called microcalcifications, and other subtle signs of early cancer.

With digital mammography, the radiologist reviews electronic images of the breast, using special high-resolution monitors. The physician can adjust the brightness, change contrast, and zoom in for close ups of specific areas of interest. Being able to manipulate images is one of the main benefits of digital technology.

Another convenience of digital mammography over film-based systems is it can greatly reduce the need for retakes due to over or under exposure. This potentially saves additional time and reduces your exposure to x-rays.

Breast Cancer Facts*

- Breast Cancer, when detected early, can be cured
- 5-year survival rate for localized breast cancer is 97%
- 12-year survival rate is 95% for cancers detected when less than 1 cm in size
- The American Cancer Society spends nearly \$100 million a year to research a cure for breast cancer
- Over 2 million breast cancer survivors are alive in the United States today
- A woman's chance of developing breast cancer in her lifetime is 1 in 8
- Breast cancer is the most common cancer in women, aside from skin cancer
- Only lung cancer causes more cancer deaths in women
- Each year about 240,000 new cases of breast cancer are diagnosed (1 in every 2.5 minutes)
- Nearly 40,000 women die from breast cancer each year (1 in every 13 minutes)
- About 2,000 male breast cancer cases are diagnosed each year, and 450 men will die from the disease

Mammography Facts*

- Mammography screening is the best way to detect breast cancer in its earlier stages and saves lives
- Screening mammography reduces breast cancer mortality 25-30% for women ages 50-70 and 18% for women ages 40-50
- Early detection gives women new options for breast-conserving therapy
- 4 out of every 10 women don't get annual mammograms

*2007-2008 Cancer Facts and Figures, American Cancer Society, USA

Because they are electronic, digital mammography images can be transmitted quickly across a network. Digital images can also be easily stored, copied without any loss of information, and transmitted and received in a more streamlined manner, eliminating dependence on only one set of "original" films.

The public is invited to attend an open house to learn more about this new service on Thursday, October 1st from 5-7 pm in the Radiology Department at WCHC. There will be refreshments, drawings and give-aways. For additional information, please contact the Radiology Department at 319-863-3964.

WCHC Staff prepares for H1N1

Washington County Hospital and Clinics is boosting their supplies and putting plans in place in case of an increase in H1N1 this flu season. At WCHC Lorraine Hardt, Infection Control and Employee Health Nurse, is helping to prepare for the onset of flu season. "It's pretty interesting to try to plan for something when you're not sure what's going to happen with it," said Hardt. "However it is something we want to take very seriously and try to be prepared for." "We're taking a look at our medication stock and our personal protection stock. We're educating staff," she said.

At the hospital patients or visitors with respiratory symptoms are asked to sanitize their hands and put on a mask when entering the building to help stop the spread of germs. At each hospital entrance, kiosks are filled with hand sanitizers, masks, tissues and educational information.

The hospital is also making preparations for the potential need of extra patient care space.

A large emphasis is being placed on keeping the staff healthy. The hospital is boosting their supply of medical gloves and masks for staff. They have also placed a big emphasis to the staff and volunteers on the importance of getting their flu shots and stressing the importance to stay home if they are ill.

"People shouldn't panic," said Hardt. "If they're having the symptoms of routine flu, treat it as the flu. It's when people start having respiratory difficulties and are dwindling or not getting better, that's when they need to seek medical treatment," said Hardt.

Doctors also advise to keep washing your hands to stay healthy. Cough or sneeze into your sleeve.

Washington County Hospital and Clinics to host Community Wide Senior Health Fair Seniorfest 2009 to be held October 17th

Washington County Hospital and Clinics along with many community organizations and businesses have collaborated to plan the first community-wide Senior Health Fair.

Seniorfest 2009 will be held on Saturday, October 17th from 8:30 am to 11:30 am at Washington County Hospital and Clinics. The health fair is targeted to seniors, and those caring for seniors, and will feature health screenings, flu shots, speakers, vendor booths, food, entertainment and much more. There is no cost to attend or participate. Planners do ask all booths relate to health and wellness for seniors.

This fun event is designed to inform residents of the Washington area about the numerous resources available to them in the community. The committee is also asking for financial support to help defray the costs of the event. Any business or organization that wants to take advantage of this opportunity to showcase your business or service is encouraged to have a free booth! If you are interested in



having a booth, or making a financial contribution to help defray costs, contact the Marketing Department at Washington County Hospital and Clinics at 863-3920. In addition, anyone interested in learning more about the event, or joining in the planning, should also call the number listed above.

Please plan to attend this fun and informative event!

Foundation *wch*



On June 12th, the sixth annual WCH Foundation Care for Our Kids Golf Classic was held at a new venue, Riverside Casino and Golf Resort. Over twenty Iowa pros played with teams of four. Over \$21,000 was raised to reach our goal. Funds raised go to support local kids on the hawk-I insurance program and to purchase needed equipment for the hospital relating to kids. These funds are slated to be used to help fund a state-of-the-art infant monitoring system for the Family Birthing Center at WCHC. Thank you to the generous sponsors that made it possible.

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Porkfest 2009

Thank you to the following Corporate Sponsors who made Porkfest 2009 a success. Porkfest was held on Monday, August 24th and funds raised from this fundraising dinner will go to the Foundation's General Fund which will purchase needed equipment at WCHC.

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News *briefs*



Pat Huber, Clinical Nurse Manager of the Inpatient Unit and Operating Room, has joined Washington County Hospital and Clinics. Pat received her BSN from Iowa Wesleyan College and completed her MSN in Nursing Administration from the University

of Iowa College of Nursing. Before coming to WCHC, Pat worked at the VA Medical Center in Iowa City for the past 27 years, 11 1/2 of those years as the Nurse Manager of the Operating Room. Pat and her husband Jay have four children and live on a farm near Wellman. WCHC welcomes Pat.



Steve Sanders recently joined the hospital's staff as Chief Financial Officer. Steve graduated with a BBA in Accounting from the University of Wisconsin and later received a Masters in Business Administration from the University of North Carolina. He has over twenty

years of experience as a Chief Financial Officer and Vice President of Finance. His most recent position was Vice President of Finance/Chief Financial Officer at Premier Health Partners, Fidelity Health Care in Dayton, Ohio. Steve and his wife, Patti, have a son Jonathan. WCHC is happy to welcome Steve.

WCHC Gift Shop Holiday Open House

Week of November 2nd-6th from 9am-5pm

Open Saturdays from 10am-2pm beginning November 7th through Christmas