

LivingWell

A GUIDE TO BEING HEALTHY IN PARK COUNTY

FALL 2012

A P U B L I C A T I O N O F L I V I N G S T O N H E A L T H C A R E





Letter from Bren Lowe, CEO

This is my first *Living Well* as CEO of Livingston HealthCare. I have spent the last month getting to know the organization, staff, providers, and community. Even though I have not had the opportunity to meet everyone, I have been impressed by the Livingston HealthCare team's commitment to provide the highest quality of healthcare to every patient, every time. Livingston HealthCare's promise to you is just that: to serve you through quality healthcare. Every decision that we make is about keeping that promise to you.

The past several months, we have been busy listening to your feedback through written surveys and focus groups in order to plan community healthcare services and programs for the future. This feedback is currently being compiled and will be available towards the end of November. We look forward to sharing the results of the report with you. Thank you to everyone who provided their feedback to us in written or verbal form.

In this quarter's *Living Well*, you will find tips, education, and resources to assist you in maintaining healthy lung function. In addition, you are invited to attend the annual Livingston HealthCare Fall Health Festival on November 10, featuring the MEGA Lungs, a 12-foot high walk through exhibit of the human lungs. Join us for breakfast, health screenings, and a day of healthy fun from 7:00 am – 12:00 pm at the Park County Fairgrounds.

This is an exciting time for Livingston HealthCare and one of great change. I look forward to working with you to continue to build the local healthcare system that this community needs and deserves.

Best regards,

Leading the Way

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Livingston HealthCare
the heart of community care

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New Nuclear Medicine Camera is a Perfect Fit

Healthcare technology is an important part of healthcare today. Livingston HealthCare has recently installed a state-of-the-art nuclear medicine camera that is used for tests like bone or lung scans, cardiac stress tests, or testing thyroid function.

The new technology features enhanced image quality, which can provide earlier and more accurate diagnoses. “The contrast and resolution of the images is better,” explains Josh Penner, Livingston HealthCare’s Nuclear Medicine Technologist. “The image processing is also faster, which means we can submit the images sooner and get results to the referring physician faster.”

The new equipment is also more comfortable for patients. “The system knows where the patient is and automatically positions the camera so I get the best image as quickly as possible,” says Josh. In addition, it is easier for patients with limited mobility, or those coming from the ICU and emergency department. The table can be tilted away so patients can stay on the bed they are in, eliminating the need to move a critically ill or injured patient.

“Imaging technology is always advancing,” adds Laura Caes, Imaging Services Manager at Livingston HealthCare. “We are excited to offer our patients this new technology as a part of our commitment to providing quality care.”

Living Well is published quarterly by Livingston HealthCare, which is a not for profit healthcare organization providing services to the residents of Park County and surrounding communities. Included in those services are a 25-bed critical access hospital, 24-hour emergency department, a multi-specialty physician practice, and home-based services including home care, and hospice care. For more information about Livingston HealthCare, visit www.livingstonhealthcare.org.

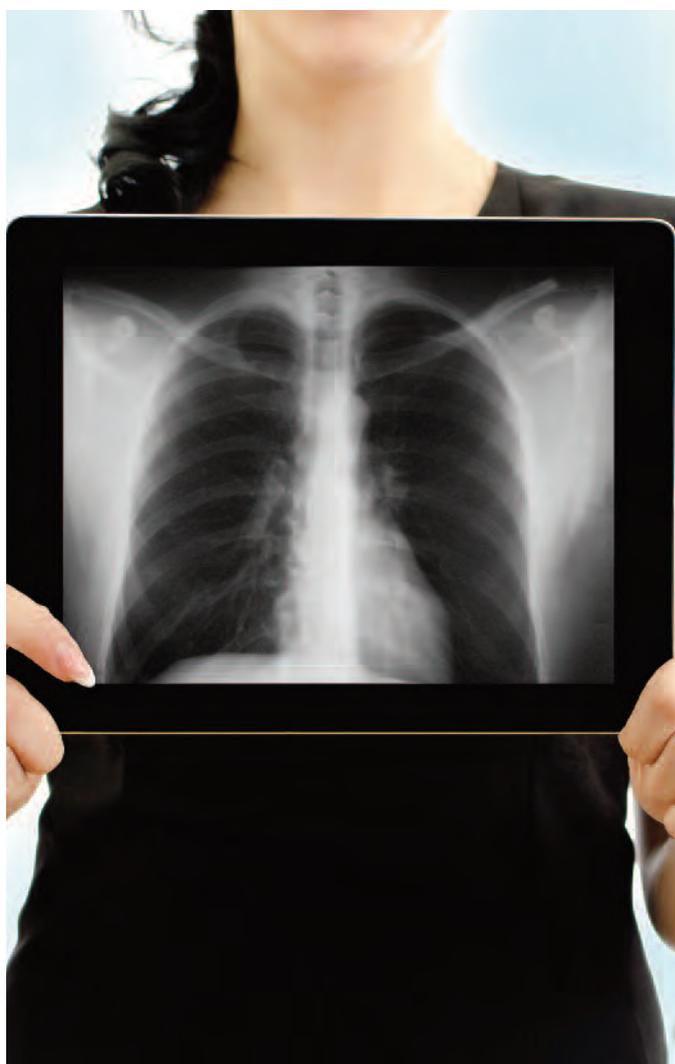
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Your comments are welcome. Contact:
 Livingston HealthCare Marketing Department
 504 South 13th Street
 Livingston, MT 59047
 406-823-6710
marketing@livingstonhealthcare.org

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Get Your Flu Shot!

Flu shots are now available at Livingston HealthCare by appointment for \$20. To schedule an appointment, call 222-0800. You can also get a flu shot at the Fall Health Festival on November 10, 7:00 am – 12:00 pm at the Park County Fairgrounds or at the following locations: Community Health Partners, Mammoth Clinic, Osco Pharmacy (Albertson’s), Park County Health Nurse, Shields Valley Health Center, Shopko Pharmacy, and Western Drug Pharmacy.



Symptoms of lung cancer may include:

- Persistent cough, or coughing up blood or rusty-colored phlegm
- A new or different cough if you are a smoker
- Chest pain
- Fatigue
- Weight loss
- New wheezing or shortness of breath
- Recurrent or hard-to-shake respiratory infections
- Unexplained deep aches or pains

What You Need to Know about Lung Cancer

Lung cancer is the leading cause of cancer deaths in the United States for both men and women. It is also one of the most preventable types of cancer, since four out of five cases are attributed to tobacco use. While genetics may play a role in increasing risk, the fact is that not smoking is the best prevention, and if you smoke, quitting is the first step in reducing your risk.

There are two primary types of lung cancer. Each type has different characteristics, develops at a different rate, and may be treated differently. The challenging aspect of lung cancer is that there are few, if any, symptoms in early stages. One quarter of people don't have any symptoms when they are diagnosed. For many, the symptoms we associate with lung cancer don't show up until it is very advanced. For this reason, you should see your healthcare provider at the first sign that something may be wrong (see sidebar).

When you see your healthcare provider, there are several things he or she may do to evaluate these symptoms. A physical exam can reveal swollen lymph nodes, abnormal sounds in the chest, weak breathing, and other possible signs of lung cancer. If your healthcare provider believes that further testing is warranted, he or she may order blood tests, x-rays, a CT scan, or a PET scan. Sometimes these tests indicate the need for a biopsy. Your healthcare provider may also refer you to an oncologist (a doctor specializing in diagnosing and treating cancer) or a pulmonologist (a doctor specializing in lung diseases).

All cancers are complex and may be treated in a variety of ways. When someone is diagnosed with lung cancer, the treatment can vary widely depending on the specifics of the disease and how much it may have spread. The oncologist will work with the patient to make decisions about the best approach to treatment. For more resources to help understand the risks, diagnosis, and treatment, see Lung Cancer Resources below.

The lack of symptoms makes lung cancer a silent killer. For smokers and those who are or have been exposed to high levels of asbestos, radon, or other inhaled chemicals, being vigilant is important. If you have any signs or symptoms, see your healthcare provider right away. And remember that the best defense against lung cancer is not smoking.

Lung Cancer Resources

American Cancer Society: www.cancer.org

Lung Cancer Alliance: www.lungcanceralliance.org

National Cancer Institute: www.cancer.gov

Cancer Care Lung Cancer site: www.lungcancer.org

Common Questions about Lung Cancer Risk

Douglas Wadle, MD, an internist at Livingston HealthCare, answers some common questions about lung cancer in the following interview.

Q. If I've been smoking for a long time, isn't the damage already done?

A. It's never too late to quit smoking. The benefits of quitting are immediate, and after ten years, lung cancer risk is cut in half.

Q. What about cigars and pipes? Do they have a lower risk of lung cancer?

A. No, they also cause lung cancer, as well as mouth, throat, and esophageal cancers. Cigar smoking also causes heart disease and other health problems. Cigars and pipes are no different than smoking cigarettes.

Q. Do antioxidants help prevent lung cancer?

A. A diet rich in antioxidants from food has been shown to reduce the risk of many types of cancer, including lung cancer. However, some studies have shown that antioxidant supplements, such as beta carotene, may actually increase lung cancer risk. Talk to your doctor about any supplements you are considering.

Q. Are low tar or "light" cigarettes less likely to cause cancer?

A. There is no difference between these and other cigarettes. They carry the same risks.

Q. Will exercise reduce my risk of lung cancer?

A. Yes. Studies have shown that regular exercise can reduce your risk of lung cancer by as much as 20%. It also reduces the risk of heart disease and stroke.

Q. Does air pollution cause lung cancer?

A. About 5% of cases are thought to be due to air pollution, but smoking is still by far the number one cause of lung cancer.

Q. If you don't smoke, then you won't get lung cancer, right?

A. There are other causes of lung cancer that result in about 15% of cases each year. High exposure to asbestos or radon can cause lung cancer. In addition, about 3,000 people die each year from lung cancer attributed to second-hand smoke. Exposure to second-hand smoke increases your risk significantly.

Q. Is there a screening test for lung cancer?

A. Unfortunately, no screening test for lung cancer has been developed yet. Performing screening X-rays or CT scans has not been shown to improve survival, and may increase risk of unnecessary biopsies. Unlike a mammogram or a colonoscopy, we do not have a more definitive test at this time for lung cancer.

Q. Can the symptoms of lung cancer be symptoms of other conditions as well?

A. Yes. The symptoms of lung cancer are similar to the symptoms for several other conditions. If you experience chest pain, persistent cough, coughing up blood or red-colored mucus, unexplained weight loss or fatigue, or other symptoms, you should contact your healthcare provider right away.

Ready to Quit?

Have you been thinking about quitting the use of tobacco? While tobacco use increases your risk for many illnesses, it is challenging to quit on your own. The Montana Quit Line can help and so can your physician. Call 1-800-QUIT-NOW or make an appointment with your doctor to talk about your options. For more information, visit www.livingstonhealthcare.org.



Grain and Vegetable Casserole

Ingredients:

2 carrots, thinly sliced
 1 can (14.5 oz) diced or stewed tomatoes, undrained
 1 cup fresh mushrooms, sliced
 1 can (15 oz) black beans, drained, rinsed
 1 cup frozen whole kernel corn
 1/2 cup vegetable broth
 1/2 cup uncooked pearl barley
 1/2 cup finely chopped onion
 1/3 cup chopped fresh parsley
 1/4 cup uncooked bulgur
 1 clove garlic, finely chopped
 1 teaspoon Italian seasoning
 1/4 teaspoon salt
 1/4 teaspoon pepper
 Shredded Cheddar cheese, optional
 Sliced green onions, optional

Directions:

Heat oven to 350°F. Mix all ingredients except cheese and green onions and pour into an ungreased 2-quart casserole or baking dish. Cover with foil and bake 30 minutes. Stir. Cover and bake 30 minutes longer or until barley and bulgur are tender and liquid is absorbed. Serve. Sprinkle with cheese and green onions.

Nutrition Facts

Number of Servings: 4
 Serving Size: 1 1/2 cups

Amount Per Serving

Calories 360

		% Daily Value
Total Fat	1 1/2 g	0%
Cholesterol	0 g	0%
Sodium	600 mg	25%
Carbohydrate	71 g	24%
Protein	14 g	28%

Yes, you can Boost Your Immune System

By Jessica Williams, MS, RD, LN

You can absolutely boost your immune system with diet, exercise, and stress reduction. And now is a good time to start the ball rolling as we approach cold and flu season.

Eating a nutrient-dense diet is one of the most important things you can do to help strengthen your immune function. That means eating foods packed with vitamins, minerals, and antioxidants. You can find these in whole grains, fruits, and vegetables. The fresher and more colorful, the better!

Antioxidants in particular provide a lot of immune system support. They help protect the body from harmful free radicals, which are compounds that can cause damage to healthy cells, impairing the immune system and leading to infections and chronic disease. Antioxidants are found in abundance in brightly colored foods (i.e., yellow, red, purple, and blue), and it's better to get them from foods rather than supplements. The most common antioxidants are:

- Vitamin A and carotenoids in carrots, broccoli, squash, kale, collard greens, peaches, and apricots
- Vitamin C in citrus fruits, green peppers, strawberries, and tomatoes
- Vitamin E from nuts and seeds, whole grains, green leafy vegetables, and vegetable oils
- Selenium found in fish and shellfish, red meat, grains, eggs, chicken, and garlic

In addition to getting your antioxidants, make sure that you are drinking plenty of fluids. Staying hydrated is another way to help keep your immune system at peak performance. Water is essential for carrying waste out of the body. It is the primary transporter for nutrients, and it is necessary for all other functions of the body. Aim for at least eight 8-ounce glasses of water a day.

Getting at least a little exercise every day is another way to help your body stay well through the cold and flu season. Whether you prefer recreational exercise like hiking or biking or aerobic/endurance exercise such as jogging or power walking, the body's cardiovascular system will benefit through increased blood supply to muscles and enhanced oxygen delivery to the entire body.

Last but not least, practice stress reduction. The body's reaction to stress has very real physical effects, especially on the immune response, which can increase your susceptibility to illness. You have probably experienced stress-induced illness at some time in your life. For example, you have a lot going on, little time to relax, you start to feel run down, and suddenly you are sick. To help manage stress and reduce its effect on your health, practice some simple relaxation techniques. A few minutes a day of stretching, breathing, or listening to music can work wonders. Also, spending quality time with family or friends can help relieve stress and boost immune function.

When it comes to getting sick, you can't always prevent it, but you can try to better your chances at staying well. Your lifestyle can impact your immune system and help you fight colds, flus and even chronic diseases like diabetes, heart disease, and cancer. Even small changes can have a big impact. Adding more colorful vegetables to your diet, taking a short walk each day, or spending five minutes in the evening practicing a relaxation technique might be just what you need to stay well.

Bob Dean has lived his entire life in Park County. He and his wife Barb have been married for 57 years and they have raised three sons here. He worked for the railroad until he retired, and overall, he says, he has lived a good and full life. He attributes that in part to taking advantage of free and low cost health screenings at Livingston HealthCare's Spring Health Screens and Fall Health Festival every year.

"We travel a lot, but we always go if we are in town," says Barb. "We caught Bob's colon and prostate cancers because of those screenings." And although Bob's doctors test him more frequently now, Barb still takes advantage of available health screens. In addition, they both make use of free bone density testing, blood pressure checks, and other education and screenings that are available at these community events.

Bob was diagnosed with colon cancer after a blood screen in 1995. "The blood test showed I was anemic," recalls Bob. They had a lot going on at the time. Barb's mother had recently passed away and they had a new grandchild on the way. "We set it aside to deal with later," Barb adds. Then Bob had problems with vision in one eye.

"We went to the optometrist and he asked if Bob was having any other health issues," Barb explains. "We said that he just had a blood test and he was anemic. The doctor told us to go see our doctor right away." They went to the clinic and their physician ordered some tests. It was colon cancer. Bob had surgery and a year of chemotherapy.



Community Screenings Helped Patient Keep an Eye on His Health

Bob remained cancer free for the next 12 years. Then, in 2008, a PSA test at a Livingston HealthCare event showed very high PSA levels. Again, they went straight to the clinic. They were referred to a specialist and Bob was diagnosed with prostate cancer. He underwent surgery and radiation at Billings Clinic. "We were able to stay in our fifth wheel in the parking lot at the hospital so I could walk to my treatment each day," says Bob. "Then we went home on the weekends."

As if this wasn't enough, Bob began having trouble with his kidneys. While being treated for that, he went to the Fall Health Festival and had a free bone density test. "The man doing the tests said the results were low and asked about medications I was taking," Bob says. "I told him about the medications for my kidneys and he

suggested getting a vitamin D test." Bob and Barb took his advice and asked the nephrologist at Billings Clinic about this. At the time, it wasn't a common practice, but she ran the test. Bob's vitamin D levels were extremely low and she prescribed a high dose of Vitamin D to improve his bone density. "She said that now she tests everyone's vitamin D levels as a standard practice," adds Barb.

"We will definitely keep going to these events," says Barb. "At Fall Health Festival we get our screenings, a delicious breakfast, and fellowship. It's really become a social event now."

Specialty Care

Sometimes you need specialized care not offered at Livingston HealthCare. So, we've made arrangements with advanced specialty care providers to come to Livingston to you. Some specialists travel to Livingston on a regular schedule and others provide services via telemedicine. Find out more at www.livingstonhealthcare.org.

The Start of something wonderful

Baby



precious

These babies were delivered with care by their parents, with support from the Livingston HealthCare obstetrics team.

Providers:
 Dr. Shawn Burwell
 Dr. Lindsay Carlson
 Dr. Scott Coleman
 Dr. Denise Helin
 Dr. Genevieve Reid
 Peggy Scanson, WHNP

OB Staff:
 Elizabeth Beese, RN
 Mary Boyd, RN
 Ashley Browning, RN
 Melissa Brunelle, RN
 Maria Dow, RN
 Katie Haeussler, RN
 Theresa Hollowell, RN
 Ruth Kincaid, RN
 Mary Morris, RN
 Sarah Scaff, RN

It's a Girl



Daisy Lea Doolittle, July 3, 2012
 Wt: 6 lbs. 4 oz., Length: 19 1/2 inches
 Parents: Laura Paye & Andrew Doolittle, Pray

It's a Girl



Elise Rae Liebscher, July 4, 2012
 Wt: 9 lbs. 2 oz., Length: 22 inches
 Parents: Anne & Richie Liebscher, Livingston

It's a Girl



Lincoln Jean Otte, July 8, 2012
 Wt: 6 lbs. 3 oz., Length: 19 inches
 Parents: Meg & Craig Otte, Livingston

It's a Girl



Madison Rose Blakely, July 11, 2012
 Wt: 6 lbs. 3 oz., Length: 18 1/2 inches
 Parents: Natasha Matlow & Tyler Blakely, Livingston

It's a Girl



Anna Leigh Hamm, July 12, 2012
 Wt: 7 lbs. 7 oz., Length: 19 1/2 inches
 Parents: Amanda & Garrett Hamm, Clyde Park

It's a Boy



Ethan William Heal, July 14, 2012
 Wt: 10 lbs. 1 oz., Length: 22 inches
 Parents: Catherine Myrystol & Shane Heal, Big Timber

It's a Boy



Lucas Michael Olson, July 15, 2012
 Wt: 7 lbs. 6 oz., Length: 20 1/2 inches
 Parents: Evelyn Minnick & Tom Olson, Livingston

It's a Girl



Zoey Jacqueline Evans, July 16, 2012
 Wt: 5 lbs. 6 oz., Length: 16 1/2 inches
 Parents: Missy & Jeremiah Evans, Big Timber

It's a Girl



Tianna Rose Baumgartner, August 5, 2012
 Wt: 7 lbs., Length: 20 inches
 Parents: Breanna Pryor & Aaron Baumgartner, Bozeman

It's a Girl



Brooklyn Magdaline Fremont, August 21, 2012
 Wt: 6 lbs. 7 oz., Length: 19 inches
 Parents: Mary & Marvin Fremont, White Sulphur Springs

It's a Boy



Brayden Michael Meadows, August 28, 2012
 Wt: 6 lbs. 5 oz., Length: 19 inches
 Parents: Krista Meadows & Brandon Dickman, Greycliff

It's a Boy



Braxtyn Joseph Pollington, August 30, 2012
 Wt: 8 lbs. 15 oz., Length: 21 inches
 Parents: Sharnell & Ben Pollington, Bozeman

It's a Boy



Kai Orion Winder, September 2, 2012
 Wt: 9 lbs. 11 oz., Length: 21 inches
 Parents: Laney & Jeremy Winder, Livingston

It's a Boy



Ryker Benjamin Floyd, September 3, 2012
 Wt: 7 lbs. 12 oz., Length: 20 inches
 Parents: Tawni & Jim Floyd, Livingston

It's a Girl



Scout Emily Iglinski, September 4, 2012
 Wt: 6 lbs. 12 oz., Length: 18 1/2 inches
 Parents: Jennifer & Tasha Iglinski, Livingston

It's a Girl



Ella Hope Clouatre, September 6, 2012
 Wt: 6 lbs., Length: 19 inches
 Parents: Jamie & Craig Clouatre, Livingston

It's a Girl



Kylie Grace Clouatre, September 6, 2012
 Wt: 5 lbs. 8 oz., Length: 19 inches
 Parents: Jamie & Craig Clouatre, Livingston

Twins

JULY

AUGUST

SEPTEMBER

2012

It's a Boy



Reese Bray Belcher, September 10, 2012
Wt: 6 lbs. 13 oz., Length: 20 1/2 inches
Parents: Casey Jones & Chris Belcher,
Livingston

It's a Boy



Laevin Michael Storey, September 11, 2012
Wt: 8 lbs. 8 oz., Length: 19 1/2 inches
Parents: Beth Oakes & Nick Storey,
Livingston

It's a Boy



Turner Edward Kreiger, September 14, 2012
Wt: 8 lbs. 1 oz., Length: 19 1/4 inches
Parents: Katie Haeussler & Dan Kreiger,
Belgrade

It's a Boy



Peyton Brian Shelton, September 14, 2012
Wt: 7 lbs. 11 oz., Length: 20 inches
Parents: Katie & Luke Shelton,
Livingston

It's a Girl



Kessa Lauren Funk, September 19, 2012
Wt: 6 lbs. 3 oz., Length: 18 1/4 inches
Parents: Alyssa White & Israel Funk,
Livingston

It's a Boy



Daniel Lee Perkins Faust, September 21, 2012
Wt: 6 lbs. 8 oz., Length: 19 inches
Parents: Nichole Kniffin & Sean Faust,
Livingston

It's a Girl



Evia Lynn Hayes-Williamson, Sept. 21, 2012
Wt: 8 lbs. 10 oz., Length: 20 inches
Parents: India Hayes & David Williamson,
Livingston

It's a Girl



Samantha Elizabeth Cordice, Sept 26, 2012
Wt: 7 lbs. 2 oz., Length: 19 inches
Parents: Jennifer & David Cordice,
Livingston

It's a Boy



Jackson James Bartlett, September 27, 2012
Wt: 10 lbs. 1 oz., Length: 22 inches
Parents: Amy & Jerry Bartlett,
Livingston



WHAT MATTERS MOST...

Choices.

"I had worries that a hospital birth would feel clinical. By the end of the [preparing for childbirth] class, they were all squelched. I knew that it would be as natural as possible and they would support me in my decision about how I wanted the birth to go."

—Amanda Harms, *New Mother*



406-222-3541

www.livingstonhealthcare.org

PART FOUR OF FOUR

Be an Empowered Patient: Understanding Health Insurance

Whether you have health insurance or you are shopping around, it helps to have a handle on the lingo. There are a lot of health insurance terms, and they all break down into how much you actually pay for your healthcare.

- **Premium:** The monthly fee that you or your employer pays for your health insurance. Higher deductibles often mean lower premiums.
- **Deductible:** What you pay first before your health insurance starts paying. This is generally \$1,000 - \$2,000, but can be as high as \$5,000 to \$10,000 on high-deductible plans.
- **Co-pay:** The fee you pay for routine services to which your deductible doesn't apply. For example, your plan may offer well child visits for a \$20 co-pay. There may be co-pays for a wide range of services from office visits to prescriptions.
- **Co-insurance:** This is the percentage you pay for care after you have met your deductible. This refers to what you often hear as an 80/20 or 70/30 plan. The insurance pays 70% and you pay 30% until you reach your out-of-pocket maximum.
- **Out-of-pocket maximum:** This is the absolute maximum amount you will pay in a year. If your out-of-pocket maximum is \$3,500, then you won't pay more than that in a given year for healthcare services that are covered by your insurance provider. This amount includes your deductible and co-pays.
- **In-network vs. out-of-network providers:** Your plan may only cover in-network providers or may have different coverage for out-of-network providers. Always check to make sure the provider you are using is covered by your plan.

In the past, many insurance plans had a lifetime maximum. The new healthcare reform has made lifetime maximums illegal. As a result, if you have high-cost, ongoing care for cancer treatment or other serious health issues, you won't run out of coverage and be left responsible for those costs when you have insurance.

Healthcare reform also includes other changes that impact your health insurance coverage. One of the most significant changes is coverage for many preventive care services and tests without a co-pay or deductible. These new regulations do not affect some "grandfathered" health plans and only apply to in-network services and providers.

Coverage is required at 100% with no deductible or co-pay applied for:

- Routine screenings such as mammograms, colonoscopies, and cholesterol testing, as identified by the United States Preventive Services Task Force.
- Routine immunizations for children, adolescents, and adults as recommended by Centers for Disease Control and Prevention.
- Preventive care and screenings for women, infants, children, and adolescents as set forth by the Health Resources and Services Administration.

As a result of these changes, routine screenings you once put off due to the cost of deductibles, co-pays, and co-insurance may now be more accessible.

All insurance plans are different and coverage can range widely. You can make the best choice of insurance plans and get the most from your insurance coverage if you understand your plan. Read your coverage manual, call your insurance company with questions, and check the coverage for services before you use them, whenever you can.



Greg Ainsworth has been providing reports and information to managers and others across Livingston HealthCare for almost six years. He spends his days digging into the data systems to report on all kinds of information that people use to do everything from completing everyday tasks to evaluating and improving services and programs. Using computers and mining data have always been a part of Greg's work life, but healthcare is a far cry from where he started.

As a child, Greg was fascinated by the sky and the weather. "As a kid, I watched the weather on the news and loved looking at maps. In high school, I wanted to be a weatherman," he recalls. "I pursued that interest and went to Texas A&M, where I got a bachelor's and a master's in meteorology." He then spent three years working on research projects where he developed his skills in using computers to pull and analyze data.

Career paths can be as unpredictable as the weather, and eventually Greg went back to school, receiving an MBA from Oregon State. He moved to New Mexico where he wrote software to count highway traffic, and then worked as a database administrator for a contact lens manufacturer. Eventually, he and his wife decided they wanted to move to a place with more seasonal variety. "We were looking for a place in the west, preferably in the mountains



Keeping in Touch with a Life-long Passion

where there were four seasons," he says. "So I started looking for opportunities and was fortunate to find a job at MSU Bozeman in 2001." Greg worked in Bozeman for about five years before making the transition to Livingston HealthCare.

Through all of his positions, Greg's interest in the sky continued. "I enjoy photography and astronomy, and in Big Sky country it's easy to find interesting sights by just looking up." Then, one day he noticed that the Bozeman Chronicle didn't really have articles about the weather. He saw an opportunity to stay in touch with his long-time passion. "I approached the paper about eight years ago and asked if I could do a column about the weather," he says. "They said yes, and I have been doing a monthly column ever since. The articles are usually about what has been going on with the weather lately, but sometimes it's another interesting climate topic."

Greg really enjoys doing his column and the questions and comments that he gets from readers. "I am always interested in people's suggestions or questions," he says. "I often get emails from people who have questions or need help finding climate information. I think I have become sort of a resource in that regard, and that's good."

It may seem like Greg should have continued on his path in meteorology, and even he admits that sometimes he wishes he had stayed the course. But the truth is that it was his passion for science that led him to his current job and he really enjoys it. "I've analyzed datasets of one kind or another for 35 years and tried to answer questions by looking at objective information," he explains. "That's what I enjoy about my job—finding the right information to answer the question at hand without being biased by expectations or assumptions. When the information I provide leads folks to re-think a previously held notion, then I feel particularly rewarded."

Greg has found something that many people look for in life—a way to balance and use his skills and interests. "In my day job I enjoy digging for information and not taking things at face value," he says. "But in my off time, it's all about the sky for me."

Now you can say thank you to caregivers who provided exceptional care to you or a loved one. The Grateful Patient Program gives you the opportunity to make a donation in honor of someone who made a difference to you in your care. Your donation helps Livingston HealthCare ensure quality healthcare in Park County. For more information, visit www.livingstonhealthcare.org.



Donors: July – September, 2012

Thank you to the generous donors who made contributions to the Livingston HealthCare Foundation from July 1, 2012 to September 30, 2012. Your support is essential to the long-term stability and growth of quality, local healthcare in Park County and the surrounding area.

GENERAL DONATIONS

Mark Campbell
Community Closet
Montana Department
Health & Human Services
Northwestern Energy
Park County Community
Foundation

Park County Pathway
Initiative
David Stanley
& Jean Keffeler

GIFTS IN MEMORY OF

Myron Erickson
Diamond K Lodge

Max & Bea Hawkins

Diamond K Lodge

Norene Hencz

Donna Benson

Jan Murphy

Diamond K Lodge

Thelma Queen

Jean Bowlds
Diamond K Lodge

Alice Vik

Diamond K Lodge



We have made every effort to ensure the accuracy of this list. However, if we have made an error or omission, please accept our sincerest apology. Contact the Livingston HealthCare Foundation at 406-823-6710 so that we may correct our records.

Big or Small ... Community Closet Supports Them All



Community Closet gets a lot of donations from community members throughout the year, and they give a lot back to the community in return. They are able to provide a resource for low-cost, pre-owned clothing and household items and have given over \$200,000 in support to local non-profit efforts across the county since 2005.

The organization has supported programs big and small, in every local community. In addition to making small grants, they donate store merchandise to schools and other non-profits. More than once, Livingston HealthCare programs have received their generous support.

This summer, Community Closet provided a \$500 grant to help cover the cost of Livingston HealthCare's Head Injury Prevention Program. Livingston HealthCare distributed nearly 200 free and low cost helmets to children ages 3 to 11, along with education for kids and parents about biking safely and preventing head injuries.

If you have items to donate, consider taking them to the Community Closet. When you do, you aren't just donating an item to charity, you are giving back to your community in countless ways.

It's not a cold or flu it's . Pneumonia

By Lindsay Carlson, MD

At this time of year, you see a lot of information about preventing and treating colds and flus, which are both common through the winter months. Colds affect the upper respiratory system (nose, mouth, throat, etc.) and are characterized by runny nose, cough, and congestion. Influenza can have similar symptoms, but also causes fever, body aches, and exhaustion.

For some people, the problem is not these viral upper respiratory infections, but lower respiratory tract illnesses like bronchitis and pneumonia that affect the lungs. Pneumonia, in particular, can make people very sick, even landing some in the hospital. Having a cold or flu can make you more susceptible to pneumonia because you are less able to fight the infection. Those with long-term chronic illnesses, like diabetes and heart disease, are also much more likely to contract pneumonia. The symptoms of bacterial pneumonia can come on very quickly. They include:

- Deep cough with mucus from your lungs
- Fever
- Fast breathing and shortness of breath
- Shaking and chills
- Chest pain that often feels worse when you cough or take a breath
- Increased heart rate
- Fatigue and weakness
- Nausea, vomiting and diarrhea

In some cases, you may experience these symptoms in a milder form that comes on more slowly. This is often known as walking pneumonia. If you suspect pneumonia, contact your healthcare provider. When you go in for your appointment, your provider will do an exam and ask you several questions about your symptoms. He or she may also order blood work and chest x-rays. This should be enough to determine if you have pneumonia.

Unlike colds and flus, pneumonia is a bacterial infection, which can be treated with antibiotics. Always complete the full course of antibiotics. You should start to feel relief after two to three days. If this is not the case, or if you begin to feel worse, contact your healthcare provider. If your pneumonia is severe, if you have a weak immune system, or if you suffer from certain chronic conditions, you may need to be hospitalized.

In most cases, taking antibiotics, drinking plenty of fluids, and getting lots of rest will lead to a full recovery. There is a form of pneumonia that is caused by a virus. It has milder symptoms and cannot be treated with antibiotics, but taking it easy while the illness runs its course will help you recover. If your cough keeps you awake at night, talk to your healthcare provider about taking a cough medicine.

Can You Prevent Pneumonia?

If you are 65 or older, you smoke, or you have a heart or lung problem, you should consider the pneumococcal vaccine. It isn't 100% effective, but even if you get the disease, it will likely be milder. You can get the vaccine at Livingston HealthCare, Community Health Partners, and some local pharmacies.



Manage Expenses

Do you need help managing your healthcare expenses? Livingston HealthCare has several available options for our patients. Contact a Patient Financial Services representative at 406-823-6414, and get information on short-term payment options, our patient loan program, and the sliding fee scale.

Calendar of Events

October – December 2012



Ongoing Programs

Joint Replacement Class

Second Tuesday of the Month
1:00 - 2:30 pm

Ready, Set, Grow!

Second Friday of the Month,
8:30 am – 10:30 am

OCT 20

Preparing for Childbirth Class

NOV 10



NOV 14

Caring for Newborn Class

Outreach Clinics

OB/Gyn

Bozeman
Fridays,
9:00 am – 4:00 pm

Orthopedic

White Sulphur Springs

Rehab Services

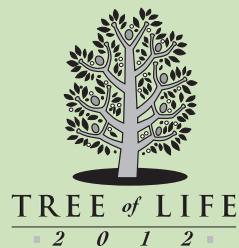
Gardiner
Wilsall

NOV 15-16

Blood Drive



DEC 5



DEC 15

Preparing for Childbirth Class

Adorned

a Fundraiser for Breast Cancer Awareness

The Danforth Gallery is hosting a week-long wearable art show that will include jewelry, textiles and accessories by artists from the region and across the country. This third annual show is a fundraiser for breast cancer awareness in partnership with the Livingston HealthCare Foundation. A percentage of the proceeds will go to Livingston HealthCare's Mammogram Program, which offers free mammograms to uninsured and underinsured women.

The opening reception will take place from 5-9 pm on Friday, October 26 at the Danforth Gallery, which is located at 106 N. Main Street in downtown Livingston. This year's opening night kick-off event will follow with special entertainment featuring comedy by Rich Hall and Erin Roberg of Broad Comedy at 8:15 pm at the Livingston Bar and Grille. Donations at the door will also benefit the Livingston HealthCare Mammogram Program.

The show will run for one week through Friday, November 2. Items available for sale will include handmade clothing, bags, knit

ware, jewelry, hats, children clothing and accessories. Participating artists will include Traci Isaly, Sarah Homans Design, Oh Susanna's Jewelry, Deana Albers Lloyd, Little Green Things, April Hale, Weestitchery, Hattie Rex, Laminar Design, Suzanne Schneider, Dig This Chick, Intrigue Ink, Supper Jenny Love, Ginger Snap Knits, Guthrie Lane and Christen Grohusky Shanafelt.

For more information about this and upcoming shows, please visit the Danforth website at www.pcfadanforth.org or call 406-222-6510.



Bedwetting:

A Normal Part of Growing Up

Millions of families deal with bedwetting each year. It is a common problem, but it can be stressful for families and sometimes hard for a child not to feel ashamed. In this interview, Paula Coleman, Pediatric Nurse Practitioner, talks about what you need to know about how to deal with bedwetting.

How common is bedwetting? It is very common. We estimate that five million children still wet the bed after being fully potty trained during the day. At age six, about 13% of children continue to wet the bed. That does drop steadily though, and by age 10 only 5% of kids are still having a problem. For the majority of children, bedwetting will resolve on its own, but every child is different.

What causes this problem? For the most part, a child's ability to completely control his or her bladder varies from one child to the next. Bedwetting until age six or seven isn't cause for concern. Your child's bladder control is probably still developing. However, bedwetting does run strongly in families, so if one or both parents had this problem, there is a high likelihood that the child will too. Other physical and emotional causes are rare, but they can include a urinary tract infection, diabetes, and extreme stress.

What can parents do to help their child? Stay calm and don't yell at or punish the child for wetting the bed. Explain that this is normal and common. Make sure the child goes to the bathroom regularly throughout the day and doesn't hold urine for long periods of time. Reduce liquids in the evening (but don't excessively restrict fluids). Eliminate caffeinated beverages, and have your child go to the bathroom right before bed. It is fine to use pull-ups if you need to as your child transitions from diapers to underwear at night. Other strategies you can use to help the process along include:

- **Wake the child during the night to urinate.**
- **Create a reward system for dry nights.** Have the child put a sticker on a calendar for every dry night and when they reach a goal, they get a toy or book.
- **Have the child help with changing the sheets.** Make sure it is clear that this is not a punishment, but a normal part of the process.
- **Use a bedwetting alarm.** These are effective, but are better at an older age (after age 8) when the child is more invested in ending bed wetting. Alarms can take a while to work and need to be used consistently, often for several months. It isn't uncommon for a child to need alarm training more than once.

Are there medical treatments? There is a medication that can be used for older children as a temporary treatment for sleepovers or going to camp. We don't recommend using it long term but that can be discussed on a case-by-case basis. If a child is still wetting the bed after age eight or if there are indications of a medical issue, we will run tests for urinary tract infections, bladder problems, and diabetes, and treat those appropriately. Based on the situation, we will make a referral to a urologist for older children. (For more on medical issues, see When to See the Doctor on the right.)

What else would you say to parents? The most important thing that parents can do is be patient, and ask for help if you're struggling. In most cases, a dry bed is waiting down the road. Just be supportive until you get there.

When to See the Doctor

If your child has been dry at night for several months and suddenly begins wetting the bed again or continues wetting the bed after age 7, talk to your healthcare provider. Also contact your healthcare provider if your child:

- begins to wet his/her pants during the day
- starts misbehaving or acting out
- complains of a burning sensation or pain when urinating
- has to urinate frequently
- is drinking or eating much more than usual
- has swelling of the feet or ankles.



WHAT MATTERS MOST...

Healthy Fun.



Fall Health Festival

Saturday, November 10th
7 am – 12 pm
Park County Fairgrounds



406-823-6710

www.livingstonhealthcare.org

Enjoy a day of healthy fun at Livingston HealthCare's Fall Health Festival.

Check up on your health with free and low-cost health screenings and flu shots for the entire family. Savor a hot breakfast (free for seniors 60+ and \$3 for all others) with healthy versions of traditional hot breakfast favorites. Share some laughs with Pippi the Clown, Huckleberry the Smoke Free Dragon, and local vendors. And experience the MEGA Lungs, a 12-foot high, 15-foot wide walk-through exhibit of human lungs. Learn about your health and your body during a day of good-for-you community fun.

Annual Health Screens: (\$40) check for diabetes, measure your thyroid, kidney, and liver function, and tests your cholesterol. This is a fasting blood test. Please consume nothing but water after 8 pm the night before.

Flu Vaccine: (\$20) available for the whole family.

Free Screenings: Balance, Blood Pressure, Bone Density, Cardiovascular Risk Assessment, Hearing Aid Checks, Grip Strength, Lean Body Mass, Oxygen Saturation, Walker/Cane Checks, and much more!

The Fall Health Festival is made possible by the generous support of these sponsors:

