

HEALTH

Wise



Portneuf
Wellness Complex
opening soon! See
insert for details and
concert dates.

Beyond Cancer Treatment

Portneuf Air Rescue:
In the Air to Save You

Say 'So Long'
to Joint Pain

2015 Calendar of Events

Be sure to mark your calendar for these exciting events in the Red Hot Mamas educational series at Portneuf Medical Center. The event is held the third Tuesday of each month, and doors open at 5:45 p.m.

September 15

Your Partner's Menopause:
What You Need to Know
about Her Transition

October 20

Breast Changes in
Menopause

November 17

The Changing V-Zone:
Vaginal Dryness and
Vaginal Atrophy

December 15

NO CLASS

For more
information, visit
www.portmed.org and
click "Free Seminars"
under "Classes &
Events," or call the
registration line at
(208) 239-1401.

REDHOTMAMAS[®]
outsmarting menopause[™]

Red Hot Mamas is a registered trademark
of Karen L. Giblin

Portneuf Medical Center
777 Hospital Way
Pocatello, ID 83201
(208) 239-1000

Mark Buckalew – Chair, JV Board of Directors
Phil Joslin – Chair, Board of Trustees
Dan Ordyna – CEO

Portneuf
MEDICAL CENTER



Have Breakfast, Battle Breast Cancer

AWARENESS AND EARLY DETECTION are key tools that help many women fight the battle against breast cancer, and Portneuf Medical Center is working to spread the word.

Join us on Wednesday, October 7, starting at 7 a.m. for our 16th annual Brake for Breakfast event. Simply drive up to PMC's Breakfast Junction, located at 777 Hospital Way, and we'll hand you a complimentary morning meal, up-to-date breast cancer information, and a pink prize. Our Mammography Coach will also be onsite for women who would like to have a quick mammogram.

"Early detection is the best protection against breast cancer," says Nikki Goldade, Community Education Coordinator with PMC. "Our goal is to encourage women to empower themselves and protect their health."

Looking for an OB/GYN with PMC? Visit
www.portmed.org and click "Find a Doctor."

Help is
Here

Here's to Your Health

Portneuf Medical Center is dedicated to your family's health. We offer several FREE educational seminars throughout the year. The following seminars will be held in PMC's Pebble Creek Classroom. Doors open at 6 p.m., presentations begin at 6:30 p.m.

When: October 15

Topic: Breast Cancer

Hosted by: Kate Preston, M.D., and Katie Fritz, M.D., FACS

When: November 19

Topic: Athletes—Injuries, Prevention, and Overuse

Hosted by: Sports Medicine Institute team

For more information, call (208) 239-1048.

HEALTH CARE IN THE AIR

Portneuf Medical Center and Air Methods Corporation joined forces to provide air ambulance services to Southeastern Idaho and Western Wyoming: Portneuf Air Rescue.

AIR AMBULANCES offer a significant speed advantage over ground ambulances and, because they don't need to follow roads, they can reach distant and hard-to-access locations that much quicker. Portneuf Air Rescue's 14-person staff keeps the helicopters in service 24/7 and ready to respond whenever time is critical.

MAXIMIZING HEALTH CARE RESOURCES

This partnership with Air Methods also makes a fixed-wing airplane available for patient transport. While helicopters can land in locations the plane can't, the plane can fly in weather that grounds helicopters, and its greater speed allows for even quicker flight times over longer distances.

Many rural communities rely on small crews of volunteer EMTs, and when one of these crews leaves the area to transport a patient to PMC, there might not be any additional emergency services coverage in their area. Portneuf Air Rescue helps prevent that possibility.

Greg Vickers, NRP, MBA, Trauma and EMS Manager for PMC, says that Portneuf Air Rescue is a vital component of the statewide time-sensitive emergency system he helped implement for improved treatment of trauma, stroke, and heart attack.

"Our aircrews get advanced care to patients as quickly as possible, and get them to us promptly to treat their medical problem," Vickers says. "The transition of patients who arrive by Portneuf Air Rescue into the hospital is smooth because we have good communications with our flight crew and know that patients are receiving optimal pre-hospital care."

TIME AND TEAM MATTER

Dallen Farmer, NRP, FP-C, Flight Paramedic and Clinical Base Supervisor, serves as a liaison between Air Methods and PMC. He works closely with PMC's Trauma Committee, trauma surgeons, and cardiologists to deliver care.

"From the time we leave the hospital to get a patient, we're still working with the medical team to bring the high quality care they'd receive at PMC to the side of the road," says Farmer who doesn't take the Air Methods mantra of "defenders of tomorrow" lightly. "Every day, when I come to work, I realize that there will be someone, somewhere that will have a bad accident or heart attack. We'll get a call to come take that person and try to make him or her better. We are out there trying to get injured people more tomorrows."

EMERGENCY MEDICINE PHYSICIANS AND TRAUMA SURGEONS ON STAFF AT PORTNEUF MEDICAL CENTER

Emergency Physicians

John Conner, M.D.

Daniel Dallon, M.D.

Douglas Favor, M.D.

Randall Fowler, M.D.

David Francis, M.D.

Kurtis Holt, M.D.

Jordon Marshall, D.O.

Jeremy Monroe, D.O.

Willis Parmley, M.D.

Ken Ryan, M.D.

Curtis Sandy, M.D.

Trauma Surgeons

Katie Fritz, M.D., FACS

Alian Garay, M.D., FACS

Gregg Marshall, M.D.

Drew McRoberts, M.D., FACS

Kate Preston, M.D.

For more information about the PMC trauma team, visit www.portmed.org.

Cancer-free ME

Beating cancer is every patient's goal, but what happens once survival is achieved?



ADVANCES IN PUBLIC AWARENESS

about the importance of cancer screenings and improvements in diagnostic and treatment methods have succeeded. Today, there are an unprecedented number of cancer survivors in the United States—approximately 14 million, according to the Centers for Disease Control and Prevention.

Survivorship, a once-overlooked facet of the cancer experience, brings its own set of physical and emotional challenges, many of them related to the transformation required to combat the disease. Put simply, many cancer patients find that when their bodies are rid of cancer, they're not the same people they were prior to diagnosis, at least in certain respects.

Use these tips to help you start making sense of life as a cancer survivor.

REMEMBER, A LETDOWN IS NORMAL

"When patients are being treated for cancer, they're in an active battle with the disease that demands their energy and focus, and medical providers, family, and friends are focusing attention on them," says Michael Callaghan, M.D., Medical Director of the Portneuf Cancer Center. "When this fight is over, patients often tell me the silence is deafening. Undergoing chemotherapy or radiation becomes your routine, and when you don't have to do these things anymore, reentering a 'normal' routine may be tough."

JoAnn Bailey, a 41-year-old Pocatello REALTOR®, knows the feeling. JoAnn was diagnosed with cancer in her right breast a week after her 40th birthday, in March 2014. After having two lumpectomies, JoAnn visited the Portneuf Cancer Center for 16 rounds of chemotherapy from May to September, followed by six weeks of radiation from October to November 2014. She had a hysterectomy at Portneuf Medical Center after radiation ended, and then her cancer treatment was complete.

"I did kind of have a feeling of 'What now?'" JoAnn says. "Before the diagnosis, I was an extrovert, and now I'm introverted. Being diagnosed with cancer knocks the confidence right out of you. Building it back up has been harder than expected, but I am making progress daily."

TAKE TIME TO RE-LEARN YOUR BODY

Cancer can complicate former patients' relationships with their bodies. JoAnn says that not knowing how or why she developed breast cancer causes anxiety. For many patients, this uncertainty is tied to fear of recurrence.

"It's hard for people to trust their bodies after going through cancer," Dr. Callaghan says. "It takes time to reprogram yourself not to worry that

JoAnn Bailey and her horse, Dineo



CANCER PHYSICIANS ON STAFF AT PORTNEUF MEDICAL CENTER

Michael Callaghan, M.D., radiation oncologist

Michael Francisco, M.D., medical oncologist

David Ririe, M.D., medical oncologist

an ache or pain could be something more. If a symptom doesn't get better, we want people to call the Cancer Center. Knowing what's concerning and what not to worry about is part of our expertise."

KNOW YOUR LIMITS

Cancer treatment can cause a variety of long-term side effects, including lack of energy, neuropathy, lymphedema, pain, and inability to tolerate certain foods. Many of the physical aftereffects of cancer are treatable, so speak with your physician about any symptoms you experience. For JoAnn, fatigue is a problem.

"Treatment weakened my muscles, so I'll sometimes find myself out of breath or struggling to stand after tying my shoes," she says. "Rebuilding strength is going to take time, and I'm grateful to be able to do what I used to do, for the most part. I just ask for a little more help around the house now."

BUILD A SUPPORT SYSTEM

Friends and family can be excellent sources of support for cancer survivors, but loved ones may not fully understand the challenges of living beyond cancer.

"I think my husband understands what I'm going through, but my teenagers don't quite grasp the anxiety that I have some days," JoAnn says. "They don't see why it's taking me a while to fit back into life. Now, I take more time to enjoy my family, and I bought a young horse to work with to keep my mind distracted. I'm fortunate to have so many people in my life who keep me busy."

JoAnn attends a support group at the Portneuf Cancer Center once a month to help other former patients find their way in survivorship.

"I attend the group to help inspire others," she says. "I'm fortunate to have a big support system of my own, but I realize that not everyone has this. I want to show people who are just starting down the survivor's path that there is life after cancer."

PLANNING FOR THE FUTURE

The stress of living with cancer can turn the treatment experience into a blur of unfamiliar terminology, medical appointments, and emotional highs and lows. Consequently, when the survivorship phase begins, it may be difficult to recall important information about your diagnosis and course of treatment that you and your physicians need to maintain your health. Enter the survivorship care plan.

The Institute of Medicine recommends that every former cancer patient have a survivorship care plan, an easy-to-reference document that includes the individual's diagnosis, imaging tests, laboratory work, and course of treatment, as well as a roadmap for future care.

"Survivorship care plans tell patients what's happened to them and what will happen in the future in terms of follow-up visits so they know what to expect moving forward," says Michael Callaghan, M.D., Medical Director of the Portneuf Cancer Center. "In the past, this information wasn't well shared with patients. At Portneuf Medical Center, we treat the patient as a whole person and understand the process each goes through doesn't stop at the completion of treatment."

PMC issues survivorship care plans to breast cancer survivors and will begin providing plans to former colon and lung cancer patients in the near future.

The Portneuf Cancer Center hosts the H.O.P.E. (Helping Other People Endure) support group for individuals affected by cancer every Monday from 5 p.m. to 6:30 p.m. For more information, call (208) 239-1754.

Give us
a call.

NEW JOINTS = Better LIFE



Dr. Aaron J. Altenburg with Gail Dial

For Gail Dial, a 68-year-old resident of Pocatello, Idaho, a compassionate medical team made the difference for her hip replacement.

IN 2011, GAIL WAS HAVING hip pain and knew she needed help. Gail went to see Aaron J. Altenburg, M.D., total joint specialist and orthopaedic surgeon at Portneuf Medical Center, and quickly knew she had made the right choice.

"When hip pain made me restrict my movement, I knew nothing else besides a replacement would really work in the long run," Gail says. "Because of Dr. Altenburg, I didn't hesitate a bit. He's very attentive to every detail, and you can ask any question, no matter how dumb it seems, and get a good answer."

GOING BACK TO THE FRONT

In the fall of 2014, a few years after Gail's first hip replacement, pain returned but in her other hip. She knew she would consult Dr. Altenburg.

"Dr. Altenburg has a wonderful bedside manner," Gail says. "Though this was my second surgery, I still felt vulnerable, nervous,

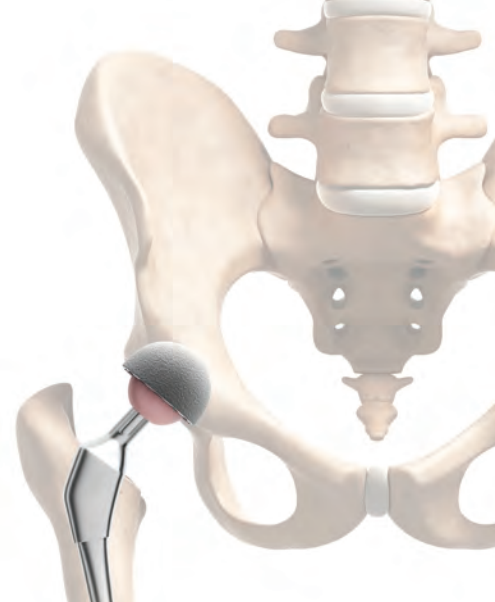
and apprehensive—but he does everything to alleviate that and make you feel comfortable. Dr. Altenburg is a breath of fresh air."

Although the same surgeon, Gail's second hip replacement was different: Dr. Altenburg performed the surgery using the anterior, or front, approach.

"The anterior approach has a lower risk of prosthetic dislocation and, as you don't cut any muscles, the recovery time is faster," Dr. Altenburg says. "However, both anterior and posterior, or rear, approaches have excellent long-term outcomes."

Gail went home two days after her procedure. In two weeks, she was working with a physical therapist at home, and by three weeks after surgery, she was out and about.

"It's amazing to go from your hip hurting all the time to spending a few days in the hospital, then feeling 100-percent better," Gail says. "It's a wonderful blessing to know the Total Joint Center and Dr. Altenburg are here in our town."



Comprehensive, Compassionate Care

Total Joint Center at Portneuf Medical Center is the only facility in eastern Idaho that focuses exclusively on total joint replacement. Our experience allows us to bring an exceptionally high level of expertise.

"The more you do something, the better at it you get," says Aaron J. Altenburg, M.D., total joint specialist and orthopaedic surgeon at PMC.

"I personally do about 700 procedures a year, and we see around 1,000 joint replacement patients at the Center."

Because the Center only performs joint replacements, our physicians, nurses, and staff are all trained to handle the specific needs of joint replacement patients. The low patient/nurse ratio, as well as custom services, means that you can rest well while recovering from your procedure.

ORTHOPAEDIC SURGEONS AT PORTNEUF MEDICAL CENTER

Aaron J. Altenburg, M.D.

Benjamin Blair, M.D.

Steven Coker, M.D.

Vernon Esplin, M.D.

Gregory Ford, M.D.

Richard Wathne, M.D.

Living with joint pain? To learn more about the Total Joint Center, call (208) 239-2345.

Learn
More
Here.



Stop and Go

IMAGINE DRIVING TO THE hospital entrance and heading inside to your medical appointment without having to find a parking space or walking a long distance. At Portneuf Medical Center, this is reality.

On April 10, 2015, PMC launched a valet parking service in conjunction with the PMC shuttle, which takes riders to various locations on the hospital campus. Patients arriving at PMC's 600,000-square-foot facility can stop at the south hospital entrance, leave their cars with the valet attendant, and go inside for their appointment or take the shuttle to another hospital entrance.

The response time from PMC valet parking attendants averages 60 to 90 seconds, and the valet parking lots are covered to offer an extra layer of safety and convenience. After your appointment, you don't have to scrape ice from your windshield or risk walking on an icy or slippery sidewalk.

"It's really convenient to be able to pull up right to the front door," says Rich Pottorff, Facility Site Supervisor at PMC. "Whether you're staying overnight or dropping in for a short visit, our valet parking and shuttle services make it easier to access care."

The PMC valet parking and shuttle services are available free of charge, Monday through Friday, from 8 a.m. to 5 p.m. For more information, call (208) 244-4279.

5 Ways Volunteering Boosts Seniors' Health

Giving back through service is a fun and effective way for many seniors to stay engaged with the community.

AT ANY GIVEN TIME, Portneuf Medical Center may have 40 to 60 volunteers on hand to help assist patients and staff with daily to-dos, and many of these helpers are seniors. Volunteering can be emotionally, mentally, and physically beneficial for adults later in life, offering opportunities to connect, stay active, and care for others. Specifically, volunteering may:

1. **Decrease depression.** Surrounding yourself with others may reduce loneliness and stress often caused by social isolation.
2. **Enhance self-confidence.** Helping your community comes with a certain sense of accomplishment, direction, and optimism.
3. **Improve physical fitness.** Just getting off of the couch pays dividends when it comes to health. Walking regularly may improve cardiovascular health and decrease stress levels.
4. **Stimulate the brain.** Being busy and active can help reduce the symptoms of dementia.
5. **Widen social circles.** Volunteering offers a wonderful opportunity to connect with others.

"Volunteers who are retired or who have experienced loss and illness themselves or with family are such treasured assets," says Monica White, Director of Volunteer Services with PMC. "They know what a lot of our patients are going through and have so much to teach everyone."

Interested in volunteering with PMC? Call Monica White at (208) 239-1155 or stop by the information desk to pick up an application.





This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

A LIFELINE FOR YOUNG ATHLETES

Whether young athletes are in practice, crouched at the 50-yard line, or on the backs of bucking broncos, the medical support they need is waiting at the sidelines.

SINCE 1988, THE PORTNEUF Medical Center Sports Medicine Institute has provided education and support to youth athletes in Southeastern Idaho and Western Wyoming at no cost to them or their families.

"Youth sports are a big part of our community and culture," says Caroline "Smitty" Faure, EdD, ATC, athletic trainer and Co-founder of PMC's Sports Medicine Institute. "Our goal is to reduce the risk of injuries and make sure comprehensive medical care is available to all children who play."

Each year, approximately 20,000 amateur athletes benefit from PMC's Sports Medicine Institute programs. Athletic trainers and sport-certified physical therapists with PMC are on-site five days a week at Century High School, Highland High School, Marsh Valley High School, and Pocatello High School. At rodeos, track meets, football games, and other community sporting events, medical volunteers man a 32-foot mobile sports medicine trailer. They can screen for concussions, treat injuries, streamline emergency care, and connect patients to PMC for additional medical support as needed.

For more information about community programs and events covered by the Outreach Sports Medicine Program, visit www.portmed.org/clinics/sports-medicine.

Check Us Out.



"For the past 27 years, the Sports Medicine Institute has been a trusted community partner that athletes and their families can depend on. When an injury occurs, our orthopaedic and sports medicine specialists are there."

—Brent Faure, M.S., ATC, Outreach Sports Medicine Program Director and Co-founder of PMC's Sports Medicine Institute



AMPHITHEATRE

The centerpiece of the multi-million dollar Wellness Complex is Portneuf Health Trust Amphitheatre. Strategically perched on the northern rim of the 80-acre park is a world-class performing arts venue with the capacity to hold 11,000 concertgoers. One of the Northwest's largest open-air amphitheatres, the venue can attract, support, and produce the best shows in the region.

Surrounded by the beautiful local mountains, the on-site lake, and the exclusive features of the facility, this distinct venue will not only be a focal point within the complex, but will serve as a gathering place within our community and throughout the region. It will bring a new dimension to the region's seasonal artistic offerings, as well as host diverse and varied concerts featuring internationally recognized performers.

BE WELL

The Portneuf family wants you and your family to Be Well. We look forward to celebrating with you at the grand opening on **September 12**.

UPCOMING EVENTS

AUGUST 31

- › The Beach Boys
- Doors open at 6 p.m.
Show at 7:30 p.m.
Ticket prices: \$26–41 +fees

SEPTEMBER 8

- › The Australian Pink Floyd Show with Led Zeppelin 2
- Doors open at 6 p.m.
Show at 7:30 p.m.
Ticket prices: \$25–40 +fees

SEPTEMBER 12

- › Portneuf Wellness Complex Grand Opening
 - › Community Day
- 9 a.m.–6 p.m.

Come out and see everything the Complex has to offer. Enjoy fun and activities for the entire family. Food and drinks will be available.

- › Time for Three
- Doors open at 6 p.m.
Show at 7:30 p.m.
Sponsored by Zions Bank.
Free to the public.

SEPTEMBER 27

- › Styx
- Doors open at 6 p.m.
Show at 7 p.m.
Ticket prices: \$26–41 +fees

For more information visit
www.PortneufAmphitheatre.com.



The Portneuf Wellness Complex will be a jewel of the region and will serve to enhance and improve the health of Southeast Idaho.

A WORLD-CLASS, multi-use facility designed to accommodate citizens of all economic levels and abilities, the Portneuf Wellness Complex will be the largest and most complete wellness facility in the area.

Bannock County, the cities of Pocatello and Chubbuck, Portneuf Medical Center, Idaho Fish and Game, and the Idaho Transportation Department, among others, partnered with Portneuf Health Trust to build the facility.

While Portneuf Health Trust, an owner of PMC, is fully funding the Complex, it will be gifted to Bannock County and the Southeastern Idaho Community. This transfer represents one of the largest gifts ever given by a hospital-related organization to a community.

For overall health, Bannock County ranks 30th out of the other 44 surrounding

counties. We have an obesity rate of 30 percent. Other statistics show it is increasingly important for us to find ways to help citizens get healthier.

The Complex dovetails with Portneuf Health Trust's mission to enhance and improve health in Southeastern Idaho and surrounding areas and fulfills its promise to enhance the community's health.

In general, everyone needs about 30 minutes of exercise per day. In this beautifully landscaped and eco-friendly area, there is something for everyone.

In addition to the multi-use fields, fishing lake, and state-of-the-art amphitheater, the Complex will have a 10-foot wide, looped walking path, a mountain bike park, flow trail, pump course, and skills course for regional biking enthusiasts.



FIELDS

Youth and adults rely on community parks for numerous outdoor activities associated with improving health. In fact, the physical, emotional, and social benefits of recreational sports are key components of weight control, self-esteem, social competence, and academic achievement. With increased participation in youth soccer, lacrosse, and field hockey, multipurpose fields with added features including bathroom facilities, concession stands, covered pavilions, and adequate parking, are a vital and much-needed resource in any community.

The Complex features a multi-use championship field with stadium bleachers and sports-field lighting, six large soccer fields, four tournament-ready sand volleyball courts, and two basketball courts. For the young or the young at heart, the complex offers a playground area with new and exciting equipment for many different skill levels.

The multi-use areas are designed for flexibility and function to host a wide range of activities, including competitive sand volleyball tournaments, high school football games, rugby competitions, lacrosse meets, and multiple age and level soccer tournaments. All the fields have a one-percent grade to allow for drainage and help maintain the areas for the highest level of use.



THE BIG PICTURE

The Portneuf Wellness Complex, a 14-million-dollar park and sports facility, will serve as an activity-based complex for all abilities, all ages, and all economic levels and spans 80 acres, which includes:

AMPHITHEATRE

- › Seating capacity of 11,000 people (including 2,800 formalized seats)
- › Twin concession and bathrooms
- › Spectacular mountain views

MULTI-USE ATHLETIC FIELDS/COURTS

- › One multi-use championship field
- › Bleachers
- › 7 new full-size multi-use sports fields for a total of 13
- › 4 sand volleyball courts
- › 2 basketball courts

6.35-ACRE FISHING POND

- › Large sandy beach
- › Swimming area
- › Fishing — rainbow trout and Kokanee salmon

BIKE COURSES

- › BMX and mountain bike flow trail, pump course, skills area

LOOPED RUNNING/WALKING PATHS

"CROSS-FIT FOR KIDS" PLAYGROUND

MULTIPLE RESTROOMS, PAVILIONS, CONCESSION STANDS, AND PARKING AREAS

4 PAVILIONS FOR REUNIONS AND PICNICS

MULTIPLE ACCESS ENTRIES WITH PARKING

PLUS MUCH MORE!

GRAND OPENING SEPTEMBER 12, 2015



FISHING, TRAILS, AND COURSES

Near the center of the complex is a 6.35-acre urban fishing pond that features docks, a large beach area, and a roped-off swimming section. The reservoir contains fresh water— unlike many other ponds in the area that are stream-fed—sourced from water previously used only to irrigate the fairgrounds that will now also recycle itself back into the complex.

Under the direction of Idaho Fish and Game, the lake has been stocked with rainbow trout and Kokanee salmon. The lake has a maximum depth of 35 feet, which provides an ideal environment for trout and Kokanee salmon to flourish and is far deeper than most of the other local community ponds.

In a few years, the Complex will also host a unique natural event that can only be viewed in a handful of places on earth. Visitors will have a front-row seat to a spawning spectacle as we will be able to watch the salmon spawn from a bridge over a manmade stream.