

Kootenai Health

ISSUE 3 | 2016

FACING CANCER

A 31-year-old's breast self-exam triggers a journey for survival

'GPS' for the lungs

Aiding the early detection of lung cancer

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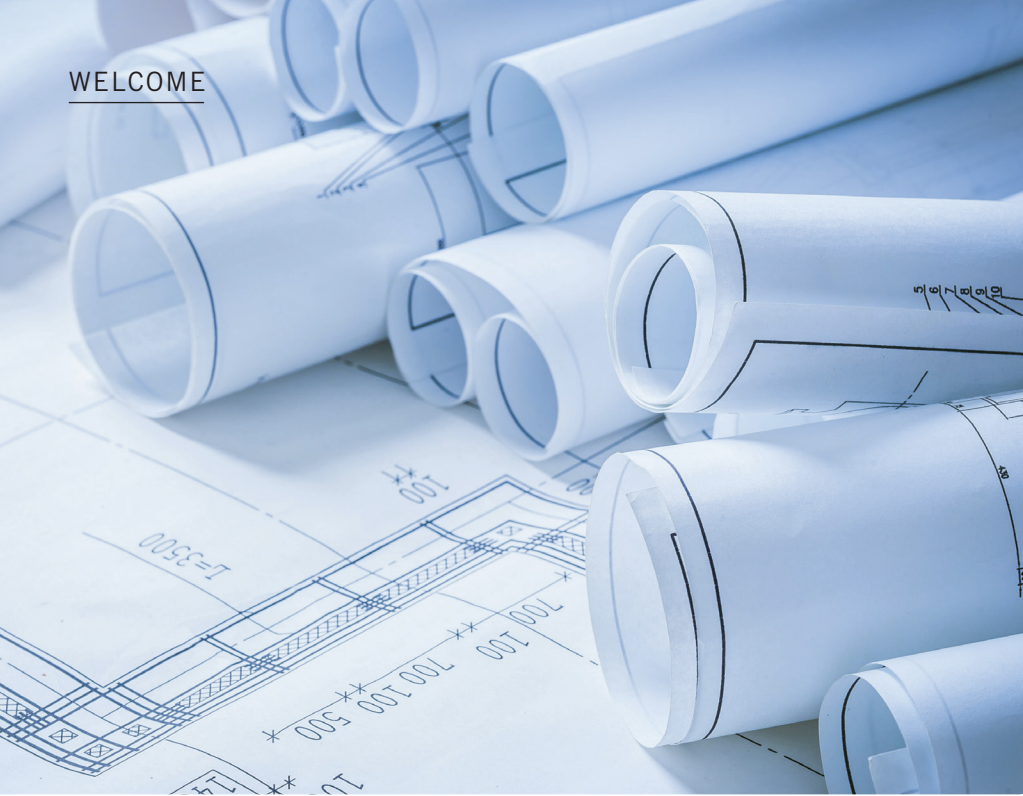
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KOOTENAI HEALTH

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Andrea Nagel

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Opening Thoughts

AUGUST 2016



Jon Ness, CEO

THANK YOU FOR YOUR PATIENCE

If you have driven down Ironwood Drive recently, you've seen the changes taking place at the Kootenai Health emergency department. And if you've been to the emergency department in the past few years, you understand the pressing need to expand that area.

The Kootenai Health emergency department was built to accommodate 32,000 patients annually, but over the past few years, we have been regularly providing care to more than 50,000 patients a year. In some ways, it reminds me of a busy airport during the holidays.

Although the quality of our emergency care is excellent and staff members are working as efficiently as possible, we know that with improved facilities we can do better. Our new emergency department will include the addition of 7,000 square feet of new space and 11 new treatment rooms, which will bring us to 36 rooms total when the project is completed in the fall of 2018.

Each time we complete a facility improvement project, it is extremely gratifying to see our patients and staff benefiting from that improvement. In the meantime, we sincerely appreciate your patience as we grow to provide an experience that is on par with the exceptional care you have come to expect from Kootenai Health.

Wishing you good health,
Jon Ness

A New Phase

EXPANSION OF SURGICAL AND EMERGENCY DEPARTMENTS BEGINS

By Andrea Nagel

As the second phase of expansion begins, there has been a lot of activity around Kootenai Health's operating rooms and emergency department. Construction crews recently finished the demolition of the first stage of operating room construction to make room for three new operating room suites, and demolition is just beginning in the emergency department.

Earlier this summer, crews cleared space for the new operating suites (there will be 11 total when the project is complete), 20 pre-operative rooms and a large portion of the post-anesthesia care unit. Next, crews will begin clearing space and ground to expand the emergency department. This will be followed by the steel framework that will make up the new south lobby, entrance, ambulance bays and patient drop-off area.



Derek Miller, Director of Planning and Property Management

"The emergency entrance will be signed as the South Entrance, and the facility will have the same look and feel as the east hospital expansion and North Entrance," said Derek Miller, Director of Planning and Property Management at Kootenai Health. "As we grow, the public will start to see us develop these main entrance points on our campus, which will have almost an airport-type feeling."

CLEAR SIGNS, QUICK ACCESS

That airport feeling comes from the large directional signs and the design of the patient drop-off area. Much like the North Entrance, the emergency drop-off will include a large awning and free valet parking. The parking lot will also be reconfigured to provide more defined entry and exit points and help control the traffic flow.

"We're designing a high-volume emergency department," Derek said. "Because of that, we are putting a lot of emphasis on obvious and easily understood signs and quick access to the building and parking."

During construction, the entrance to the emergency department will be easily accessible and identifiable. Due to some reorganization, the emergency and Heart Center parking lot will actually be the largest it has ever been. Although there will be more parking on the south side of the hospital, Derek said it is important for patients and visitors to remember that it is still a construction zone, and there is plenty of parking to accommodate visitors on the north side of the facility.

"If patients and visitors need to access the emergency department, heart services, MRI or Kootenai Outpatient Surgery, then the southern entrance is still the best place for them to enter the facility," he said. "For all other services, we're asking that visitors use the North Entrance to eliminate unnecessary traffic during construction."

Phase 2 of Kootenai Health's expansion is expected to be complete in 2018.



FOLLOW OUR PROGRESS

To learn more about the next phase of Kootenai Health's expansion and to access current maps and directions, visit KH.org/phase2.



Surviving Metastatic

By Andrea Nagel

In 2008, Kellie Cranmer was a busy mother, wife and realtor living in Bonners Ferry. At just 31 years old, Kellie had never received a mammogram, or had reason to, until she discovered a lump while taking a shower.

“At first I was kind of in denial,” she explained. “I thought, ‘That’s weird,’ but didn’t go to the doctor right away. I talked to my mom about it, and of course she told me to go see a doctor.”

Kellie did not have health insurance, and she worried about the cost of a mammogram. Luckily, she heard about a free screening program, funded through the Susan G. Komen Foundation, from the Panhandle Health District in Bonners Ferry and made an appointment.

“The nurse was concerned and ordered a biopsy,” Kellie said. “I felt like I had to wait forever for the results, but finally four days before Christmas, I got a phone call telling me that it was breast cancer.”

THE JOURNEY BEGINS

Kellie and her family relocated to Coeur d’Alene in 2009, just as she began the long journey of cancer treatment that resulted in two surgeries, five months of chemotherapy and 36 days of radiation treatment.

Kellie’s treatment seemed to work. She lived the next five years of her life cancer-free, spending time with her family and settling back in to normal activities and work post-cancer. Then, one night in 2014, Kellie awoke to sharp, shooting pains



Kellie Cranmer was diagnosed with breast cancer in 2008 when she was just 31 years old. She says she is living proof of the importance of breast self-exams.

Breast Cancer

in her thigh. Every few seconds she experienced spasms and had trouble standing. Thinking she had somehow hurt her leg, Kellie and her daughter headed to the closest urgent care.

“At that point I wasn’t even thinking about cancer,” Kellie said. “Even the doctors I saw thought it might be piriformis syndrome or something else nerve-related. Cancer never came up as a possibility.”

For the next year and a half, Kellie’s family physician helped her to manage her pain. Muscle relaxers and pain medications were part of her regular routine until they could figure out a permanent solution.

SHOCKING RESULTS

“We finally decided to pursue further imaging to see if it was something beyond nerve pain,” Kellie said.

“Sure enough, it showed an abnormality. An MRI confirmed that my breast cancer had come back in my bones.”

Kellie was shocked by her new diagnosis—stage IV bone cancer—but was relieved to have an answer. Her femur and hip were close to fracturing due to the severity of her cancer, and a surgery called left femur stabilization was necessary. In this procedure, a titanium rod is inserted in the left femur and pinned to the hip to help strengthen the bones and prevent fractures. Once her surgery was completed, Kellie was able to return to Kootenai Clinic Cancer Services to begin treatment.

“Even though her breast cancer recurred, she’s still a candidate for treatment,” Kevin Mulvey, M.D., Medical Director of Kootenai Clinic Cancer Services, said. “We opted for hormonal therapy as it would

be easier on her body. It works by stopping her body from producing estrogen, which the cancer cells use as a growth factor. The anti-estrogen therapy has been shown to improve survival.”

FINDING THE POSITIVE

“Everyone at Cancer Services is fantastic and helpful; I almost feel a little better when I’m there, because of the staff and care I’ve had,” Kellie said. “My social workers, Jessica in Post Falls and Cyndi in Coeur d’Alene, helped me apply for help through the Kootenai Health Foundation’s Cancer Patient Support Fund and put me in touch with the Patient Advocate Foundation to help offset some of my expenses and prescriptions.”

Despite facing cancer twice before age 40, Kellie continues to smile, focusing on the positive and taking every opportunity to enjoy life.

“It’s crazy being so young and having to go through all this, especially because I have no family history of breast cancer,” she said. “I’m used to it now, but it’s not how I pictured my life; my future. All of my friends, family and co-workers have been so supportive and generous. They help me stay positive and strong. My husband motivates me to go have fun whenever there’s an opportunity.”

Her advice to those who are too young to get annual screenings or who may be facing a new diagnosis?

“Do your breast self-exams—I’m proof that this can happen to anyone,” she said. “And focus on the positive before looking at the negative. Negativity will bring you down before you even get the chance to lift yourself up.”

SUPPORT LOCAL CANCER PATIENTS

You can help support local cancer patients like Kellie by attending these upcoming events. Be sure to visit the Kootenai Clinic booth to learn more about our services and ways to support patients and their families.

CHICKS 'N' CHAPS

Friday, Aug. 26

1 to 5:30 p.m. at the North Idaho Fairgrounds

Join us for the eighth annual women-only rodeo clinic. Proceeds will benefit the Fair Foundation and Kootenai Health Foundation. Join us later that day for Paint the Fair Pink and the Gem State Stampede PRCA Rodeo. Learn more and register at northidahostatefair.com.

RACE FOR THE CURE

Sunday, Sept. 18

9 a.m. at North Idaho College

Learn more and register for the 10K, 5K or 1-mile events at komenidaho.org.



DONATE TODAY

For ways to help the cancer patient support fund, call the Kootenai Health Foundation at (208) 625-4438 or visit KH.org/foundation. To learn more about Kootenai Clinic Cancer Services, visit KH.org/cancer.

Finding a New Primary Care Physician

By Jeanna Hofmeister

After penning a number of articles for *Kootenai Health* magazine and interviewing many of Kootenai Health's excellent physicians, I've consistently heard one thing from each and every one of them. They all stressed the importance of having a primary care provider (PCP). According to them, a PCP is your first line of defense when it comes to staying healthy, because he or she is trained to notice subtle changes in your health.

By the third or fourth time I'd heard this advice, I started to take it seriously...sort of. I'd always had a primary care doctor, though I rarely saw him unless I was incredibly sick or injured. I don't know whether my thoughts about doctors are generational or familial, but growing up, a doctor visit meant serious business.

REALITY CHECK

I recently realized I hadn't seen my PCP for probably the past 10 years. I'd seen my OB-GYN for my annual exams, and I'd seen my orthopedic surgeon because I play too hard. But because I'm a healthy person, it never occurred to me to see my PCP for an annual checkup. In fact, I thought those were no longer in vogue. Still, I figured that I was OK, because at least I had a PCP—kind of like an

ace in the hole, right? Well, *had* is the operative word here.

A couple of months ago, I received a letter from my primary care doctor announcing his retirement and his move to the Seattle area. At the very same time, my husband's Sandpoint physician announced he was no longer accepting health insurance and was going to begin a monthly payment program, somewhat akin to a medical membership.

Added to those circumstances, I quit my job in downtown Spokane last year, which meant all of my doctors would now be 60 miles away from home, rather than 10 minutes from my office. It was a perfect storm that set us both on a journey to discover new doctors closer to home.

Finding one, frankly, seemed pretty daunting. I mean, how does one find a new health care provider that's going to be the right professional and personal fit? These are the people you trust with your life. They're also the ones who see you at your most vulnerable, often when you're somewhat exposed. It's not one of those things people (meaning me) take lightly.

'DON'T WORRY'

Last winter, during an interview with Marcus Torgenson, M.D., a surgeon at Kootenai Health, the topic of primary care came up

again. I asked him how one might go about connecting with a new doctor.

"You can just call the Kootenai Clinic Appointment Center," he suggested.

"But how will I know if the doctor they recommend is going to be a

A HELPING HAND: Jordan, a medical assistant at Kootenai Clinic Internal Medicine in Coeur d'Alene, takes Jeanna Hofmeister's blood pressure before Jeanna's meeting with her doctor.



good fit for me?" I asked (I think I might have whined).

Chuckling, he actually looked up the phone number for me. "Don't worry," he answered. "They'll ask you a lot of questions to help you figure it out."

Being a natural born procrastinator, I sat on his good advice for a few more months and, in the meantime, asked a girlfriend who works at Kootenai about the Appointment Center. (To be honest, I was just getting a second opinion.) She also encouraged me to give it a try. So last month, I finally gave in and made the call.

After explaining my situation, Ashley at the Appointment Center asked me a host of questions—

everything from the standard name and date of birth to whether I had health concerns or personal care preferences. When she asked me if there was anything else I wanted to share, I told her that I wanted a doctor who was a good listener and a good detective. I also said that I wanted someone who wasn't too quick to write a prescription. At 59, I only take daily vitamins, and I'd really like to keep it that way.

She immediately recommended two doctors she felt fit my request. At the last minute, I also asked if she could recommend a female physician. Turns out, both doctors she'd suggested were. Both were also doctors of osteopathy (or D.O.). After offering to contact them on my behalf, she said she'd get back to me shortly with the first available appointment.

Thankfully, that gave me a few minutes to Google *osteopathy*. I wasn't familiar with this particular medical discipline. With a little research, it seemed a perfect fit. Its holistic approach to preventing disease and treating patients really appealed to me, and I actually started to get a bit excited about going to the doctor. That's a first.

A few days later, I received my new patient packet from Kootenai Clinic containing all the standard forms and releases that you normally have to fill out at your first appointment. I got them weeks in advance, along with a self-addressed stamped envelope for sending them back. A nice surprise.

COMMON GROUND

When I finally met my new PCP, Rebecca Bertsch, D.O., she and her staff made me feel welcome

and relaxed. Something new to me was her use of a scribe—a second person in the room during my exam who took notes about our conversation.



Rebecca Bertsch, D.O.

As she explained it, "I have a scribe so I can pay attention to getting to know you." What a terrific idea.

We spent most of my appointment time just getting to know each other, openly discussing my overall health and my personal anti-prescription philosophy.

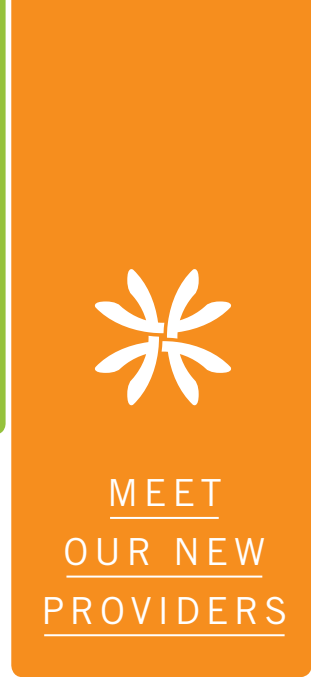
While Dr. Bertsch understood it, she gently explained that if we uncovered something that required a regular prescription, we'd be having a frank conversation. I appreciated her candor. She was professional without being pushy.

The Appointment Center did a yeoman's job of matching me with a doctor who actually fit my style. Before we were finished, we also talked about our mutual love of mountain biking, gardening, our grown children and the privilege of living in northern Idaho. We found common ground. And I know that—more than anything—will make me feel connected and comfortable with her when I willingly schedule my next annual checkup.



The Kootenai Clinic Appointment Center can help you find a physician and schedule an appointment at one of our Kootenai Clinic locations. To get started, call (208) 625-6767 or toll-free (844) 627-9411, or visit appointmentcenter.KH.org to fill out an online request.





CRAIG ALLRED, AU.D.,
Audiologist, Kootenai Clinic Ear,
Nose, Throat, Allergy and Audiology

TELL US A LITTLE BIT ABOUT YOU AND YOUR FAMILY.

My wife, Corinne, and I both grew up in Utah. We met and married while attending Brigham Young University. After we graduated from BYU, we moved to eastern Idaho where I attended Idaho State University and completed my doctorate in audiology. Corinne worked as a pediatric ICU nurse at Eastern Idaho Regional Medical Center. We have one son who is 16 months old and keeps us on our toes.

WHY DID YOU PICK YOUR SPECIALTY?

Growing up with a hearing loss, I was able to see firsthand the benefits of receiving hearing amplification. This, coupled with the education I received at Idaho State University and Brigham Young University, led me to develop a passion

for the field of audiology, as well as a respect for audiologists and the positive difference they can make in people's lives.

WHAT CAN PATIENTS EXPECT WHEN THEY SHOW UP FOR THEIR FIRST APPOINTMENT WITH YOU?

My patients can expect to review their hearing history and the ways their hearing deficits are impacting their lives. I will perform a series of hearing tests to find the cause and severity of their hearing loss. With those results, we will discuss the options available for hearing amplification that fit their needs and lifestyle.

WHAT ARE SOME OF YOUR HOBBIES?

My wife and I both love the outdoors and enjoy camping, hiking and trail running. We are excited to be in Coeur d'Alene where all of these activities are easily accessible.

WHAT DREW YOU TO KOOTENAI HEALTH?

The community feel and opportunities for growth aligned with my long-term goals as an audiologist. Corinne and I are excited to raise our family in this beautiful part of Idaho.



MICHAEL COAN, M.D.,
Rheumatologist, Kootenai
Clinic Rheumatology

TELL US A LITTLE BIT ABOUT YOU AND YOUR FAMILY.

My wife and I have five children, and we love to spend time outdoors!

WHY DID YOU PICK YOUR SPECIALTY?

Multiple reasons.... I love the science of rheumatology. The continued rapid progression of new discoveries has created many new possibilities for treatments. It is beautiful to see patients regain their quality of life. I appreciate the opportunity to develop a relationship with our patients because we see them frequently.



WHAT CAN PATIENTS EXPECT WHEN THEY SHOW UP FOR THEIR FIRST APPOINTMENT WITH YOU?

They will have a thorough examination of their health related to rheumatology and a treatment plan that they understand and are partners in creating.

WHAT ARE SOME OF YOUR HOBBIES?

I love to mountain bike, road bike, compete in triathlons and kayak.

WHAT DREW YOU TO KOOTENAI HEALTH?

Dustin Dinning, D.O., and I met at a meeting a couple of years ago, and he was happy about how he was treated as a physician at Kootenai. Patients and other physicians at Kootenai confirmed his positive accolades as I investigated further.



HEIDI JACKSON, M.D.,
Surgeon, Kootenai Clinic
General Surgery

TELL US A LITTLE BIT ABOUT YOU AND YOUR FAMILY.

I grew up on a ranch with three siblings and parents who were both teachers. I come from a close family and am now fortunate to have a family of my own. I enjoy spending time with my husband and 8-year-old twin boys.

WHY DID YOU PICK YOUR SPECIALTY?

My younger brother, who was born while I was a teenager, had many health problems. I initially became interested in medicine as I helped him through multiple hospitalizations and surgeries. At that time, I was drawn to surgery because I could see the immediate benefits of surgery. I admired the surgeon's skill and quick decision making. As my career progressed, I moved toward general surgery because I valued the general surgeon's ability to understand and treat all aspects of patient care. I wanted to have the ability to care for the sickest patients

in the hospital, and I found that in general surgery.

WHAT CAN PATIENTS EXPECT WHEN THEY SHOW UP FOR THEIR FIRST APPOINTMENT WITH YOU?

When patients come to see me in the clinic, they can expect a thoughtful and complete evaluation. I encourage open communication and plan for a careful review of their medical conditions and treatment options. Quality surgical care is a balance between current medical knowledge, precise technical skill and compassion for the patient. I expect that my patients will feel well cared for, valued and respected.

WHAT ARE SOME OF YOUR HOBBIES?

Growing up on a small ranch cultivated a love of the outdoors. I grew up caring for farm animals, horseback riding, camping, fishing and hunting. I would now add biking, skiing and running. Of course, I have always enjoyed time with family and friends.

WHAT DREW YOU TO KOOTENAI HEALTH?

A close friend and colleague introduced me to the Coeur d'Alene area and I was, of course, enamored with its beauty and enjoyed the small-town feel and friendly community. As I explored a career with Kootenai Health, I was impressed with the breadth and quality of care offered. I appreciated the obvious commitment to patient care and surgical outcomes.

'GPS' for the Lungs

By Stacie Jones

Lung cancer is difficult to detect early and is often not diagnosed until the disease is in its advanced stages, which greatly reduces treatment options and a patient's chance of survival. A procedure newly available at Kootenai Health could help change that.

Todd Hoopman, M.D., of North Idaho Lung, Asthma and Critical Care, is a Kootenai affiliate provider who specializes in pulmonary (lung) disease and is now offering electromagnetic navigational bronchoscopy (ENB). The advanced procedure is used to locate and biopsy abnormal masses in areas of the lungs that traditional

bronchoscopy can't reach.

"Navigational bronchoscopy is a minimally invasive procedure that reaches difficult areas of the lung with great precision and accuracy," Dr. Hoopman said. "The technique allows us to access and biopsy nodules in regions of the lung that cannot be safely reached with other methods due to surrounding structures, blood vessels or lung tissue affected by emphysema."

In traditional bronchoscopy, a thin, lighted tube called a bronchoscope is used to navigate and view airways. However, the bronchoscope is too big to reach some areas of the lungs. With ENB, Dr. Hoopman uses a navigation catheter, advanced imaging software and other special tools to extend beyond the bronchoscope's reach into the lungs' outermost regions. Dr. Hoopman likens the procedure to GPS for the lungs.

ACCURATE DIAGNOSIS

ENB can be used to evaluate a variety of lung diseases and is especially valuable in the accurate



Todd Hoopman, M.D.

diagnosis of lung cancer.

"This technology gives physicians the ability to more precisely and accurately diagnose smaller cancer nodules at an earlier stage, which can help generate personalized treatment options and improve survival," Dr. Hoopman said.

"Too many lung cancers, both nationally and locally, are diagnosed in stages III and IV," he added. "This technology gives us the potential to shift the time of diagnosis to the more favorable stages (I and II) and, in turn, save lives."

Kootenai Health is the first hospital system in Idaho to offer the newest version of the super-dimension navigation bronchoscopy system by Medtronic. Dr. Hoopman said the addition of the new technology reflects Kootenai's commitment to providing the best possible care for patients.

"The acquisition of this navigational bronchoscopy technology completes Kootenai Health's diagnostic and treatment modalities for lung cancer and other cancers of the chest," he said. "Now patients can get the comprehensive care they need here at their local hospital and not have to travel out of the area for this cutting-edge procedure."



Entering the Final Stages

KOOTENAI CLINIC POST FALLS IS NEARING COMPLETION

By Andrea Nagel

With just a few months left of construction, Kootenai Clinic Post Falls is moving into its final stages before opening to the public in January 2017.

Construction crews finished the interior framing and are putting the finishing touches on the interior and ceiling. The construction fences were also pulled back in order to open the east parking lot. Two major milestones include the opening of Big Blue Coffee Co. as well as the new main entrance and patient drop-off area.

The exterior of the new clinic building should look familiar to Kootenai patients. The building has a similar design and the same siding used on Kootenai Health's hospital expansion.

"We want to move away from what I consider an 'auto-centric' model, where we ended up with a big parking lot that wasn't very functional," said Derek Miller, Director of Facility Planning and Property Management. "We want this building to be patient-centric, making it easier for people to get closer to the building with a better drop-off area."

The majority of the remaining interior construction is focused on the second floor of the building, where Kootenai Heart Clinics Northwest, Family Medicine and OB-GYN will be located. These practices, along with Kootenai Clinic Internal Medicine, will all nearly double in size.



"Our goal is always to keep patients close to home whenever possible," Derek said. "With the Post Falls expansion, we will be able to provide even better multi-specialty, coordinated care for our patients, closer to their homes."



VIRTUAL VIEWING

Follow the Post Falls expansion progress on our Facebook page, and learn more about the project at [KH.org/expansion](https://www.kh.org/expansion).



Rising from Adversity

WITH HARD WORK AND DETERMINATION,
NEW NEUROSURGEON OVERCOMES THE ODDS

By Andrea Nagel

There is a reason neurosurgery is a standard of difficulty and skill in our society. Hearing, “It’s not like it’s brain surgery,” is a common comparison used to diminish the difficulty of lesser tasks for good reason. After completing 11 years of medical school and residency, with some opting for an additional fellowship, neurosurgeons have a strong dedication to their craft and make sacrifices to see their hard work pay off.

“When I was going through my residency, I was initially accepted into a general surgery residency and later switched to neurosurgery after two years,” said Katie Huynh (pronounced “hwin”), D.O., a new surgeon with Kootenai Clinic Neurosurgery. “I felt that if I was going



Katie Huynh, D.O.

to be away from my little girls, it better be for something I’m absolutely crazy and passionate about.”

Dr. Huynh is no stranger to sacrifice and steep challenges. In addition to finishing a fellowship program where she spent the past year focusing on rigorous, detail-oriented surgeries in hard-to-reach areas of the brain, she also spent a good portion of her life overcoming the many challenges of being a Vietnamese refugee, moving to the U.S. with her family at the age of 6.

“You know that phrase, *fresh off the boat*? That was my family,” Dr. Huynh said. “My father was an officer in Vietnam, fighting against the Viet Cong. He was supposed to go into one of the ‘reeducation’ camps in 1980, but instead we packed up and fled the country at night on a small boat.”

At right: This is the last family photo taken of Dr. Huynh (center) and her family before they fled Communist Vietnam (Saigon, 1980).

At left: Katie Huynh, D.O., participated in a minimally invasive spine surgery training course at the University of California, San Diego, cadaver lab as a senior resident.



Luckily, the family was spotted and picked up by a U.S. military vessel. Dr. Huynh and her family spent the next two years living in three refugee camps before settling in the projects of Boston in 1982. Still in elementary school, she often acted as an interpreter for her family and their friends who knew little English.

“My family had a very appreciative attitude when we came here, and my mom wanted to help others and give back to the community we lived in,” Dr. Huynh said. “Where we lived, very few people spoke fluent English, so my mom took me to other families’ doctor appointments so I could interpret for them. I think it is because I was exposed to medicine at such a young age that I became very interested in it. I thought, ‘What if I was the doctor that could communicate with them, in their own language?’”

NOT AN OBSTACLE, BUT A MOTIVATION

She did not tell her family about her dream to become a doctor for a long time, although she was caught thinking out loud one day by a family friend.

“She told me it wasn’t possible for me to become a doctor because I was a refugee,” Dr. Huynh said. “That made me work even harder. I saw it not as an obstacle, but as a motivation.”

Her heritage has greatly influenced the way she practices medicine, although not necessarily in the way one would think. Dr. Huynh explained that many developing

nations are patriarchal. Physicians dictate patient care, and not much is questioned or discussed.

“I will never practice medicine like that,” she said. “I work with my patients and their families in order to have better outcomes. If there’s a lack of understanding, I’m doing them a disservice. It’s a team effort.”

The patient experience and care model are just a couple of the many reasons Dr. Huynh was interested in Kootenai Health as an option following her fellowship. After learning more about the services and specialties offered at Kootenai, she was most excited about collaborating with other area physicians and completing a well-rounded neuroscience team.

“Dr. Ganz, a neurosurgeon with Neurosurgery and Spine Northwest, told me about the stroke program being built and how many patients in the area have to be sent out of state for care,” she explained. “I want to complement and support a neurosurgical team like the neuroscience team at Kootenai that is working to keep patients here. I saw that opportunity, and that’s what drew me to the area.”



ON YOUR TEAM Dr. Huynh is practicing at Kootenai’s newest specialty clinic, Kootenai Clinic Neurosurgery, located in Coeur d’Alene. You can learn more about her services at KH.org/neurosurgery or by calling (208) 625-6799.

PICK THE BEST FIT FOR YOU

The Kootenai Health Auxiliary is currently looking for volunteers to help in the following areas:

Cancer Services

- Volunteers pick up and deliver mail from the main hospital, run general errands for staff, prepare coffee for patients and families, and greet them as they arrive.

Delivery Services

- Volunteers deliver personal mail, flowers and gifts to patients at Kootenai Health.

Escort and Errand

- Volunteers here answer telephones, transport patients and run general errands upon request.

Family Birth Center Gift Shop and Main Gift Shop

- Volunteers assist customers with purchases, handle transactions, stock shelves, and help with flower orders, cards and baby gifts.

Kootenai Senior Care

- Volunteers have the opportunity to visit with seniors and help facilitate activities, games and much more.

Way-Finding Support

- Volunteers work with registration staff to offer patient transport, give directions, and walk patients, family members and visitors to their desired locations throughout the hospital.

Making a Difference

VOLUNTEERS OFFER HELP AND SUPPORT WHEN IT'S NEEDED MOST

By Andrea Nagel

In the fast-paced world of health care, it is easy for staff, patients and visitors to feel overwhelmed or stressed. When time is short and stakes are high, an extra hand to take care of paperwork, make deliveries or lend moral support can make a big difference. It is in these moments that the volunteers of the Kootenai Health Auxiliary excel.

"We're there not just to help employees and make their jobs easier, but also to help patients and their families reduce their stress," said Paula Meyer-Megadya, Auxiliary President. "We're here to listen and help where we can."

Kootenai Health has one of the strongest hospital volunteer programs in the Northwest, consisting of the Auxiliary for adult volunteers, the Nightingales for retired nurses, the teen volunteer program, Mended Hearts for cardiac patients and Safe Kids for injury prevention.

These volunteers provide a variety of services—from escorting patients and running errands for staff to creating a welcoming environment in waiting areas. Kootenai volunteers annually donate more than 35,000 hours in service to the health of our community.

A GROWING NEED

"We have a need for volunteers in all areas right now," Paula said. "With the hospital transitioning into a larger facility, the need for

volunteers is increasing. We work with each of our new volunteers to find the best fit for them. If they want to be busy and on their feet,



or if they need to sit at a desk and help, we will find a role that is best suited to them.”

In addition to being president, Paula currently volunteers in Family Services. From her station in the surgery waiting area, she helps the nursing staff escort families to the recovery room or meet with the surgeon, among other things. These volunteers can also help connect families with the nursing

staff for help with any concerns or questions.

“I get my energy by being around people and helping them,” Paula said. “I’m sure many of us have that ability to be there, when patients or loved ones need to talk with us or need something. I am sure I can speak for many of us in saying we feel so blessed to be here and are very much appreciated by the staff and community.”



**DOING GOOD
FEELS GOOD**

To learn more about Kootenai Health’s volunteer program, call Shannie Davis, Volunteer Supervisor, at **(208) 625-4645** or fill out the application at **[KH.org/volunteer](https://www.kh.org/volunteer)**.



Paula Meyer-Megadya is the current president of the Kootenai Health Auxiliary, one of the area’s largest volunteer programs.



Kendra McGahan, M.S.,
R.D.N., L.D., C.N.S.C.

Fuel for School

QUICK, EASY AND HEALTHY FOOD IDEAS
TO GIVE YOUR KIDS A BOOST

By Kendra McGahan, M.S., R.D.N., L.D., C.N.S.C.

Proper nutrition is vital to happy, healthy and focused children. Lunch and snack time provide the perfect opportunity for children to refuel for an afternoon of learning and sports as well as provide essential nutrients for growing bodies. Follow these lunch and snack ideas to help make lunchtime fun for everyone.

LUNCH AND SNACK TIPS

Enlist the help of your children when planning and preparing lunches for the week. Encourage kids to try new foods, and pack extra for them to share.

Set aside time on the weekends for food shopping and preparation. Pack lunches the night before to save time during busy mornings.

Buy single-size portions of snack foods when possible. Check labels for sugar and fat content.

Start with protein for growth:

Chicken, turkey, tuna, cheese slices, cottage cheese, yogurt, hummus and peanut butter are good choices. Buy natural lunch meats to avoid nitrates.

Add carbohydrates for energy:

bagels, pita pockets, tortillas, popcorn, pretzels and crackers. Choose whole-grain options whenever possible.

Don't be afraid of fat. Fat helps to keep kids full and provides essential nutrients. Good choices include olive oil-based dressings, peanut butter, nuts, mayonnaise and avocado.

In a pinch, pack leftovers from dinner the night before.

Don't forget to include an occasional treat! A handful of chocolate chips, a cookie or a pudding cup won't add a lot of calories, but they do add a lot of smiles.



LUNCH IDEAS

- ▶ Peanut butter and honey on whole-wheat bread with sliced apples.
- ▶ A pita pocket stuffed with tuna salad or hummus; served with lettuce, tomatoes and carrots, with dressing for dipping.
- ▶ Crackers, cheese slices, lunch meat, mashed avocado and grapes.
- ▶ A yogurt parfait with fresh fruit slices, mixed nuts and cereal.
- ▶ Strawberries and a tortilla roll-up with turkey, cheese, mayonnaise, mustard and lettuce.

SNACK IDEAS

- ▶ Mandarin oranges and cottage cheese.
- ▶ Baked corn chips with salsa or bean dip.
- ▶ Trail mix with nuts, dried fruit and chocolate chips.
- ▶ Celery sticks with peanut butter or cream cheese and raisins.
- ▶ Banana with peanut butter or yogurt.

Get creative at home! See our recipe for no-bake energy balls. They're a fun, healthy way to give busy kids an energy boost.



NO-BAKE ENERGY BALLS

By Brittany Deal

Makes approximately 24 servings.

Ingredients

- 2 cups old-fashioned oatmeal
- 1 cup peanut butter or alternative*
- 2 tablespoons flaxseed meal
- ¼ cup pure maple syrup or honey
- ⅓ cup raisins
- 2 tablespoons water

Directions

- ▶ Combine all ingredients in food processor or mix well by hand. If mixture appears dry, add extra water, 1 tablespoon at a time.
- ▶ Roll each ball using about a tablespoon of mixture. Serve and enjoy!

*To avoid unnecessary sugar and added oils, try to choose a peanut butter whose only ingredients are peanuts or peanuts and salt.

Nutrition Information

Serving size: 1 ball. Amount per serving: 110 calories; 6g fat; 4g protein; 11g carbohydrates; 2g fiber



Brittany Deal,
D.T.R., Infant
Nutrition
Technician



TEAM EFFORT: The Coeur d'Alene Elks Foundation; the Coeur d'Alene Section of the Society for Mining, Metallurgy and Exploration; the Wallace Gyro Lead Creek Derby; the Wallace Rotary Club; and numerous community donors all helped raise money to bring an FES bike to Coeur d'Alene for Alan Wilson and other patients.

From left: Britt Towery, Kootenai Health Foundation Manager; Dawn Fitzgerald, Kootenai Health Rehabilitation Services; Luke Russell, Hecla Mining; Steve Peteroni, Hecla Mining; Sue Donaghue, Director of Kootenai Health Rehabilitation Services; Pat Braden, Coeur d'Alene Elks; Dick Gardner, Coeur d'Alene Elks; and Janette and Alan Wilson.

Pedaling Power

REHABILITATION SERVICES' NEW BIKE BOOSTS THERAPY FOR LOCAL PATIENTS

By Stacie Jones

Alan Wilson rides a bike two times a week. Like many of us who exercise, he does it in part to improve his cardiovascular health. But Alan, who is a quadriplegic, is also motivated by something else.

“Riding the bike helps me build strength in my legs and prevent muscle atrophy, so that if I do get some returned use of my legs, I’ll have something to work with,” he said.

The Coeur d'Alene man suffered a spinal cord injury after a fall during a recreational pickleball game in December 2014. The accident left him paralyzed from the neck down. As part of his rehabilitation, Alan and his wife, Janette, have traveled to Spokane at least twice a week for more than a year for therapy on a Functional Electrical Stimulation (FES) cycle. The cycling system allows patients to exercise the muscles of paralyzed limbs in order to build muscle strength and improve fitness.



GLAD TO GIVE: Steve Peteroni, Alan Wilson's former supervisor at Hecla Mining, spearheaded the community fundraising efforts for the purchase of an FES bike for Kootenai Health's outpatient rehabilitation services. Pictured (from left): Steve Peteroni; Janette Wilson; Dawn Fitzgerald, D.P.T.; and Alan (front).



NEW TECH: Kootenai Health outpatient physical therapist Dawn Fitzgerald, D.P.T., assists Alan Wilson on the FES bike.

CLOSE TO HOME

A facility in Spokane had been Alan's closest option for therapy on the specialized bike. But now, since Kootenai Health Foundation purchased an FES cycle for rehabilitation services at Kootenai Health, Alan will be able to do his cycling sessions much closer to home.

"It's a huge timesaver," Alan said. "Now that we don't have to kill an entire afternoon driving to Spokane and back, I'll be able to use the bike even more."

The FES cycling system uses electrical stimulation to create movement of the legs or arms in order to pedal the bike. Electrodes, which are placed on the patient's muscles with a type of sticky pad, send electrical currents to the nerves, causing the muscles to contract. The benefits of FES cycling are numerous—from aerobic conditioning to increased circulation, spasticity management and muscle flexibility.

The bike is available to all Kootenai patients who may benefit from FES therapy, including people with

incomplete or complete spinal cord injury, brain injury, stroke or multiple sclerosis.

DONORS STEPPED UP

A \$10,000 donation from Hecla Mining, where Alan worked for 30 years before retiring in 2013, helped fund the \$30,000 piece of equipment. Hecla employees also kicked in an additional \$8,000. Steve Peteroni, Alan's former supervisor at Hecla, spearheaded the fundraising effort within Hecla and in the broader Coeur d'Alene community, helping to raise more than \$26,000 in about seven weeks.

"Alan is my friend...I wanted to do everything I could do to help him," he said. "Hecla's primary goal in this effort was to help Alan, but we also saw it as an opportunity to give back to the community by providing a type of therapy that was otherwise unavailable locally."

Contributors to the purchase included the Coeur d'Alene Elks Foundation; the Coeur d'Alene Section of the Society for Mining, Metallurgy and Exploration; the Wallace Gyro Lead Creek Derby; the Wallace Rotary Club; and numerous community donors. Many of the Wilsons' family and friends also contributed to the fund.

"We were really impressed and deeply touched by the number of people—near and far—who generously stepped up to help fund this bike," Alan said.

"It's very humbling," Janette added. "We are so grateful."

ONE FOR ALL

The Wilsons, who approached Kootenai last year about the possibility of the facility acquiring an FES bike, emphasized that the new equipment is not just for Alan, but for the entire community.

"This was something that we really needed in the area," Janette said. "It was great to be able to partner with Kootenai Health in order to get something the whole community could use."

Sue Donaghue, Director of Rehabilitation Services, said the bike is a welcome addition to Kootenai Health's available treatment interventions.

"The FES bike is an additional resource for our highly skilled physical and occupational therapists, and it will help ensure that we keep current with evidence-based approaches to rehabilitation," she said.



Cliff Hampton, M.D.,
Kootenai Clinic Neurology

Skip the Pills

Q How can I treat headaches without using medication?

While there are several different classes of headaches, there are treatments available that don't involve pills. They are safe, effective and work for most headache types. Here are some simple tips that won't give you side effects—other than better health and well-being—and won't cost you anything more than a little effort.



Get adequate sleep.

Poor sleep is a trigger for migraines and tension headaches. Adjusting your schedule and priorities to ensure that you're resting well will go a long way toward preventing headaches from beginning in the first place.



Don't skip breakfast.

Many of us (myself included) seem to consider breakfast an optional meal. If you suffer from headaches, try making a conscious effort to eat a healthy breakfast every morning. This will almost certainly cut down on the number of headaches you get.



Relax.

One technique is to close your eyes; picture the muscles in your face, neck and shoulders; then consciously relax by imagining that all of the tension is melting out of them. Another common method is acupressure. It works in a similar way and can be self-applied in a short amount of time. A YouTube search for "headache acupressure" can show you how to perform this simple treatment.



Keep yourself well-hydrated.

In the course of a busy day, it's easy to forget to drink water. Not only will staying hydrated help prevent headaches, you can actually treat headaches after they've started by rehydrating with a couple of big glasses of water or a sports drink.



Limit your screen time.

Excessive use of electronic devices—television, mobile phones, tablets, PCs, etc.—especially just before you go to bed, has been shown to increase the frequency of migraine headaches. Try giving yourself an hour or two of "unplugged" time before bed and see how much better you feel.



Use over-the-counter headache medications sparingly.

"Medication overuse" and "analgesic rebound" headaches are unfortunately very common. All painkilling medications, even acetaminophen, have the potential to cause more headaches if used too frequently. Migraine medications that contain caffeine are especially prone to causing rebound headaches when they wear off. Any medication you use to treat headaches should never be used more than once or twice a week.



IS IT MORE THAN A HEADACHE? If you think you might have a neurological condition, talk to your primary care physician about a referral to Kootenai Clinic Neurology for a more in-depth look. Interested in learning more about our neurology clinic? Visit KH.org/neurology or call (208) 625-5100.

PRENATAL CLASSES

Classes meet in Kootenai's Health Resource Center unless otherwise noted. Space is limited. To register or for more information, call **(208) 625-6050**.

Prepared Childbirth Classes | \$40

Bringing Baby Home | \$15

Breastfeeding Basics | \$15

Safe Kids Car Seat Inspections | Free

Thursdays, 1 to 4 p.m.

Kootenai Health

Rehabilitation Services entrance

Call **(208) 625-4642** for an

appointment.

FITNESS AND WELLNESS

Activity for Life | Varies

Supervised open gym activity for those with cardiac or pulmonary conditions. Call **(208) 625-4690** for more information.

Aquatics Classes | Varies

Weekdays

Rehabilitation Services pool

Formats, times and prices vary.

Call **(208) 625-5311** or go to

KH.org/rehab.

Balance and Fitness | Free

Mondays, 1 to 2 p.m.

Second, third and fourth Wednesdays,

1 to 2 p.m.

Heart Center Classroom

This is a free exercise program for adults who want to improve their strength, balance, flexibility and mobility while decreasing their risk of falling. Call Donna Kalanick at **(208) 625-5722** for more information.

Community Cardiac Education | Free

Thursdays, 9 a.m. and 1 p.m.

Heart Center Classroom

Weekly Topics:

First Thursday, Stress Reduction

Second Thursday, Nutrition

Third Thursday, Medication

Fourth Thursday, Nutrition

(208) 625-4690



Diabetes Classes | Varies

Kootenai Clinic Diabetes and Endocrinology hosts several classes for people managing diabetes. For more information or to sign up, call **(208) 625-5500**. Individual education options are also available.

Bimonthly, Wednesdays, Basic Class

Fridays, Gestational Diabetes Class

Bimonthly (call for dates), Diabetic Nutrition Course

Bimonthly (call for dates), Diabetes Refresher Course

SUPPORT GROUPS

Support groups meet at Kootenai Health unless otherwise noted.

Women's Cancer Wellness Support

Mondays, noon to 1 p.m.

Kootenai Clinic's Cancer Services

Post Falls, 1440 E. Mullan Ave.

Call **(208) 625-4938**.

Cancer Support

Wednesdays, 1 to 2:30 p.m.

For those whose lives have been affected by cancer.

Call **(208) 625-4711**.

Type 1 Diabetes Support Group

Second Wednesday of each month,

6 to 7 p.m.

For those managing type 1 diabetes. Call **(208) 625-5500**.

Prostate Cancer Support Group

First Thursday of each month,

7 to 9 p.m.

This group is for patients diagnosed with prostate cancer.

Call **(208) 625-4711**.

American Cancer Society

Look Good...Feel Better

Second Monday of the month

This free program helps women facing cancer with the appearance-related side effects of their cancer treatment. A cosmetologist will teach beauty techniques and help with head coverings. Call **(208) 691-4169**.

Mended Hearts

Third Thursday of the month,

3:30 to 4:30 p.m.

Former cardiac patients help support others with cardiac or pulmonary diseases. Call **(208) 625-4690**.

Ostomy Support Group

Third Thursday of each month,

6:30 to 9 p.m.

Join us for a presentation on ostomy support and wound care. Call Shari Gabourie at **(208) 625-6627**.

Pulmonary Support Group

Second Tuesday of each month,

noon to 1:30 p.m.

Education and support to help improve your quality of life. Call **(208) 625-4691**.

Parkinson's Tele Health

Second Monday of each month,

2 to 3 p.m.

View presentations and ask regional experts questions via live streaming. Call **(208) 635-5243**.

Follow Us



DISCOVER MORE

Call **(208) 625-6050** for more information or to register.



KootenaiHealth

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*Hens and Chicks—Andrea Nagel,
Communications and Marketing*



Proud sponsor of the Susan G. Komen Coeur d'Alene Race for the Cure



Sunday, September 18, 2016
North Idaho College
For more information or
to register komenidahomontana.org



KootenaiClinic

Cancer Services | 208.625.4700 | kh.org/cancer