



HEALTH MATTERS
AT
ASPEN VALLEY
HOSPITAL

FALL 2014



OUR MISSION

To deliver extraordinary
healthcare in an environment
of excellence, compassion,
and trust.

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AVH MAMMOGRAPHER ACKNOWLEDGED BY KOMEN FOUNDATION



Debbie Demeulenaere, RT, was honored by the Komen Foundation at the Race/Ride for the Cure this summer. Komen presents their “Co-survivor” award to “honor and support those people that act as caregivers to women with breast cancer.” Debbie was recognized for her many years of support and dedication to women’s breast health and education.

The women Debbie serves benefit not only from her expertise, but also from her bright, cheery personality. Her spirit and sense of personal fashion, not to mention the many entertaining breast-related mementos in the department (many of them gifts from patients), are often cited for actually making the mammogram a fun experience!

Aspen Valley Hospital and Komen Colorado have been partners in breast cancer diagnosis for many years. Komen supports local uninsured women with financial needs to ensure they receive screening mammograms, as well as additional testing if needed. Komen Colorado grant funds will provide 125 screening mammograms and 50 diagnostic procedures for uninsured women between April 2014 and March 2015.



Peggy Mink (left) presents Debbie Demeulenaere with the Co-Survivor Award at the Race/Ride for the Cure.

TURNING 40? A FREE MAMMOGRAM IS OUR GIFT TO YOU

The American College of Obstetricians and Gynecologists, the American Cancer Society, and many other reputable national organizations recommend annual mammograms for women starting at age 40. To help you start this annual routine, Aspen Valley Hospital has a 40th birthday gift for you — a screening mammogram with 3D technology.

This free offer is good within one year of your 40th birthday. Be sure to mention this milestone birthday when you schedule your appointment. A physician’s order is required, so please speak with your doctor first.

Your free mammogram does not apply to additional tests or procedures that may be associated with your mammogram. Finally, plan to bring a valid photo ID indicating your age and date of birth to your appointment. Happy birthday!

ASPEN BIRTH CENTER

WHERE FAMILIES ARE BORN

Most people would agree that the birth of a baby is one of the most incredible, beautiful, life-changing events one can experience — for mom, dad, grandparents, siblings, aunts, uncles, and friends of the family.

Second only to the highest quality medical care for our patients, the Aspen Birth Center's mission is to ensure that the birth is the experience of a lifetime. It all starts with a visit to our talented obstetricians' offices at Aspen Valley Hospital (AVH). At that time, parents-to-be begin to learn about what to expect during the next several months. Mom and baby are carefully monitored throughout the pregnancy in preparation for the big event and get to know all the obstetrical staff during this time.

Also to help prepare are a variety of low-cost classes addressing labor and delivery, post-partum care, breastfeeding, CPR, and sibling preparation. When it's not a first pregnancy, parents can simply "refresh" with a short childbirth preparation class designed for experienced parents.

PAIN MANAGEMENT

As the due date draws nearer, it's time to make decisions about pain management during labor and delivery. "We see a range of desires, and everyone tolerates pain differently," says April Boney, RN, inpatient services director. "Both the nursing and anesthesia staffs work with the mother to accommodate her needs. Childbirth is such a personal experience, so we individualize the care we provide."

Emotional support is very important, and we also utilize various relaxation techniques including focused breathing, warm baths in Jacuzzi tubs, music, massage, and lighting to assist with relaxation and relief of discomfort. Our anesthesia department is available around the clock and offers local and regional blocks. "Nothing is set in stone," adds April. "We work with our patients to make minute-to-minute decisions and can adjust the approach depending on her needs and wishes."

THE FACILITY

The Aspen Birth Center opened in 2008 and features a home-like environment but with all the needed medical equipment for a safe delivery. Labor, delivery, and recovery occur in one room, and then mother and newborn are transferred to a post-partum room until discharge. With comfortable furnishings and a desk for dad or other family members to send out emails and photos, it's also where parents can learn all about newborn care from the staff. Prior to discharge, mom and dad enjoy a special steak dinner (with vegetarian options) prepared by one of our chefs at Castle Creek Café.

BIRTH FACT

ALMOST 1,700 BABIES HAVE BEEN BORN AT THE ASPEN BIRTH CENTER SINCE ITS OPENING IN 2008.

BREASTFEEDING

Breastfeeding is another important aspect of the childbirth experience, and the Aspen Birth Center has implemented all aspects of an official "Baby-Friendly" hospital. The role of our lactation experts begins with parents who take a special class in advance of the baby's birth or at the time of delivery. Their interaction extends throughout hospitalization and beyond. All parents are offered complimentary pre- and post-natal lactation consultations.

"While it's the most natural process in the world, it doesn't always come naturally to new moms," notes Heather Knott, RN, IBCLC, one of five certified lactation consultants on staff. A variety of issues can complicate the process, but most are easily remedied with the help of an expert.

This help continues after discharge with the "Bosom Buddies" program, a support group facilitated by one of our lactation experts. "One of the most important aspects of Bosom Buddies is getting new moms together for sharing and support," says Heather.



ASPEN BIRTH CENTER

Where Families Are Born

MONEY MATTERS

To help with financial matters, Aspen Valley Hospital and All Valley Women's Care have prepared a comprehensive, informational packet. While it's impossible to predict exactly what the cost will be — due to variations in care — we can provide a useful estimate.

Our financial planners at both the hospital and doctors' office will work with patients to minimize surprises and to help determine how best to handle the bill. Questions about billing should be referred to Debby Essex at AVH at **544.7690** and Candy Benjamin at All Valley Women's Care at **927.6162**.

BIRTH CENTER BLOG

New to Aspen Valley Hospital's web site is a blog designed just for parents. Obstetrical nurse, childbirth educator, international board-certified lactation consultant, and mother of two, Heather Knott, RN, IBCLC, manages the blog and states that it's a great venue for new parents to stay in touch, share ideas, and enhance the parenting experience. To read the blog, log onto www.avhaspen.org/birth-center-blog.

For more information about the Aspen Birth Center, contact April Boney at **544.1163**.



“OUR BIRTHING EXPERIENCE AT ASPEN VALLEY HOSPITAL WAS ABSOLUTELY INCREDIBLE. WE TRULY FELT WE WERE IN THE BEST HANDS AND RECEIVED FIRST-RATE CARE. WE WOULD RECOMMEND THE ASPEN BIRTH CENTER WITHOUT HESITATION TO ANY OF OUR FAMILY OR FRIENDS.”

— Aspen Birth Center patient



FAMILY APPRECIATES ASPEN BIRTH CENTER CARE DURING AND AFTER PREGNANCY

As they prepared for the birth of their first child, Christina and David Viviano felt all of the excitement and apprehension of being new parents. Fortunately, they made one of the most important decisions early, selecting the Aspen Birth Center at Aspen Valley Hospital (AVH) for their family's care.

The couple was eager to participate in AVH's parenting classes, including breastfeeding support and CPR instruction. Christina's OB/GYN physicians — including Natasha Knight, MD; Melinda Nagle, MD; and Nancy Bachelder, CNM — are on AVH's medical staff. Plus, the hospital is close to the hotel where David is a chef, so he could often attend Christina's appointments.

"You can't fully prepare for having a baby," Christina said. "But the hospital staff and classes prepared us as much as possible."

When the time came for the baby to be born, Christina and David were even happier with their decision. During their birthing class, they had toured the Birth Center, so the environment was familiar and welcoming. "As soon as we arrived, I immediately felt comfortable with the staff," Christina says. "The nurses were all wonderful and caring. They really got to know us."

The happiest event of all was the arrival of Dean Viviano, on Sunday, August 3, 2014. In the following days and weeks, the Birth Center staff continued to support the family in many ways, large and small.

Under the staff's tutelage, David has become an expert swaddler. Birth Center nurses and a lactation consultant have called to check in with the family, while Christina and David have reached out occasionally to the nurses for late-night support. Christina also participates in AVH's breastfeeding group and has talked with a hospital social worker about resources available in the community.

"Once you have delivered your baby, the hospital doesn't say, 'See you later.' They have great programs to help you and to continue your relationship with them," Christina says. "Having our baby at Aspen Birth Center was a great experience. I would recommend it to any family."



ASPEN BIRTH CENTER MEDICAL STAFF

ALL VALLEY WOMEN'S CARE

Natasha Knight, MD

Mindy Nagle, MD

Nancy Bacheldor, CNM

Elizabeth Weisenborn, APN-C, RDMS

ANESTHESIOLOGY

Chris Beck, MD

Eric Willsky, MD

Amy Engelmann, CRNA

Kathleen Mitchell, CRNA

Chris Poland, CRNA

Phyllis Whitman, CRNA

PEDIATRICIANS

Harvey Fahy, MD

Mike Goralka, MD

Charlene Guggenheim, MD

Bill Mitchell, MD

Claudia Nelson, MD

DID YOU KNOW?

FACTS ABOUT NEWBORNS

- Newborns can sleep 16 hours a day or more, but usually only for three or four hours at a time.
- A newborn's eyes are about 75 percent the size of an adult's eyes.
- Babies are born with about 300 bones. Because some bones fuse with age, an adult body has only 206 bones.
- Worldwide, four babies are born per second.
- According to the World Bank, there were 2,040,813 female babies and 2,139,200 male babies born in the United States in 2013.
- In 2013, cesarean deliveries accounted for less than 33 percent of all U.S. births.



WELCOME, DR. FRASER



Aspen Valley Hospital (AVH) is pleased to announce the appointment of Les Fraser, MD, to the general surgery/trauma medical staff. Dr. Fraser joins Joe Livengood, MD, who started July 1.

Both surgeons live in the Aspen area full time and provide 24/7 coverage for trauma and other surgical emergencies, as well as for non-emergent general surgical care in their offices at AVH.

Dr. Fraser is a specialist in minimally-invasive laparoscopic surgery and has a wealth of experience with cancers of the breast and small and large bowel. His medical degree is from U.A. Guadalajara Medical School in Mexico, and his surgical residency was completed at Washington Hospital Center in Washington, D.C. He comes to Aspen from Greeley, Colorado, where he worked with the Greeley Medical Clinic and University of Colorado Health for the past 18 years. He is fluent in Spanish.

"I'm very pleased to be here, working with the outstanding physicians of the AVH medical staff, but in particular with Dr. Livengood," says Dr. Fraser. "Partners are everything — you have to have a good relationship with that person because the two of you share the care of your patients."

Drs. Livengood and Fraser worked together for approximately five years on the Front Range, and both look forward to a team approach to care at Aspen Valley Hospital.

Appointments with Dr. Fraser or Dr. Livengood can be made by calling **970.429.4267**.

NEW SERVICE HELPS YOU CONTROL YOUR MEDICAL INFORMATION

Aspen Valley Hospital (AVH) is the first medical facility in Colorado to offer a new medical image sharing service that makes it easier and safer for you to coordinate the care you receive at AVH with your doctors outside the area.

LifeIMAGE allows you and the AVH diagnostic imaging department to send images to providers anywhere via email. It's quick, convenient, and secure. And, unlike images saved to a CD or other device, lifeIMAGE images cannot be lost, stolen, or broken.

"This system gives patients more control over their records, improves care through information exchange and collaboration, and can prevent the duplication of studies," says Jo-Dee Russell, RT, manager of the imaging department at AVH. "The service is especially helpful for our community's many visitors and part-time residents."

Patients must complete a simple release of information form to participate. To learn more, contact the AVH diagnostic imaging department at **544.1192**.

TRAUMA PROGRAM IS RECERTIFIED

Following a year of significant change in the trauma department at Aspen Valley Hospital (AVH), we have received full accreditation as a Level III Trauma Center.

Under the guidance of Bud Glismann, MD, new protocols, performance review, and process improvement practices were implemented. When surveyors from the Colorado Department of Public Health and Environment performed a full-day, on-site review of the new program, they were astounded at the improvements that had been made.

In making their recommendation for a full accreditation, they cited the following attributes:

- Trauma education based on chart reviews and needs
- Development of performance improvement processes and programs
- Nursing education
- Trauma/general surgeons from Surgical Specialists of Colorado (Drs. Joe Livengood and Les Fraser) who will bring consistent, high-quality care. Dr. Livengood has now assumed responsibilities for the program as trauma medical director.
- Injury prevention program
- Administrative support
- Pre-hospital systems in place
- Inclusion of the AVH hospitalist on the trauma committee

The result: A successful redesignation survey without a single reservation! Congratulations to all involved in achieving this important designation as a trauma center.



Mark Purnell, MD



Lindsay Harris, MD

ORTHOPAEDIC DOCTORS EARN RESEARCH AWARD

Congratulations are in order for two of Aspen Valley Hospital's orthopaedic surgeons, Dr. Mark Purnell and Dr. Lindsay Harris. The doctors participated in a landmark multicenter study on ACL revision surgery and, as a result, were recipients of a prestigious award from the American Orthopaedic Society for Sports Medicine (AOSSM).

The O'Donoghue Award is given to the best overall research paper dealing with clinical-based research. Drs. Purnell and Harris were presented with the award at the annual AOSSM meeting this summer.

The purpose of the study was to determine if using a graft from the patient (vs. from a cadaver) changes the patient's outcome for sports function, activity level, osteoarthritis symptoms, graft re-rupture, and reoperation at two years following revision ACL reconstruction.

RESEARCH INDICATED THAT USING A GRAFT FROM THE PATIENT PRODUCED THE BEST RESULTS FOR ALL OF THESE FACTORS.

Orthopaedic surgeons at Aspen Orthopaedic Associates (which includes Dr. Purnell, Dr. Harris, Dr. Tom Pevny, Dr. Leelee von Stade, and Dr. Ann Golden) have conducted and published many orthopaedic/sports medicine research projects, making a significant contribution to orthopaedic care locally, nationally, and internationally.

THE RENÉE AND LESTER CROWN CENTER FOR SPECIALTY CARE

With great appreciation, Aspen Valley Hospital Foundation welcomed the Crown family to the hospital campus in July for a reception acknowledging the family's extraordinary contribution that was made in honor of their parents and grandparents, Renée and Lester. The Renée and Lester Crown Center for Specialty Care will be constructed in the final phase of the master facilities project. It will house the hospital's specialty clinics including cardiology, pain management, urology, pulmonology, and other visiting specialists. See more photos of the event on the Aspen Valley Hospital Foundation's Facebook page.



From left: Deborah Breen, AVH Foundation President; Renée Crown; Dr. Archer Bishop, AVH Foundation Board Chairman; Lester Crown; and Dan Bonk, AVH CEO.



An artist's rendering of the Renée and Lester Crown Center for Specialty Care.

CAN SMARTPHONE APPS HELP IMPROVE YOUR HEALTH?

For many people, smartphone apps have taken the place of bankers, travel planners, entertainers — and increasingly, fitness trainers and other medical professionals. Whether you want to boost your workout, rehab from injury, or achieve other health goals, there are now thousands of mobile apps to choose from.

However, can apps really help you achieve your health goals? Unfortunately, little evidence exists to prove that most healthcare apps are effective, especially in the long term. Studies show that many apps do not follow widely accepted best practices for achieving goals such as losing weight or quitting smoking. In addition, some apps are developed and launched without any input from healthcare professionals.

How can you identify apps that may help you reach your health and wellness goals? Asking these questions is a good way to start:

Am I truly ready to make the changes I want to make? No app can do the work for you, especially if you're not committed to your goal.

Does the app want me to succeed? An app that maps out a path of short-term steps toward your larger goal is more likely to help you stay motivated.

Is the app available from a trusted source? Look for apps offered or endorsed by trusted organizations, such as the American Heart Association or government agencies.

REMEMBER: Selected and used wisely, apps can help you achieve your health and wellness goals. However, never use an app as a substitute for the advice and care provided by your physician.

‘HEALTHY FOODS, HEALTHY LIVES’

Caldwell Esselstyn, MD, spoke to a crowd of almost 300 people at the “Healthy Foods, Healthy Lives” program on September 7 at Aspen Valley Hospital (AVH). The clouds cleared just in time for the program to begin under an open tent on the hospital campus. Dr. Esselstyn discussed the nutritional reversal of cardiovascular disease through a whole food, plant-based diet.

In addition to Dr. Esselstyn’s presentation, his wife Ann discussed a practical approach to meal preparation. Tasting stations — provided by Pyramid Bistro, Spring Café, Epicurious, and AVH’s Castle Creek Café — were a big hit as participants sampled various heart-healthy food options. Finally, the cardiac rehab staff discussed the services offered in AVH’s new facility for exercise and education.



Dr. and Mrs. Esselstyn sample food from the tasting stations.



Dr. Caldwell Esselstyn discusses his research and findings about preventing and reversing heart disease.



Mrs. Esselstyn prepares to “strip” some greens, a staple in the Esselstyn diet.

CALENDAR OF EVENTS

MIDVALLEY HEALTH FAIR

Saturday, October 25
8:30 - 11:30 a.m.
El Jebel Community Center

SENIOR HEALTH FAIR

Friday, November 7
8:30 - 10:30 a.m.
Aspen Valley Hospital
(For 60 and older)

COMMUNITY BLOOD DRIVE

Tuesday, November 18
10 a.m. - 2 p.m.
Mobile Donor Van
Aspen Valley Hospital

Call **544.1305** for more information.



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This publication in no way seeks to diagnose or treat illness or serve as a substitute for professional medical care. Please see your physician if you have a health problem.

WHY RISK IT? PROTECT YOURSELF FROM THE FLU

How bad will this flu season be? Nobody knows, because it's impossible to predict exactly when the flu season will begin, how long it will last, or how severe it will be.

Don't take a chance with your family's health. An annual flu shot or nasal mist vaccine is your best protection. The flu vaccine is recommended for virtually everyone age 6 months and older, and is designed to protect against the flu viruses expected to be most dangerous this year.

After you are vaccinated, be sure to take everyday steps to increase your flu protection, such as washing your hands often, avoiding contact with people who have flu symptoms, and sneezing into a tissue or handkerchief rather than your hands.

AND DON'T FORGET A PNEUMONIA SHOT

If you are 65 years of age or older, have a chronic heart or lung disorder, or have an immunosuppressive condition, you should also consider receiving a pneumococcal vaccination. This vaccine can help prevent lung infections caused by pneumococcus bacterium.

