

For Your Health



Wyoming
Medical Center

WYOMINGMEDICALCENTER.ORG ■ SPRING 2015



Surprise delivery!
See page 3



DESIGN CONTEST

Congrats to the winner of our ambulance design contest page **6**

YOUR HEALTH

Support our community wellness center page **8**

RANGE OF MOTION

James Shaffer, MD, will get you back to doing the things you love page **4**

 **SIGN UP** for our e-newsletter at thepulse.wyomingmedicalcenter.org

Care Beyond Our Walls



Beyond providing expert care to every person who walks through our doors, Wyoming Medical Center is committed to fostering the highest level of health and wellness in our community.

It's one of our core values.

In the coming year, you will see us expand our healthcare services to promote health and wellness through all stages of life—not just when you require a trip to the hospital.

We opened Advantage Orthopedics this winter with a mission dedicated to getting you back to doing the things you love. Read about James Shaffer, MD, and his passion for this work starting on page 4.

This summer, our Mesa Primary Care Clinic will open on the west side of town, serving Casper's fastest-growing residential population with much-needed health services. It will also offer a walk-in clinic. Ketura Talbot, MD, is already seeing patients (see page 6). Watch for more about our coming eastside clinic.

The Wyoming Medical Center Foundation has begun fundraising for our new wellness center in the McMurry West Tower. Its mission is simple: To improve the health of our community (see page 8).

We are proud to be your community hospital, and we take our responsibility of caring for you from birth to old age seriously. It is at the heart of everything we do.

Best wishes for your health,

Vickie Diamond, President and CEO



Save the Date!

Wyoming Worksite Wellness Summit

Wyoming Medical Center presents the Wyoming Worksite Wellness Summit, a two-day workshop designed to help small businesses implement worksite health programs and decrease health plan expenditures. Our keynote speaker is Terry Grossman, MD, founder of the Grossman Wellness Center in Golden, Colo., and author of *Transcend: 9 Steps to Living Well Forever*.

The summit, aimed at creating a culture of wellness and employee engagement, will feature sessions on fostering corporate wellness on a tight budget, and present worksite wellness tool kits and case studies from businesses that have implemented successful programs.

Other special guests include Epic Life founder Shelli Johnson, and Michael Arloski, PhD, a licensed psychologist, consultant and wellness coach with more than 25 years in the field.

- **When:** May 28 and 29
- **Where:** Casper College
- **Cost:** \$150



Terry Grossman, MD

For registration information, call the Wyoming Medical Center Foundation at 307-577-2973.



For Your Health is a quarterly publication of Wyoming Medical Center. President and CEO: Vickie Diamond. Wyoming Medical Center, 1233 E. Second St., Casper, WY 82601, 800-822-7201. Copyright © 2015 by McMURRY/TMG, LLC. All rights reserved. Information in this publication is not intended for the purpose of diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment and/or advice contained in this publication. If you wish to be removed from the mailing list, please visit mcmurrytmg.com/circulation.





Making an Entrance

Fifth Reynolds son doesn't wait for a delivery room

Courtney and Steven Reynolds have carried four sons out of Wyoming Medical Center after healthy, uneventful births. But on Dec. 11, 2014, they carried their fifth son *in*. Courtney, 30, delivered her newest son, Jonah, in the front seat of their Suburban just a few blocks from the WMC front door and two hours and 20 minutes after her first contraction.

Contractions started about 5:45 a.m. and Courtney figured she had a few hours at least. She got up, made some last-minute preparations and called her family to come watch her other boys—ages 5, 4, 2 and 14 months. She let her husband sleep.

And So It Began

In retrospect, she probably should have known better. Her last baby was born in the hospital room moments after the doctor broke her water. The baby before that was born 20 minutes after she arrived at the hospital. Still, two hours and 20 minutes? Who expects a baby so fast?

She woke Steven, 33, at about 7:30 a.m. He took the boys' car seats out of the family's Suburban and prepared a quick breakfast. About then, Courtney stepped out of the shower and said, "I don't think we're going to make it."

Steven could tell the contractions were close. In between, he tried to get her to the car—helping put on her shoes and coat. He sped down back roads

the 2 or 3 miles to the hospital to avoid morning traffic.

"The whole time, she was having contractions and screaming," Steven says. "I just told her, 'We're going to get there. It will be all right.'"

Near Highland Park Cemetery, just a few blocks from the WMC front entrance, Courtney's contractions became one long one. She fought the urge to push, but could feel the baby's head. They pulled over, she took off her seat belt and stood up. Steven thought she was just trying to get more comfortable.

"What are we going to do? What are we going to do?" Courtney yelled. Then, Steven looked over and saw the baby. With legs shaking from adrenaline, he took off his sweatshirt and wrapped the baby inside. He managed a peek at the sex before racing to the hospital. His fifth boy.

In the hospital lobby he yelled, "My wife! She had a baby in the car! The greeter just kind of looked at me dumbfounded. The valet driver was like, 'What do you want me to do?'" Steven says. In the hustle, he hadn't pulled into the emergency

entrance, but to Wyoming Medical Center's front door at the McMurry West Tower.

As Steven asked for help, Courtney's mom and sister walked down the main staircase from the second floor. "Did she have the baby yet?" they jokingly asked Steven.

"Yes!" He yelled and raced back outside.

A doctor clamped and cut the cord in the Suburban, and Courtney was loaded into a wheelchair. The lobby erupted into applause as she was wheeled in. Their healthy boy weighed 8 pounds, 6.5 ounces.

More to Come?

Despite the close call, they haven't yet decided whether Jonah will be their last child. Courtney would like a little girl, but Steven's happy with a brood of all boys.

"They're easy; buzz cut their hair and they're ready to go. They've probably already broken anything in our house that's breakable," he says, and then adds, "Once you have five kids, one more doesn't really make a difference." ●

HAVING A BABY?

Sign up for our labor and delivery classes by calling **307-577-2378** or find a wealth of pregnancy information and women's resources at wyomingmedicalcenter.org



Half a century ago, an arthritic hip or a bad shoulder often meant giving up the activities you loved. But for many of today's baby boomers, that's not an option they would ever choose.

"People live a lot longer now, and they want to stay active," says **James Shaffer, MD, a board-certified orthopedic surgeon at Advantage Orthopedics** in Casper. "By relieving a person's pain, the difference in their lives is huge. Most

people just want to be able to play with the grandkids or maybe play some golf."

Advantage Orthopedics is a new practice dedicated to getting patients back to the activities they enjoy. Dr. Shaffer has worked with patients of all ages through his career, from working with high school and professional sports teams to specializing in shoulder replacements for patients with arthritis. Read more below from Dr. Shaffer about what orthopedic care can do for you.

Q&A with Dr. Shaffer

Q: What role does orthopedic care have in treating a growing number of baby boomers?

A: My philosophy focuses on getting people back to their favorite activities, such as playing ball, returning to work, or just being able to walk pain-free as quickly and as safely as possible.

People have higher expectations these days. They want to stay active longer. A lot of baby boomers have old sports injuries, and yet they expect to still be able to be very active for a much longer time span.

What I like about this group, even more so than the people who see themselves as serious athletes, is that there is just a higher level of appreciation. If somebody has a really bad hip that has been limiting him for many years, the difference you can make in his life is huge. I see the same results with shoulders and knees.

Q: When is surgery the answer?

A: It varies based on the problem. For most kinds of chronic conditions, it's the patient's decision. Usually surgery comes after we have tried most of the other options available—medications, physical therapy or injections.

For something like a joint replacement, I always remind patients that it is a major surgery. Most people who have had those kinds of surgeries usually do very well, but there are

risks and you have to feel comfortable that your problem warrants surgery.

Q: What are some of your areas of specialty?

A: I have expertise that is a little different from the norm in a few areas of shoulder surgery—shoulder replacement and arthroscopic shoulder procedures. I have significant experience in knee replacement and fracture care.

Q: What type of patient would most benefit from a shoulder replacement?

A: Shoulder replacement, age-wise, is primarily for upper middle age to older folks. In terms of disease, it's usually for arthritis, osteoarthritis, rheumatoid or other similar conditions, or for people who have rotator cuff disease where you just cannot repair the rotator cuff. Before about 10 or 11 years ago, when reverse shoulder replacement was introduced, we really didn't have good solutions for people with rotator cuff disease.

Reverse shoulder replacement is a great solution for somebody who has an "irreparable" rotator cuff. It is often used for people who have had prior shoulder surgery that has not worked the way they wanted. It also works well for people who have, for whatever reason, significant deformities in their shoulders such as prior fractures or people who were born with unusually shaped shoulder sockets.

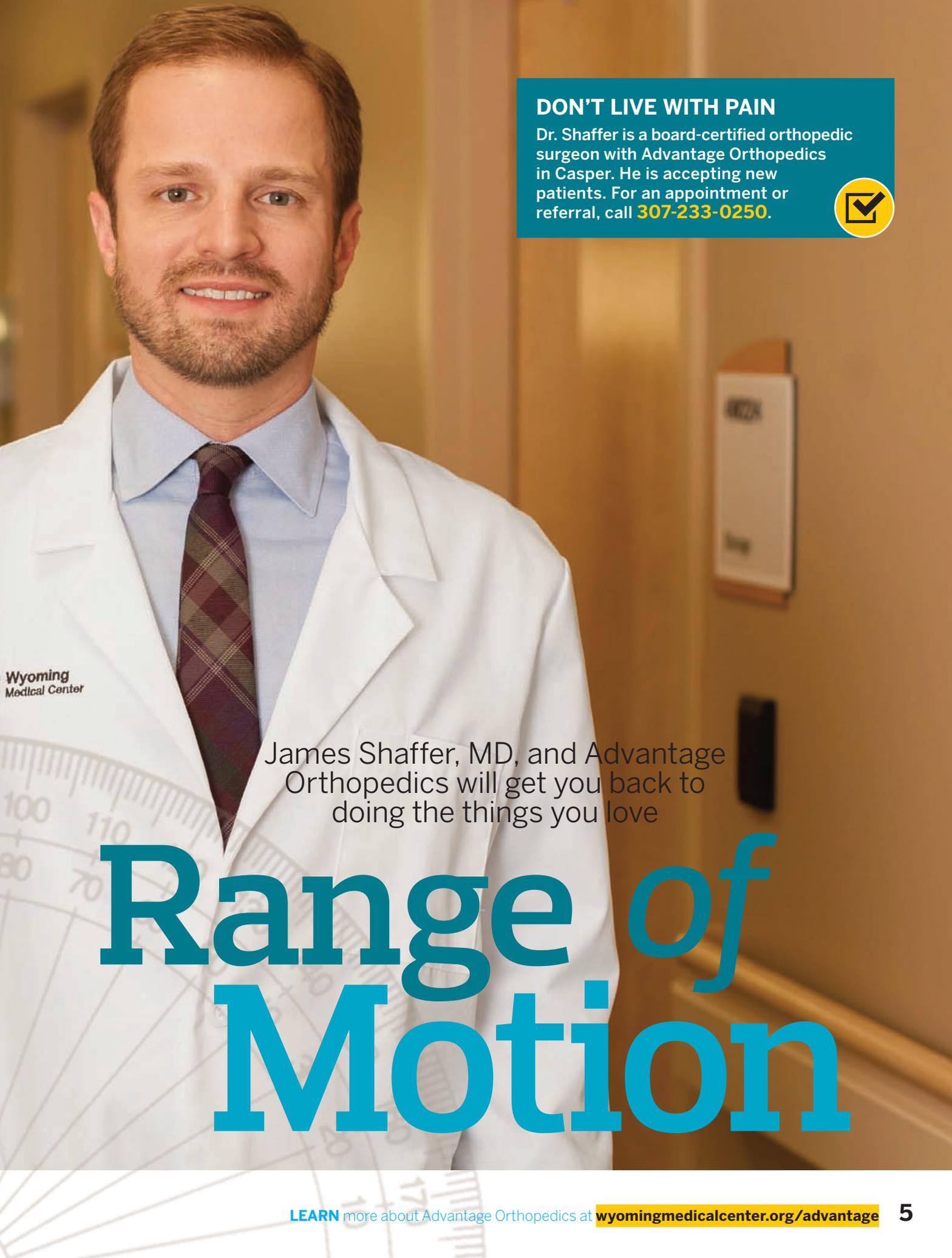
Q: Can you explain a reverse shoulder replacement?

A: Literally, the ball and socket are reversed. In any kind of shoulder replacement, you are replacing at least half of the joint, taking away one of those joint surfaces and replacing it with either metal or plastic. In a conventional shoulder replacement, it still sort of looks the same as it did in the beginning; the ball is on the arm side and the socket is still on the shoulder blade side. In a reverse, you actually put the ball where the socket used to be and the socket where the ball used to be.

Q: What's the advantage?

A: For somebody who has really significant disease, a standard shoulder replacement will just not work very well. Standard shoulder replacement still relies on the rotator cuff and the other soft tissues to function normally. With reverse shoulder replacement, a lot of those factors aren't as important. The rotator cuff only has a minor role in the outcome.

For most people, the main goal of shoulder replacement is to have less pain. Prior to surgery, most have significant pain, especially while doing activities with little to no range of motion. After the surgery, most people have very little pain, and some have no pain at all. Beyond that, people typically have significantly improved range-of-motion, strength and functional advantages. •



DON'T LIVE WITH PAIN

Dr. Shaffer is a board-certified orthopedic surgeon with Advantage Orthopedics in Casper. He is accepting new patients. For an appointment or referral, call **307-233-0250**.



Wyoming
Medical Center

James Shaffer, MD, and Advantage Orthopedics will get you back to doing the things you love

Range of Motion



We're Making It Easier to See a Doctor in West Casper

Providing good health care means bringing services to the community, close to where you live. That's why we are building Mesa Primary Care in West Casper. Expect it to open this summer on the corner of Wyoming Boulevard and Talon Drive, in the middle of the fastest-growing residential neighborhood in Casper.

But you don't have to wait for it to open. **Ketura Talbot, MD, a family practice physician**, is already accepting new patients at Mesa's temporary location, 419 S. Washington St., in the McMurry Medical Arts Building. Now is a great time to establish your family with Mesa physicians.

Mesa will also offer urgent care services so you can get quick medical care without going to the emergency room.

Call Mesa Primary Care today at **307-234-6765** to make an appointment.

Cutthroat Trout Joins the Herd!

Congratulations to Colton Sheets, 10, of Crest Hill Elementary School. His illustration of a cutthroat trout beat out 133 other entries from around Natrona County School District in our contest to choose the next animal to don our newest ambulance.

"I think that the Yellowstone cutthroat should be on the next ambulance because people come from all over to fish for Yellowstone cutthroat, just like they come to Wyoming Medical Center to be treated with care," Colton writes in his accompanying essay.

Look for our trout-shrouded ambulance, complete with Colton's name and school, driving down Casper streets. As the newest member of our fleet, it joins the craziest herd in Wyoming—a grizzly bear, a mountain lion, a pronghorn, an elk, a bighorn sheep, a moose and a bison.



News reports and research studies describe different findings, and sometimes even contradict each other: Cellphones are linked to brain tumors! Cellphones are safe for consumer use!

What's a parent to believe?

"The question of risk of developing a brain tumor remains controversial. Studies on both sides of the argument have been published," says **Don Penney, MD, a neurosurgeon at Wyoming Brain and Spine Associates** in Casper. "However, one concern remains open: Children are using cellphones at younger ages, and it may take 30 to 40 years of use to establish a clear link. Children's skulls are thinner than adults, so cellphone radiation has the potential to penetrate deeper into the brain."

In 2011, both the World Health Organization and the International Agency for Research on Cancer classified cellular phones as possible carcinogens. The problem is that most environmental carcinogens (such as smoking) take several decades of exposure before an illness shows up. The proliferation of the cellphone only really took off in the last decade or so. Until scientists know for sure, it's better to be safe than sorry. Dr. Penney suggests these safety rules for children and cellphones.

 Teach kids to **hold their phones away from their ears**. They should use the speakerphone or earbuds when talking for a prolonged period.

 Do a quick Internet search to find **which phones emit the least amount of radiation**. Several consumer sites compile this information.

Read more about the possible link between cellphones and brain tumors at thepulse.wyomingmedicalcenter.org.



DO YOU HAVE MORE QUESTIONS?

Dr. Penney is a neurosurgeon. To make an appointment or for a consultation, call **307-266-2222**.



Diagnosed asthma cases are on the rise in Wyoming and across the United States.

“Thirty years ago, one in about every 20 people were diagnosed with asthma. Now it’s one in 10 children and one in 12 adults,” says **Ketura Talbot, MD, a family practice physician at Mesa Primary Care.**

Asthma is a chronic condition that requires ongoing management. While it’s no easy chore, it can be done. Dr. Talbot suggests three steps to successful asthma control:

1 PARTNER WITH YOUR DOCTOR

The most important step in controlling your asthma is to work with your doctor, who can help you understand your symptoms. Consider keeping a logbook to record your symptoms, medications, peak-flow readings and any changes in your condition. Bring it to every appointment.

“I recommend my patients have an asthma action plan, and this is something they can work out with their doctors before having an asthma attack. It includes a list of medications, your plan for managing your asthma long term and how to handle an attack. It helps patients know what to do and when to seek further help,” Dr. Talbot says.

“This is especially important for children with asthma. Their caregivers—relatives, schools, teachers, babysitters—need a copy of the plan in case they suffer an attack when their parents aren’t around.



3 Steps to Asthma Control

Asthma is a chronic condition that requires ongoing management

2 KNOW YOUR ENVIRONMENT

Some asthma attacks can be prevented by avoiding the environmental irritants that trigger symptoms. Common causes include tobacco smoke, pollen, animal dander and dust mites. Changes in weather, strong odors and fumes can also aggravate your asthma, Dr. Talbot says.

Determine which allergens or irritants set off your asthma and plan ways to avoid or anticipate them. For example, check the pollen count in your area and stay inside if it’s high; use an allergy-relief mattress cover and pillowcases; and avoid exercising in cold air.

3 BE MED-WISE

Work with your doctor to develop a strategy for taking long-term control as well as quick-relief medications. In general, many people with asthma use a combination of both.

Long-term control medications include inhaled corticosteroids, leukotriene modifiers and methylxanthines. This type of therapy is taken every day and helps manage airway inflammation for people with persistent asthma. Quick-relief therapy options include bronchodilators and corticosteroids. These medications provide short-term relief for asthma attacks. ●



About Dr. Talbot

Dr. Talbot grew up in the Big Horn Basin and graduated from high school in Worland. She attended the University of Wyoming and went to medical school as part of the University of Washington's WWAMI (an abbreviation representing the states it serves: Washington Wyoming, Alaska, Montana and Idaho) program. She enjoys camping and getting outdoors, and is exploring photography and martial arts. She is excited to be serving patients in Wyoming. To schedule an appointment, call Mesa Primary Care at **307-234-6765**.

Save the Date
Wyoming Medical Center's Safe Kids program hosts its annual Safe Kids Day on May 2. Watch *thepulse*. wyoingmedicalcenter.org for details.

Wyoming Medical Center
1233 East Second Street
Casper, WY 82601-9908

Non-Profit Org.
U.S. Postage
PAID
HEALTH DIRECT

The WMC Mission

Wellness center will help prevent chronic diseases, set realistic lifestyle goals

By Alisha Havens,
Development Director of the
Wyoming Medical Center Foundation

As the healthcare leader in our community, part of Wyoming Medical Center's mission is to provide services that go beyond hospital walls. We must do more than just mend bodies; we must impact the overall health and wellness of our city and our state.

This spring, we started work on our new wellness center to fight chronic diseases in targeted populations. The center, which will be located on the second floor of the McMurry West Tower, will deliver integrative medicine services designed to promote overall health, not just the treatment of a particular set of symptoms.

"Integrative medicine means a synergy of what would work best for the whole patient—mind, body and spirit," says **Mark Mc Ginley, MD, a specialist in integrative medicine at Wyoming Medical Center.** "The wellness center will offer a proactive approach to managing an individual's health rather than a passive approach."

As part of the center's evidence-based curriculum, patient therapies will be monitored by an integrative medicine practitioner with support from health coaches and a nutritionist. Health coaches are trained to help patients set and meet realistic lifestyle goals and will journey with patients on their paths to wellness. They will follow up with patients, providing healthy recipes, weekly wellness tips, informative literature and more.

Over the next year, the Wyoming Medical Center Foundation will raise \$1.2 million to convert 7,000 square feet of shell space into the



Alisha Havens



Mark Mc Ginley, MD

new wellness center. It will include a multipurpose room, fitness area, retail space, consultation and therapy rooms, and more. As much as the quality health care we provide every day, this project directly fulfills our mission: "To advance the health and wellness of our community." We hope you will be a part of it. ●

YOUR GIFT MATTERS

To make a donation to the wellness center, call the Wyoming Medical Center Foundation at **307-577-2973**.

