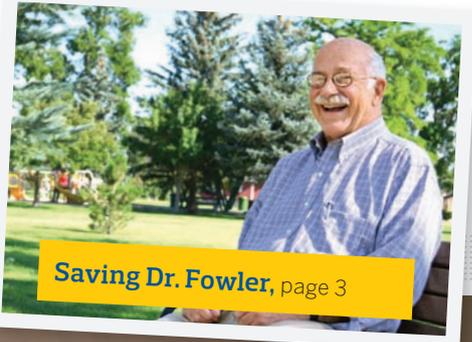


For Your Health



Wyoming
Medical Center

WYOMINGMEDICALCENTER.ORG ■ WINTER 2015



Saving Dr. Fowler, page 3

MOTHERS AND BABIES

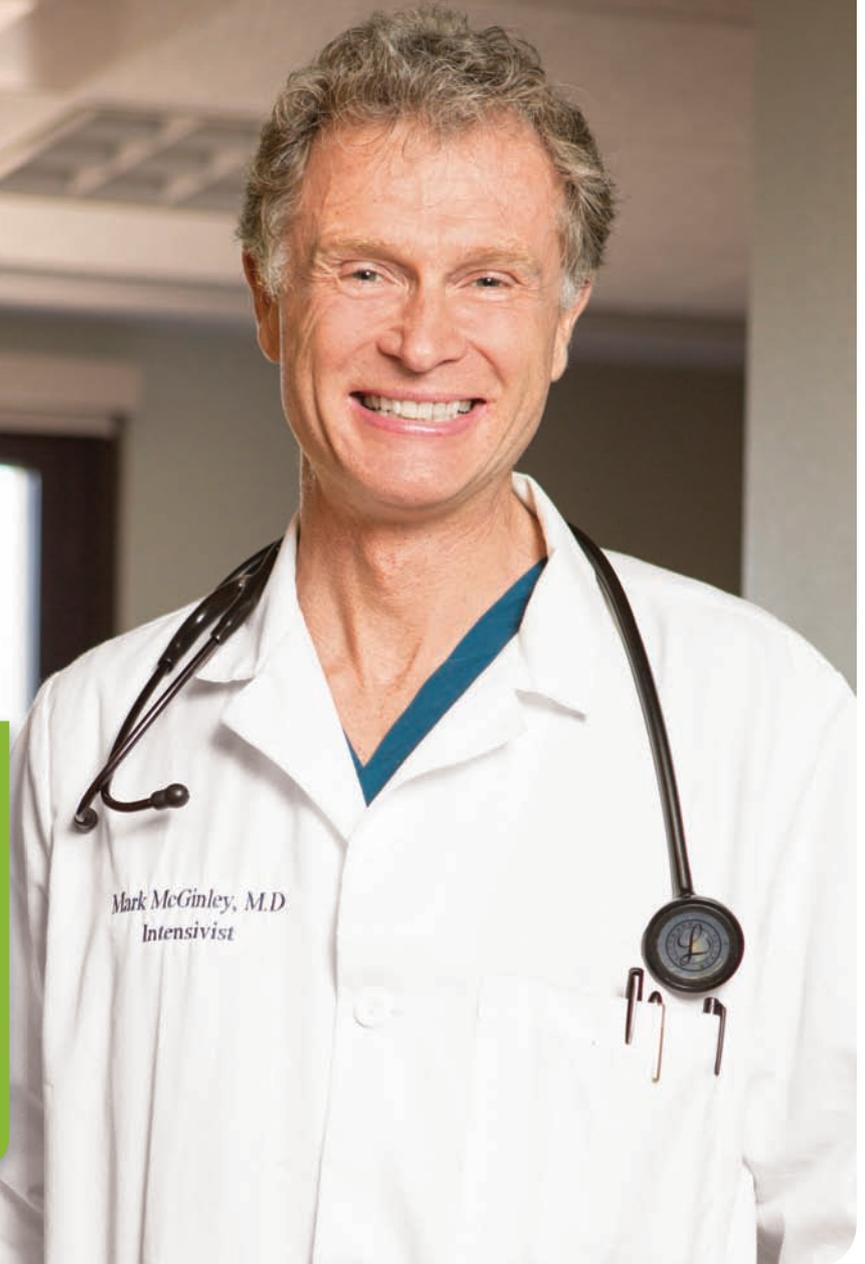
Our new Level II nursery means care for more babies, close to home
page 6

ANTIBIOTICS

When your doctor should and shouldn't prescribe them page 7

WHAT IS INTEGRATIVE MEDICINE?

Dr. Mark Mc Ginley talks about caring for the whole patient page 4



Mark McGinley, M.D.
Intensivist

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

Resolve to Make 2015 a Healthy One



Your health is your most valuable asset, and Wyoming Medical Center is resolved to help you protect it. Opening this issue of *For Your Health* is a good first step.

In our cover story on page 4,

we sit down with **Mark Mc Ginley, MD**, whose passion for integrative medicine emphasizes a whole-body approach to health. We are building on his work to create a new hospital wellness center that will fight chronic diseases in targeted populations. On page 6, you'll learn when your doctor should prescribe antibiotics and when he shouldn't, and on page 7 see how the features of our new Family, Mother and Baby Center will allow us to care for more premature babies. And don't miss the page 3 article about a local doctor who opted to go out of state for back surgery but returned to Wyoming Medical Center after a complication almost killed him.

On behalf of everyone at Wyoming Medical Center, we wish you a Merry Christmas and a happy and healthy 2015.

Vickie Diamond, President and CEO



Holiday Magic

It's not Christmastime in Casper until you see Conwell Park glimmering against the winter snow. The trees are illuminated with 73,000 individual bulbs, shining in red, green, blue and white. As striking as the park looks from your car as you drive by on Second Street, it is even more striking when you take the time to step out of your car and walk among the trees.

The lights are turned on at 5 p.m. nightly throughout the season. We invite you to grab some hot chocolate, bundle up your kids and take a stroll under the lights.

SAVE THE DATE!

Safe Kids of Central Wyoming presents the Kohl's Winter Safety Event on Monday, Jan. 19. We will have ski helmets, ATV helmets and multipurpose helmets for all of Wyoming's outdoor adventures. Call **307-577-2535** for more information.



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And the Clot Thickens

Lifesaving procedure means retired ophthalmologist can spend more time with grandkids



James Fowler, MD, a retired eye surgeon, developed a life-threatening blood clot after a spine surgery in Denver. He credits Don Penney, MD, with saving his life.

James Fowler, MD, 73, expected a degree of pain after surgery to fuse two neck vertebrae and relieve his cervical stenosis. He didn't expect a blood clot that would nearly kill him.

The retired ophthalmologist practiced nearly 30 years in Pueblo, Colo., before grandkids lured him to Casper a year and a half ago. He went to Denver for his surgery on June 5, was discharged the next day and returned to Casper. But his pain worsened throughout the weekend, and on June 9, he went to tell his wife about the severe pain and found he couldn't talk. He scribbled "911" on a piece of paper.

The last thing he remembers is the first responders rushing through his door.

Preparing for the Worst

By the time Dr. Fowler arrived at the hospital, he was intubated, unable to move his arms and legs and unable to breathe on his own. It turns out that a large blood clot was pressing against his spinal cord. It was unclear whether surgery would do him any good at all, or whether he would even survive it.

WMC neurosurgeon Don Penney, MD, didn't want to give Dr. Fowler's wife and daughter false hope. "I don't really know that surgery is going to help, but I'm going to do my best for him," he told Dr. Fowler's family. "We owe him that."

During surgery, Dr. Penney found that the clot was about the size of a

racquetball with a thin, winding "arm" buried underneath Dr. Fowler's spine. Dr. Penney removed the mass with no trouble. But getting to the clot's arm was trickier. To do that, Dr. Penney had to remove more bone from Dr. Fowler's neck.

After surgery, Dr. Penney told the family that all they could do was wait and see. He'd done all he could. It was in God's hands. "I wasn't exaggerating, I was preparing them for the worst," he says. "I've been doing this a long time, but I've never treated anything as serious as this. I really, in my heart, felt it was a lost cause."

'You Made My Day'

The next morning, while visiting his patients at Wyoming Medical Center, Dr. Penney stopped first in the Intensive Care Unit to see Dr. Fowler. "I walked into this room and here is this guy, sitting up in bed and looking at me," Dr. Penney says. "I thought, 'Oh. I'm in the wrong room.' And I turned around and walked out."



Don Penney, MD

But he wasn't in the wrong room. In the middle of the night, the intensivist had removed Dr. Fowler's breathing tube. It was indeed him, sitting up and chatting with his wife and daughter. Dr. Penney could hardly believe it.

"I guess I owe you a degree of thanks," Dr. Fowler said to the neurosurgeon. "Based on what I was told, you saved my life."

"Hey, listen," Dr. Penney answered. "You just made my day."

Dr. Fowler underwent rehabilitation at Elkhorn Valley Rehabilitation Hospital to build up a weakened right arm. Dr. Penney knows that all doctors win some unexpected cases, but this win felt particularly sweet: "This recovery is not something I see every day. I've never seen anyone come in essentially not breathing, intubated and without the use of his arms and legs, with pressure on the spinal cord, and make such an incredible recovery. I literally get goose bumps thinking about it." •

NEED A CONSULTATION?

Dr. Penney trained in and practiced emergency medicine at the University of Illinois and Cook County Hospital in Chicago. He ran a solo neurosurgery practice in Atlanta for 17 years before moving to Casper. To schedule a consultation with Dr. Penney and the spinal team at Wyoming Brain & Spine Associates, call **800-MD-SPINE**.





Whole-Person Care

Mark Mc Ginley, MD, uses integrative medicine to care for the whole patient



Wyoming Medical Center **pulmonologist Mark Mc Ginley, MD**, first developed an interest in integrative medicine when he noticed the same patients came back to the Intensive Care Unit over and over again.

“People would come into the ICU very sick and broken. We would fix them. We’d send them home, and then they would come back within six to nine months with another health crisis. They really had not learned a lot about their diseases,” says Dr. Mc Ginley, medical director of the ICU at WMC.

“I began to realize that we were just doing bandage symptom control. In medical school they taught us about fats and proteins and carbohydrates, but they never told us how food could prevent or reverse disease.”

Dr. Mc Ginley recently finished a two-year fellowship at the Arizona Center for Integrative Medicine. He is developing a curriculum for a new wellness center at WMC aimed at improving chronic health measures in targeted populations. He is also the 2014 WMC Physician of the Year (see page 8). On page 5, Dr. Mc Ginley discusses integrative medicine and the art of caring for the whole patient.

Q: What is integrative medicine?

It's a relatively new term that has also been referred to as "complementary" or "alternative" medicine. I like the term "integrative" because it's bringing the best of the East to meet the best of the West.

Western medicine is excellent in that we truly understand how the body works, but we tend to isolate the mind from the body. We tend to look at just part of the body. The integrative approach is to look at the whole patient, to look at the body and mind, to look at their spiritual passion or essence, and to look at what motivates them. As a doctor, I am trying to empower patients to be the captains of their own health instead of me writing a prescription or performing surgery. An integrative approach can involve supplements, botanicals, guided imagery, motivational interviewing and many other components.

It is becoming increasingly evidence-based as well. The National Center for Complementary and Alternative Medicine is part of the National Institutes of Health and is dedicated to producing evidence-based effective therapies in this world of integrative medicine.

Q: How would Western medicine approach, say, diabetes differently than would integrative medicine?

A typical Western approach would be to tell you to improve your diet, see a dietitian and increase your exercise. You might need medication to bring down your glucose, and possibly insulin as well.

A more integrative approach would be to interview the patient with in-depth questions such as: When did you start to gain weight? What are the things you think are achievable in your life? What motivates you? What are the major stressors in your life? How is your sleep? How is your relationship with nature or God? Are you interested in new techniques?

We're really not changing what the Western doctor would do; we are bringing in so much more information and trying to understand the patient as a whole. The approaches are similar, but one is more comprehensive.

Q: What are the benefits of a new wellness center at WMC to patients?

I think there are benefits for both patients and doctors. So many doctors don't have the time or the training to empower people to be real agents of change in their own lives. Having a resource for our doctors to tap into would be a huge stress-reliever for them.

Patients will love it because they are getting a second opinion from an integrative doctor who is working as a team with their primary care doctors. They are going to get so many more options than they normally would and will feel that they are more in control of their health. And hopefully, the cost of their health care will go down dramatically. It's the goal that, with this wellness initiative, these expensive, poor health outcomes, such as heart attacks, strokes, autoimmune diseases, arthritic disease and cancer will be prevented. I think it is a personal investment in which most patients will be very interested. ●



Dr. Mc Ginley explains integrative medicine, and how a new wellness center will benefit the community, in a recent interview with The Pulse, Wyoming Medical Center's health news site.

ABOUT DR. Mc GINLEY

Intensivist Mark Mc Ginley, MD, is a pulmonologist and the medical director of Wyoming Medical Center's ICU. He is board-certified in internal medicine, pulmonary disease, critical care and integrated holistic medicine.

Better Care *for* Babies

What does the WMC Level II nursery mean for you?



One feature of the new Ruth R. Ellbogen Family, Mother and Baby Center is a nursery equipped to provide Level II care. Here's what that means for Natrona County patients.

1 What is a Level II nursery?

A Level II nursery provides a higher level of care than a typical nursery. It is equipped to provide respiratory support for gestationally younger premature babies or babies who need more support at birth, says **Anne Scholl Moore, MD, pediatric hospitalist at Wyoming Medical Center**. This means more babies will be able to stay in Casper rather than being transferred to hospitals in Denver.

2 What kind of care is a Level II nursery able to provide?

Level II nurseries can support babies who have various respiratory difficulties. They provide oxygen, ventilators or continuous positive airway pressure machines, and keep babies in isolation if needed. Our new nursery has three separate isolation rooms to give families more privacy in a quiet space.

Also, the Pediatric Hospitalist Service, which began in September 2013, provides 24-hour coverage, allowing doctors to closely monitor babies with more intensive needs.

3 Why is it better for babies to stay in Casper?

Transferring premature and sick babies to Denver is very disruptive to families. Also, national studies suggest transferring babies to another hospital is a risk to their life and health, Dr. Moore says. •

CARE CLOSE TO HOME

To find out more about the services provided at the Family, Mother and Baby Center, go to wyomingmedicalcenter.org and click "Services" and then "Maternity" or "Pediatrics."



WYOMING MEDICAL CENTER
MESA PRIMARY CARE & IMMEDIATE CARE



Primary Care Is Coming to a Clinic Near You

Wyoming Medical Center knows that providing excellent health care means more than waiting for you to show up at the hospital. We are bringing health to you—close to where you live.

Our new primary care clinic, Mesa Primary Care, is now open and accepting patients. It is temporarily located on the second floor of the McMurry Medical Arts Building, 419. S. Washington St., but will move to West Casper this year. Watch as our new building rises from the prairie on the corner of Wyoming Boulevard and Talon Drive. We are also planning a new clinic for the east side. More details to come!

Call Mesa Primary Care at **307-234-6765** for an appointment.



Four Ways to Love Your Heart

Instead of measuring Valentine's Day by how much heart-shaped candy you receive, measure it by how well you treat the most important muscle in your body. Heart disease is the leading cause of death for both men and women in the United States.

"The best treatment is to prevent heart disease from happening in the first place," says **John Pickrell, MD, a cardiologist at Wyoming Medical Center and Wyoming Cardiopulmonary**. Follow these four prevention tips for a healthy heart.

1. Know your risk. You are at higher risk for heart disease if:

- You are a woman older than 55
- You are a man older than 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

2. Eat healthy and get active. Choose foods low in cholesterol, saturated and trans fats, and sugar and salt. Also look for foods high in fiber like whole grains, fruits and vegetables. Fats found in fish and olive oil are also good for your heart.

3. Don't smoke. "Smoking raises your chances of developing coronary artery disease. It can lead to lung disease, emphysema and chronic bronchitis," Dr. Pickrell says.

Contact the Wyoming Quit Tobacco program at **800-QUIT-NOW (800-784-8669)** for free help in forming your quit plan.



John Pickrell, MD

4. Control your numbers. High blood pressure and cholesterol levels are risk factors for heart disease and should be monitored. High blood pressure has no signs or symptoms. You should check your blood pressure at least once every two years beginning at age 18.



GET A REFERRAL NOW!

Dr. Pickrell is board-certified in cardiovascular disease and internal medicine. He practices cardiology at Wyoming Cardiopulmonary, 1230 E. First St., in Casper. For a referral or more information, call **307-266-3174**.

Antibiotics: When They Can and Can't Help



Adam Linck, MD

When you're sick, you want to feel better as quickly as possible. But your doctor won't prescribe an antibiotic to help. Why not?

"Antibiotics are special medications that treat bacterial infections only. Unfortunately, they don't work at all against viral illnesses," says **Adam Linck, MD, a family practice physician at Sage Primary Care** in Casper.

All medications, even antibiotics, have the potential to cause side effects, and doctors take the responsibility seriously.

Overuse of antibiotics also causes the medicine to become less effective over time as the bacteria mutate and evolve to build resistance. "When the antibiotics stop working, we have nothing to offer to help our patients," Dr. Linck says.

VIRAL OR BACTERIAL?

Illness	Viral (antibiotics not effective)	Bacterial (antibiotics prescribed)
Common cold	X	
Bladder infection		X
Ear infection		X
Flu	X	
Kidney infection		X
Sinus infection	X	
Pneumonia		X
Bronchitis		X
Sore throat with laryngitis (non-strep)	X	
Sore throat (strep)		X



CALL TODAY FOR CARE

Sage Primary Care, 1020 S. Conwell St. in Casper, offers same-day appointments if you call by 8:30 a.m. An on-call provider is also available 24/7 if you have a pressing medical problem that you are not sure can wait until the next day. Sage is a certified patient-centered medical home with the Wyoming Integrated Care Network. To make an appointment with Dr. Linck or another Sage provider, call **307-265-8300**.



Save the Date
P.A.R.T.Y. (Prevent Alcohol
and Risk-related Trauma
in Youth) event for teens
ages 13 to 18.
Jan. 17 • 8:45 a.m. to
4:30 p.m. Go to [wyoming
medicalcenter.org](http://wyoming
medicalcenter.org) for
more information.

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Meet our Physician and Community Leaders of the Year

The Wyoming Medical Center Foundation is proud to announce Mark Mc Ginley, MD, as our 2014 Physician of the Year and Susie McMurry as our Community Leader of the Year.

MARK Mc GINLEY, MD

No amount of words can describe the impact Dr. Mc Ginley has made on Wyoming Medical Center. Born in Drogheda, Ireland, he attended medical school at the University of Cape Town in South Africa. He completed his residency at Franklin Square Medical Center in Baltimore, and a pulmonology and critical care fellowship at the University of Maryland Medical System. Dr. Mc Ginley is board-certified in internal medicine, pulmonary disease, critical care and integrative medicine.

He is most passionate about integrative medicine, which focuses on treating the whole person—mind, body and spirit (see page 4). Aside from medicine, Dr. Mc Ginley enjoys yoga, running, biking, skiing and spending time with his three children.

Dr. Mc Ginley has been instrumental in establishing a number of hospital initiatives, including creating 24/7 intensivist coverage for our most critical patients. He helped establish “Code Sepsis,” which identifies emergency patients who have signs of serious infections and gets them treatment in less than an hour. And, he has been integral in introducing integrative medicine techniques to the hospital and implementing wellness initiatives, such as the caring channel, pet therapy and aromatherapy. He is working to establish a new wellness center in the McMurry West Tower.



Mark Mc Ginley, MD

SUSIE McMURRY

Susie McMurry’s passion to improve the health of our community is apparent in all that she does. She has spent more than 11 years on the Wyoming Medical Center Hospital Board and over 20 years on the Wyoming Medical Center Foundation Board.

McMurry started the Gentle Hands Program 30 years ago with Gail Kennah and Ellie Ellbogen. The program offers nonmedical support to patients and families, providing everything from plane tickets to clothes to neck pillows that make hospital beds more comfortable. She spends hours every day walking the halls of Wyoming Medical Center asking patients and family members how she can help. And it’s not uncommon for McMurry to receive phone calls from our nurses, requesting she sit with patients who are at the end of life and who have no family ... and she does.

In 2001, Susie and her husband, Mick, made their first contribution to the healthcare community with the McMurry Medical Arts building. They also donated to our Emergency Room remodel and recently celebrated the opening of the new McMurry West Tower. ●



Susie McMurry