

For Your Health

COMING IN 2014

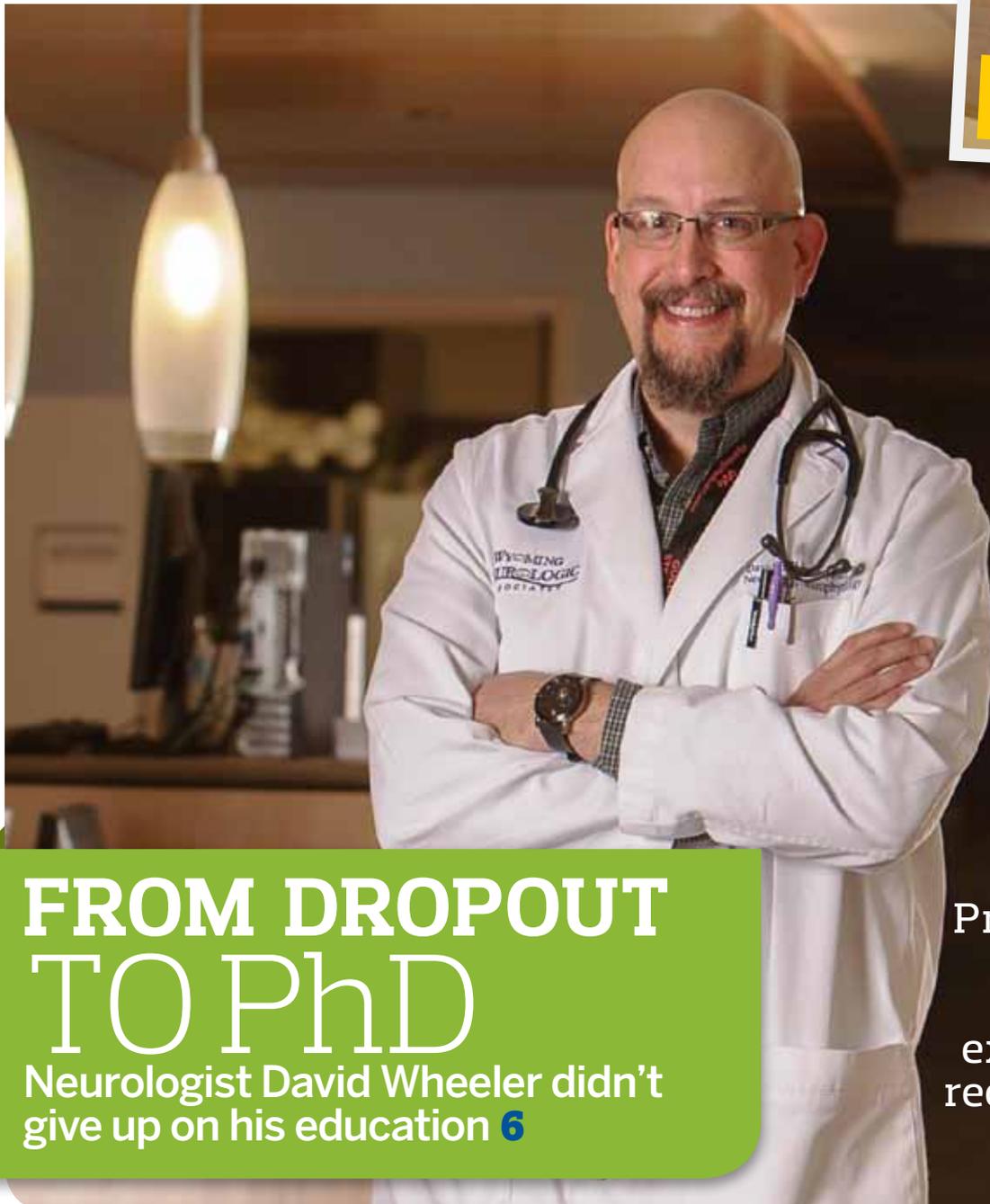


The New Wyoming Medical Center
Built Around You

WYOMINGMEDICALCENTER.ORG ■ SUMMER 2014



How much sugar is
your teen drinking?
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FITNESS

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 **SIGN** up for our e-newsletter at ThePulse.wyomingmedicalcenter.org

Take Control of Your Health



2014 will be a transformative year for Wyoming Medical Center and our community. When our McMurry West Tower opens this fall, you'll have even more reasons to choose us when making healthcare decisions.

This issue of *For Your Health* is all about taking control—of your health and

the health of your family. Local attorney Neil Short offers five ideas for incorporating strength-training into your day (page 4). “Rethink Your Teen’s Drink” (page 3) shows you how much sugar is hidden in your teens’ favorite drinks. And, when she felt labor pains at 27 weeks, Maria Harris knew she needed to act. She rushed to our Emergency Room and gave birth to small but healthy twins (page 5).

Our cover story is about taking control on a larger scale. **Neurologist David B. Wheeler, MD, PhD**, dropped out of high school at 16 and spent three years working in a restaurant kitchen before deciding to return to school. His story is especially inspiring now, as thousands of Wyoming graduates finish one phase of their lives and look forward to the next (page 6).

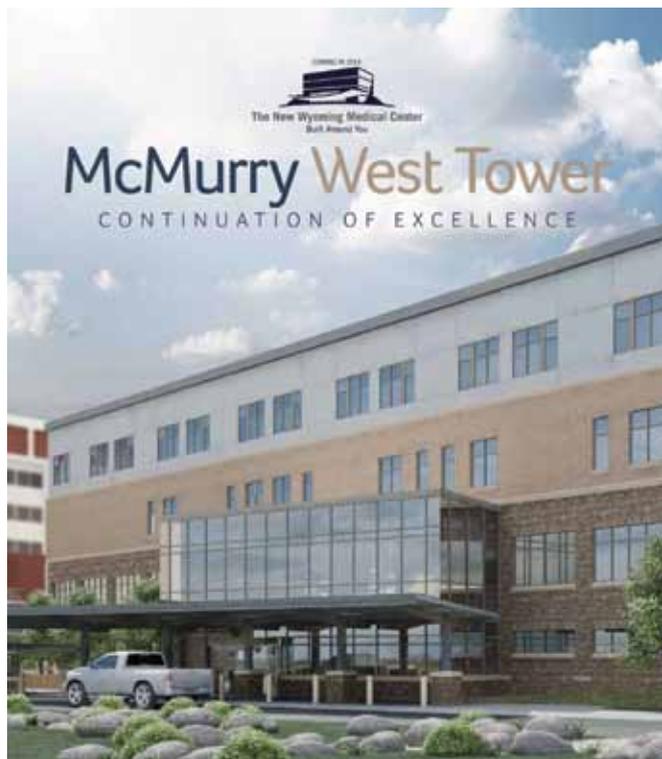
We hope these stories inspire you to take control of your health. When you do, know that Wyoming Medical Center—Casper’s only community hospital—will be with you every step of the way.

Vickie Diamond

Vickie Diamond, President and CEO



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Building Better Care

When finished, our McMurry West Tower and MRI building will have more than three miles of copper electrical wire laid within its walls—that’s enough to stretch from Wyoming Medical Center to the Casper Events Center. It will provide 98,000 square feet for state-of-the-art medical care, 28 private surgical rooms and a new mother-baby unit with 12 private rooms. We believe that patients heal better when family and friends are nearby, so our new tower will provide a more comfortable and welcoming place for visitors. This includes an expansive main entrance, a spacious cafeteria and a new chapel.

FOLLOW OUR PROGRESS

There will be several ways to view our new tower prior to fall opening—we’ll tell you how. You can also get a copy of our latest brochure at wyomingmedicalcenter.org by clicking on the “Giving” tab.



Rethink Your Teen's Drink

How much sugar is in your teen's Red Bull or café latte? Sometimes, it can be twice as much as a teenager should consume in an entire day. While the American Heart Association does not set specific sugar guidelines for teenagers, it recommends women consume no more than 100 calories per day from added sugar (about 6 teaspoons) and men consume no more than 150 calories (about 9 teaspoons).

The chart below shows how much sugar is in some of the drinks that are most popular with teens.

AMOUNT OF SUGAR (IN TEASPOONS)	
Starbucks Caffe Mocha 16-ounce grande	8
Rockstar Energy Drink 16-ounce can	15½
Mountain Dew 20-ounce bottle	19½
Red Bull 8.3-ounce can	7
Vitamin Water 20-ounce bottle	8
Coke 12-ounce can	10



DRINK MORE WATER!



One of the easiest ways to cut down on added sugar is to encourage your children to drink water instead. For more tips on helping keep your child healthy, talk to one of our pediatricians. Find one at wyomingmedicalcenter.org and click "Find a Doctor."



Is It a Cold or Seasonal Allergies?

Children may suffer from allergies for a long time before being diagnosed because symptoms can often be mistaken for the common cold, says **Jason Strand, MD, a family medicine physician at Sage Primary Care**. This can also lead to unnecessary medication as parents try to treat the symptom and not the cause. These symptoms may indicate your child suffers from allergies:

- Getting "sick" at the same time every year.
- Dark circles under the eyes.
- Itchy, watery eyes.
- Sore throat, or itchy throat or ears.
- Stuffy nose, runny nose or frequent sneezing.

Depending on what your child is allergic to, his or her allergy season may be during spring, summer, fall or year-round. If you know that your child has allergies, add these prevention methods to your doctor's treatment plan:

- Avoid the outdoors during your child's trigger times by closing your windows and using the air conditioner, if needed, instead.

- Bathe at night to wash off the pollen that has accumulated on the body and hair during the day.
- Use a HEPA filter in your vacuum cleaner.
- Consider beginning your child's treatment plan a few weeks before the season that causes the most reactions. •



CALL DR. STRAND TODAY

Dr. Strand is a family medicine physician at Sage Primary Care, 1020 S. Conwell St., in Casper. Email Sage at SagePrimaryCare@wyomingmedicalcenter.org or make an appointment by calling **307-265-8300**.





Casper attorney, Neil Short, founder of Be Strong Be Free, a home-based strength-training program for staying active, demonstrates exercises you can do throughout the day.

MUSCLES AND MORE

Go to bestrongbefree.com to see Neil Short's full home-based program. Or push your fitness to the next level in this year's Cowboy Tough adventure race, July 17 through 20. Wyoming Medical Center is again hosting the 5K Glow Run/Walk on July 18. Go to wyomingmedicalcenter.org for details.



Muscles in Minutes

Short on time? Here are a few ways to squeeze in activity all day long



If you have ...	You can ...
1 minute before your shower	Stomp and wave in place using big, exaggerated steps and arm movements.
3 minutes between meetings	At your desk, do one minute each of pushups, squats and hip rotators (changing legs after 30 seconds).
5 minutes at work or while watching TV	Alternate getups, alternating each leg to push yourself up with a pushup or bridge in between each one.
7 minutes waiting for dinner to cook	Block 1: 30 seconds each of pushups, bench rows and modified crunches. Block 2: 30 seconds each of squats, bridges and holding a plank. Block 3: 10 chair dips and 10 bicep curls, followed by 6 reps of each and finishing with 3 reps of each.
20 minutes after work	Warm up: One minute each of three-way shoulder lifts, hip rotators (alternate legs halfway through), and stomp and wave. Two minutes of alternating getups. Block 1: One minute each of pushups, pull backs and planks. Block 2: One minute each shoulder press, standing upright row and reverse crunch. Block 3: One minute each squats, bridges and resist the twist. Block 4: 10 weighted bag lifts and 10 grandkid lifts followed by 6 reps each and finishing with 3 reps each.

For **demonstrations** of all of these recommended exercises, go to ThePulse.wyomingmedicalcenter.org and search "Muscle Minutes."

‘Was It God’s Will?’

Twins delivered at 27 weeks are happy and healthy thanks to the expert care they received at WMC

Early morning Jan. 10, Maria Harris, 26, arrived at the Wyoming Medical Center Emergency Department (ER) with spotting and contractions. She was just 27 weeks pregnant with twins—and she was ready to deliver.

“That’s very, very bad,” thought **Ob-Gyn Paul Harnetty, MD, FACOG, of the Community Health Center.**

Babies born at 27 weeks have under-developed lungs and require long stays in advanced neonatal intensive care units, typically hooked to ventilators. WMC tries to transfer such mothers to Denver, but there was no time to transfer Harris. Instead, a drug, which had arrived in the WMC pharmacy the day before, helped her twins breathe on their own.

“This went from a situation where we could have had two severely compromised babies who would have needed long-term care for the rest of their lives, to a situation where we have two healthy babies,” Dr. Harnetty says.

New Protocol

Full-term infants are born between 37 and 42 weeks. The gestational age at which many U.S. doctors consider a fetus to be viable—or having a 50 percent chance of surviving outside the mother’s womb—is 24 weeks, says **Anne Scholl Moore, MD, a pediatric hospitalist at WMC.**



Maria Harris, 26, holds her twins, LaVerna and LaVon, at Colorado Children’s Hospital in Denver. (Family photo used with permission.)

Dr. Moore and WMC’s other pediatric hospitalists want to keep more premature babies in Casper, close to their homes and families. “It’s very disruptive to suddenly have to move your life to Denver. It’s preferable to keep babies here if we can care for them appropriately,” Dr. Moore says.

Babies born before 28 weeks often have not begun secreting surfactant, a natural lubricant that helps expand the lungs and promotes the exchange of oxygen. Weeks before Harris was experiencing labor pains, Dr. Moore called

her colleagues at Children’s Hospital Colorado to discuss the best surfactant treatment for preemies. They told her about Curosurf, a drug that had showed the most-promising outcomes.

Dr. Moore pulled together a team of caregivers and spent weeks getting the drug approved for WMC and training staff on administering it. The drug arrived at the WMC pharmacy on Jan. 9, one day before Harris arrived in the ER.

Best Outcome Possible

Dr. Harnetty called a Code C-section and asked nurses to call two pediatricians, one for each baby. An extra anesthesiologist also responded, ready to help if needed.

Each of Harris’ babies weighed about two pounds and was given Curosurf. One did not require ventilation while the other was off the ventilator within minutes. “It’s pretty rare for babies born at 27 weeks to be off the ventilator,” Dr. Harnetty says. “I thought it was a kind of providence, so to speak, that just the day before the new surfactant had come in.”

The babies, named LaVerna and LaVon, were transferred to Denver for further care. Even weeks later, Harris couldn’t wrap her head around what had happened. “Was it God’s will? Was it supposed to happen this way?” Harris asks. “I’m really grateful that I went to the hospital when I did. I feel really blessed.”



Paul Harnetty, MD, FACOG



Anne Scholl Moore, MD

PREGNANT? YOUR FIRST CHOICE FOR CARE

Dr. Harnetty is board-certified in obstetrics and gynecology and practices at the Community Health Center in Casper. For an appointment, call **307-233-6000**.

Dr. Moore is a pediatric hospitalist at Wyoming Medical Center. The hospitalist program started in September at the request of Casper pediatricians. Our hospitalists work closely with patients’ primary doctors, are always on-site to prevent delays in treatment and help provide shorter hospital stays while improving care.



From High School

Dr. Wheeler's story reminds us that education has the power to change a life

Neurologist **David B. Wheeler, MD, PhD**, isn't your average high school dropout. After several years of restaurant work, he got his GED, enrolled in college and became a Rhodes Scholar. He earned a medical degree from Stanford University along with a PhD in neurosciences. In Casper, he's built an expanding neurology practice, a level III epilepsy center and Wyoming's only primary stroke center.

He's shared his story at several graduation ceremonies and recently shared it with us. His message? Education has the power to change the trajectory of a life, no matter how many or how long the detours are along the way.

Q Tell us a little about yourself.

My parents moved to Missoula, Mont., to go to college when I was 4 years old. My mother was a professor at the university, and my father ended up being a high school biology teacher. I grew up in a family that was very involved in education.

Q Did it rub off then? Were you a bookworm?

I was a very good student in grade school and was very unpopular as a result. I got bullied and pushed around quite a bit. By the time I got to high school, I was kind of an outsider. My friends were partiers, so I got distracted by that.

I left school when I turned 16. It's interesting that both my father and



David Wheeler, MD, PhD, talks with one of his patients at Wyoming Neurologic Associates in Casper.

grandfather were also high school dropouts. My dad threw a fit and kicked me out of the house. My mother, interestingly, being a college professor and a book nut, did not have as much of a problem with it and seemed to have some faith that I was going to find my way.

I got a job at King's Table Buffet, starting as a chicken breeder and working up to a dish washer, cook and meat cook. I had been there about three years, so I was 18 or 19, when JoAnne walked in and applied for a summer job.

Q Who's JoAnne?

JoAnne is my wife. We became friends over the summer and when she started college that fall, she invited me to sit in on a couple of her classes. I became interested in what she was doing, and I realized that I maybe had more ambition than I thought.

I got my GED, took the ACT and was able to enroll in college that fall.

Q That's a great story for graduation season. What did you study in college, and when did neurology grab your attention?

I decided I would follow in my father's footsteps and get a zoology degree. I thought about becoming a forest ranger or working in a zoo. I pulled out the course catalogue and planned my whole schedule for four years.

After a couple quarters, I started talking to my friends about whether I was smart enough to do what I wanted to do when I was a kid—be a doctor. Medicine was always where I thought I'd end up.

I took a physiology course and learned about how neural cells talked to each other and that got me really excited about being a doctor, and actually becoming a neurologist. I turned my four-year schedule into a five-year schedule so I could do pre-med, finish my zoology degree and minor in chemistry.

Dropout to PhD



And you're also a Rhodes Scholar?

In my fourth year, I met a philosophy professor who was the counselor adviser for the Rhodes Scholarship Committee. She suggested that I would be a good candidate. I didn't think about it again until nine months later when the committee chairman asked, "Where's your application? It's due tomorrow." I told him I wasn't applying because JoAnne and I wanted to get married. He said, "You're probably not going to get it, but just apply to find out more about yourself."

I went home, wrote an essay and filled out the applications. The school interview went well enough that they selected me and another student. We got on a plane the next morning and went to Seattle. There were about 15 people there and we interviewed all day. I won and went to Oxford University for two years.

While all that was happening, I was applying to some really good medical schools. I did not hear from any of them until after I sent them a postcard saying, "Hey, I just got this Rhodes Scholarship so I am going to have to defer for two years, is that OK?" Within a week I had interviews at all those schools, which was awesome. One of the highlights of my life is telling Harvard "No, thank you." I accepted an offer at Stanford University and deferred that for two years.

Q Why Stanford?

It is a much smaller medical school, so they only have 86 students a year, which is about a third of the size of Harvard. There was a really strong emphasis on individuality, creativity and entrepreneurship.

After two years at Oxford, I decided to pursue research. I got a scholarship to do a PhD, so I did two years of medical school, and spent five years doing my PhD in neurosciences, and then went back to finish the last two years of

medical school. The plan was to become an academic neurologist studying some specific disease and become an expert.

A couple of things happened: I enjoyed designing and doing experiments and I liked hanging out in the lab and being around scientists. At the same time, when I started my clinical work, I found out how much I really enjoyed taking care of patients and helping the people who were sick and scared. I was good at it and decided that I really wanted to be more of a doctor and less of a scientist.

Q What about neuroscience attracted you?

That fascination with the idea that cells in the body talk to each other, that there are these communication systems—and systems within systems—that ultimately create who you are as a human being. That still amazes me. I feel lucky in that I found something in medicine that just blows me away every day.

Q How did you arrive in Casper?

By 2004, as I finished up my neurology fellowship in Boston, we had two kids who were 6 and 10. We didn't want to raise them in a big city, so we started looking at smaller towns. I contacted a recruiter and one of the first places he mentioned was Casper.

I came here to interview and was impressed with the quality of doctors that

I met. I was really impressed with the vision that the hospital had for growing high-caliber specialty services and being a regional referral center. They made it clear to me that if I wanted to create an epilepsy center, for example, that they would get behind it. To have this many types of well-trained specialists in a town this size is really, really unusual. It makes it possible for me to practice at the level I do, because I have colleagues who can help in all the other aspects of medicine.

Q When did you start talking to your dad again?

That happened when I decided to go to college. He heard about that and reached out to me. I do not remember any particular phrases or talks, but I do remember overhearing him bragging to his friends about me. I think he was pretty amazed by what I did and how I did it. He was awfully proud of it, and that made me very proud that he cared enough.

Q Is this an amazing story to you, or is it just, you know, your life?

I do have the ability to step outside myself and look at the story. I have told it enough and seen people's reactions that I think I understand how remarkable it is. I am a pretty harsh critic of myself. I look back and feel I made some bad decisions. But things worked out pretty well in the end.

GET HELP FOR A NEUROLOGIC CONDITION

Dr. Wheeler is board-certified in neurology and clinical neurophysiology. He was the 2010 Wyoming Medical Center Physician of the Year and serves on the boards for Wyoming Medical Center, Wyoming Dementia Care and the American Heart Association. He practices at Wyoming Neurologic Associates, 1020 E. Second St., Suite 100, in Casper. For a referral or an appointment, call **855-39-BRAIN**.



Save the Date!

Join us Oct. 11 for the Gift of Health Gala at the Casper Events Center. Call 307-577-2973 to reserve your seat.


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Walking with a Purpose: Kelly Walsh's Trojan Trek



Walkers circle the Kelly Walsh High School track during last year's Trojan Trek.

I signed up to walk in the Trojan Trek last year in memory of my two-year-old nephew who passed away from a rare cancer. When I saw his name flash on the Kelly Walsh High School scoreboard, I knew I was walking with a purpose.”

Many walkers of the Trojan Trek have shared similar sentiments: Seeing the names of cancer survivors, names of those who lost the battle and names of those still in the fight inspires them to walk.

All this month, walkers are circling the Kelly Walsh track for Trojan Trek, a 720-hour relay to raise money for local charities. The trek will again support the Wyoming Medical Center Foundation's Angels Cancer Care Program, and we appreciate the outstanding efforts of the Kelly Walsh student council to organize it.

Last year, the Trojan Trek raised more than \$34,000 to benefit local cancer patients undergoing treatment. Our Angels provide wigs, grocery and gas gift cards, medication, meals and more to cancer patients in need.

The goal this year is to double the impact! The student council needs 720 walkers to man the track every hour in June—even at 2, 3 or 4 in the morning—and to find donations of \$100 for the hour they are on the track. We hope you will join us and walk for this great cause. ●

WE COULD STILL USE YOUR HELP!

Call today to fill an open slot during the Trojan Trek or to donate money to someone else's walk. Contact Jillian Riddle, Angels Cancer Care coordinator, at **307-577-4355**.

The WMC Foundation's Angels Cancer Care program serves hundreds of Wyoming cancer patients every year, offering emotional support, financial assistance and more.

