

LIVING WELL *from*

FALL 2018

northern nevada

MEDICAL CENTER

ADVANCED HEALING *for chronic wounds*

**"They went above and
beyond for me!"
– Josh Conway**

INSIDE:

**Regular screenings
can save your life**

What to schedule
and when

**Your annual
Medicare
wellness exam**

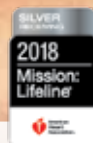
How to make the
most of it



ACC
Accreditation
Services



In collaboration with
American Heart Association
Hospital Accreditation



Quality counts. NNMC is the first hospital in the nation to receive a certification from The Joint Commission for Back Pain! We are also certified for Spine Surgery, and have received Advanced Certification as a Primary Stroke Center, and for Total Hip and Total Knee Replacement. NNMC's Chest Pain Center is accredited by the American College of Cardiology (ACC). In addition, NNMC received the AHA/ASA's Get With The Guidelines®- Stroke Gold Plus Quality Achievement Award and the Mission: Lifeline® Silver Receiving Quality Achievement Award.



Compliments of
Northern Nevada
M E D I C A L C E N T E R

FROM THE CEO



There are many components involved in Honoring Life's Journey, and patient safety, wellness and clinical care excellence are just a few of them. Receiving national acknowledgement and recognition only reinforces that we are on the right track and doing the right thing.

In heart matters, NNMC received the American Heart Association/American Stroke Association's

Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. This award spotlights our commitment to ensuring stroke patients receive the most appropriate treatment according to research-based guidelines on the latest scientific evidence. To complement this achievement, we also received the Mission: Lifeline® Silver Receiving Quality Achievement Award for implementing specific quality improvement measures for treating patients who suffer severe heart attacks as outlined by the American Heart Association.

All of these accomplishments are a testament to our focus and dedication to providing quality patient care, and identifying ways to save precious time when patients experience heart attacks or strokes.

In looking toward the future, we are excited to share our community expansion plans. Northern Nevada Medical Center will be adding more patient beds and expanding surgical services for more capacity and convenience. We will soon open a new parking lot – allowing space for our patients to park closer to the hospital entrance. Follow our expansion plans on our social media channels and search #NNMCExpands.

Alan Olive

Chief Executive Officer

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 PREMIER

2018

HIIN AWARD

FOR EXCELLENCE IN PATIENT
SAFETY ACROSS THE BOARD



Recognized for *patient safety*

We are so proud of our recent recognition by Premier Inc., a healthcare improvement organization, as being one of only 27 hospitals across the nation that excels in patient safety, and the only hospital in Nevada. We also were one of only three hospitals in Nevada to receive an A-grade from The Leapfrog Group, for protecting patients from harm and meeting the highest safety standards in the country.

To read more about patient safety, visit nnmc.com/news.



KIDS, SPORTS and wellness

Why your child should get a physical before engaging in sports



Chris Mathis, MD

You don't usually hear much about sports physicals until right before school starts. But youth sports are played year-round, and if your child has not yet had a sports physical, now is a good time to schedule one. Chris Mathis, MD, a family medicine practitioner, says sports physicals are more than just a routine requirement. "They allow physicians to detect minor to serious underlying health issues in children and adolescents," he says. "Most schools require a sports physical, but not every year. Your child should be evaluated yearly."

NOT JUST A CHECK-UP

Dr. Mathis says he checks for issues such as heart murmurs and possible exercise-induced asthma. "You hear stories of student athletes who suffer sudden cardiac death on the field. Most of these kids had a murmur that went undetected," he says. "And some kids who have issues with breathing learn they have exercise-induced asthma. Before kids go off and compete, they need to be healthy and not have a condition that could be potentially very serious."

Concussions are another health crisis gaining a lot of attention, states Dr. Mathis. "Many athletes who play contact sports are now given ImPACT tests prior to participating in such sports as football, soccer, hockey, lacrosse and basketball," he says. "Athletes don't always want to let their coaches know if they aren't feeling well after colliding with another player

because they would not be allowed to play. But there is now more oversight on concussions than in the past." He explains that athletes suspected of having a possible concussion are given the ImPACT test again, and those results are compared with their initial test. Depending on the results, the player may not be allowed to play until cleared by a doctor.

Dr. Mathis adds that another benefit of the sports physical is sharing educational information with the students. "One of the leading causes of injuries with this age group is accidents, so we take the opportunity to educate them on safety, awareness and age-appropriate preventive things they can do," says Dr. Mathis. "Ultimately, we want to make sure the students are healthy so they can safely participate in their favorite sports." ■

To make an appointment with a primary care provider, visit nnmc.com/appointment.



WHEN YOU NEED SPECIALTY SURGERY, *we have you covered*

**Get back to living life, thanks to a broad range
of surgical services**

If surgery is in your future, the Orthopedic and Surgical Institute at Northern Nevada Medical Center offers advanced medical technology and highly trained professionals who provide high-quality specialty and surgical services.

Types of available surgeries include robotic; ear, nose and throat; gastrointestinal; general; orthopedic and spine; plastic; vascular; urologic; and retinal surgery. A multidisciplinary team approach enables personalized care for each patient. ►



Steven
Friedlander,
MD, FACS

The eyes have it

While retinal surgery may not be as common as other types of surgery, Retinal Surgeon Steven Friedlander, MD, FACS, is one of several doctors who perform about 25-30 procedures a month at Northern Nevada Medical Center (NNMC). He says treating patients here is advantageous

because the hospital staff is in tune with the needs of surgeons as well as patients. "Northern Nevada Medical Center is a very surgeon-friendly facility. The administration is responsive, the staff is accommodating and well-trained, and we have what we need to do the job," he says. "It is also very easy to schedule surgeries when needed."

Dr. Friedlander says a comfortable surgeon translates to patients who can feel more at ease in the operating room. "The staff at NNMC is compassionate, and it's easy for any hospital to obtain equipment. But it is the staff that

helps contribute to a positive patient experience," he says.

"Patients are pleased with their experience at NNMC, for many of the same reasons I like doing surgery there. It comes down to the people and NNMC attracts and retains the best."

Retinal Surgeon Elena Geraymovych, MD, agrees. "What sets NNMC apart is that they have an amazing staff, and their operating room is equipped with updated technology. They make it very easy for us if we need new equipment for the latest techniques, and they are very flexible with the operating room schedule," she says. But more significant is the feedback about the whole process from check-in to discharge. Dr. Geraymovych states that patients appreciate how easy it is for them, and the medical staff and nurses are on top of things and very knowledgeable. "This leads to a positive patient experience," she says.

Who is a candidate for retinal surgery?

A common condition, diabetic retinopathy, can lead to the need for retinal surgery. If you have diabetes or high blood pressure, you may be at risk for vision loss

because retinopathy damages the small blood vessels in the tissue at the back of the eye. High levels of blood glucose and prolonged uncontrolled diabetes, as well as high blood pressure, are the biggest risk factors for developing diabetic retinopathy.

Prevention is considered first to control blood sugar and blood pressure. When diabetes and blood pressure control are not enough, there are treatments that can be done by a retina specialist to slow down, reverse and prevent loss of vision. Those treatments include anti-VEGF intravitreal (inside the eye) injections, laser to damaged retina and surgery (vitrectomy.)

When assessing overall risk, it is important to become familiar with your individual A1C results. Your doctor can help you manage your diabetes by monitoring your test results every few months. A reduction in hemoglobin A1C of just one percentage point can translate to a 50 percent reduction in retinopathy risk. ■

To learn more about specialty surgical services, visit nnmc.com/osi.

Northern Nevada Medical Center is committed to providing the highest level of care for its patients. This commitment has been recognized by The Joint Commission, who awarded a Gold Seal of Approval™ to both The Joint Center of Excellence in Orthopedics: Knee Replacement and Orthopedics: Hip Replacement, and for Spine Surgery at The Spine Center. These certifications demonstrate NNMC's continuous compliance with The Joint Commission's standards, including medication management and infection prevention and control.

To access orthopedic and spinal pre-surgical information, visit nnmc.com/patient-videos.

Wound care: A growing need

FOR THOSE WITH DIABETES, DISEASE MANAGEMENT IS KEY



Todd Inman, MD

If you have diabetes and have a sore or wound that hasn't started to heal in a month, or healed entirely in two months, the Wound Care Center® at Northern Nevada Medical Center can help. Staffed by a multidisciplinary team of doctors and nurses, the center offers advanced treatment, including two hyperbaric chambers for oxygen therapy, to treat slow- and non-healing wounds.

"Many of our patients with diabetes suffer from ulcers, pressure sores and serious infections because diabetes interferes with the healing process. So we encourage them to stay in compliance with managing their blood sugar. It really can make a difference in closing a wound quicker," says Medical Director Todd Inman, MD.

Dr. Inman says the team uses a patented protocol of care that includes assessment of the patient's nutrition, any possible infections, their level of pain and any medications they may be on. "We create an individualized plan for each patient, and collaborate with other healthcare professionals to determine the best course of treatment," says Dr. Inman. Advanced infection therapy can include removal of dead or infected tissue, therapeutic dressings and topical treatment. For more serious injuries, hyperbaric oxygen therapy may be considered.

How does hyperbaric oxygen therapy help?

Whether healing is needed in the bones, soft tissue or cells, breathing 100 percent pure oxygen increases the oxygen level in the blood and can accelerate healing. Dr. Inman says as this blood circulates in the body, it can help fight infection, reduce swelling and assist growth of new blood vessels. "This treatment can really help make a difference in closing a wound more quickly," he says. ■

Warning signs of a CHRONIC WOUND

A wound is considered chronic if full healing does not occur in two months. Examples include open sores, infected cuts and large burns.

Signs and symptoms of chronic wounds include:

- Oozing, swelling, bleeding or pain
- Fever
- Darkened or black skin around the perimeter of the wound
- The wound has grown larger

Types of chronic wounds treated at the Wound Care Center®:

- Diabetic, pressure and venous insufficiency ulcers
- Traumatic wounds
- Surgical wounds
- Burns

If you have a wound that has not healed and you have these symptoms, you should see your doctor.

ADVANCED WOUND CARE TREATMENT AND A HEALING TOUCH

Last summer, while on vacation in Chicago, Josh Conway spent a lot of time walking around and enjoying the sights. Conway, who has type 2 diabetes, was wearing his orthopedic shoes, but even with them, he developed ulcers on his feet. “I was walking a lot, and it was just too much pressure on my feet,” he says.

When he returned home, his primary care physician referred him to the Wound Care Center® at Northern Nevada Medical Center. There, doctors put total contact casts on both feet, which helped remove pressure from the wounds so they could heal quicker. But it also limited his mobility. “I had to limit pressure on my feet, so I was homebound much of the time. My left foot healed up within a month, but my right foot continued to have issues,” says Conway.

An MRI in September revealed a bone infection in his right foot, and the doctor ordered IV antibiotics and hyperbaric oxygen therapy. By December, the bone failed to heal, so doctors removed it and Conway eventually transitioned to a supportive boot. He says his hospital experience was by far the friendliest one he’s had, and the staff was very attentive to his needs. “I love the private rooms, and the location is perfect for family and friends to visit. My doctors are on staff here, and it makes the whole healing process easier,” Conway says.

In February, Conway fell on the ice and sustained a bruise on his thigh, which later became infected. “The doctors used a wound vacuum to drain it and I was in the ICU for four days. I am amazed that the wound has done so well – it’s almost 100 percent healed,” he says.

Conway’s wound care journey has taken longer than everyone thought, but he is grateful for the care he’s received. He is more mobile now, and wears his orthotic boot for protection when he goes out. “I’ve had wound treatment at other facilities, but the staff at both the Wound Care Center® and at Northern Nevada Medical Center consistently goes above and beyond for me. Both facilities are great places to go for treatment and healing!” he says. ■

“My hospital experience was great and the staff was very attentive to my needs.”

– Josh Conway

For more information on wound care or to make an appointment, visit nnmc.com/woundcare.

TIME TO GET SCREENED

Regular screenings can be early detectors of disease. The end of the year is fast approaching, so make the most of your healthcare benefits and schedule your appointments today!

GENERAL SCREENINGS

ANNUAL WELLNESS PHYSICAL

- Review overall health and any needed immunizations, including a yearly flu shot
- Your doctor may order lab work to check cholesterol, blood sugar or other levels

ANNUAL SKIN EXAM

- Full body check for moles, lesions or suspicious marks
- Review of family history of skin cancer and preventive measures

BREAST CANCER

- Annual screening mammograms are recommended to begin at age 40
- At risk for breast cancer? Speak with your doctor about beginning your screenings before age 40
- Conduct a monthly breast self-exam to learn what is normal for you
- Report any changes to your doctor for further evaluation

COLORECTAL CANCER

- Screening is recommended every 10 years, starting at age 50 for men and women at average risk, and at age 45 for African Americans
- If you have a family history of colon cancer, your doctor may recommend screening sooner

PROSTATE CANCER

- Beginning at age 50, men should get the prostate-specific antigen (PSA) test, as well as a digital rectal exam
- African-American males and males with a family history of prostate cancer should begin screening at age 45

LUNG CANCER

- Recommended for current smokers; non smokers with a history of smoking one pack daily for 30 years; or smokers who quit within the last 15 years
- Low-dose CT scan for men and women beginning at age 55

To find a doctor, call NNMCM's free physician referral line at 775-356-NNMC (6662).

Source: American Cancer Society



*This preventive visit is an opportunity to ask questions and get answers on how to **be your healthiest self!***

Making the most of your annual **Medicare wellness exam**



Leslie Peek,
MSN, APRN,
NP-C

If you have Medicare or Medicare Advantage, scheduling an annual preventive visit should be at the top of your priority list. During this visit, you and your healthcare practitioner work to create a personalized plan, all designed to make sure you get appropriate screenings, immunizations and keep you healthy.

Leslie Peek, MSN, APRN, NP-C, specializes exclusively in wellness and preventive care, and says there are many benefits to this annual visit. “We begin by evaluating the patient’s current state of health and reviewing their medical history,” says Peek. “Then we check height, weight, blood pressure and vision, and assess personal risk factors for disease.”

Education and screening guidance

Peek explains she uses a 20-point checklist that focuses on available wellness screenings, and that providing a written copy for patients is a Medicare

requirement. In addition, she also screens for fall risk, nutrition, depression and social interaction. “We created our document as a guideline for patients to see what screenings they are eligible for, how often they need to have them, and what is recommended,” she says. “Many people wait until they are sick to see their doctor. The purpose of this visit is to see us when you are well, so we can work with you, keep you healthy and prevent illness and disease.”

Peek adds that patients should bring with them a list of all providers on their healthcare team; a list of medications and supplements they are currently taking; results of previous tests or screening results; and a list of vaccines they have received. Patients can expect appointments to last about 45 minutes. “This gives me enough time to address any concerns, as well as provide education about any chronic conditions they have or screenings that would benefit them,” says Peek. ■

To make an appointment with a primary care provider, visit [nnmc.com/appointment](https://www.nnmc.com/appointment).

Immunizations AND YOUR HEALTH



As your family gets ready for the cooler weather, the start of

school and more indoor activities, now is a good time to make sure your vaccines are up to date, especially with flu season right around the corner. Family Medicine practitioner **Jeremy Bearfield MD, PhD**, explains the importance of vaccines and how to best protect your health.

Q: Why do babies need so many vaccines?

A baby has protection from the mother after birth, but that starts to decrease at around two months of age, when the baby's immune system starts to work on its own. At that age, babies do not have all the antibodies they need to protect them from certain diseases, so vaccines are important to help them build immunity. Without these vaccines, babies are at risk for complications from diseases such as measles and whooping cough.

Q: How do I know what vaccines my school-aged child needs?

We follow the guidelines and recommendations of the Centers for Disease and Prevention (CDC); the American Academy of Family Practitioners (AAFP); and the American Academy of Pediatrics (AAP). Patients receive a copy of the CDC chart during their well visit, and there are also certain requirements for school-aged children that vary from state to state. There are specific recommendations for different age groups as well, so these charts are helpful.

Q: Do I have to get a flu shot every year?

The flu is a respiratory virus that can cause serious complications, such as bronchitis and pneumonia, which can lead to hospitalization and even death. Because different strains develop each year, getting a yearly shot is recommended to help build immunity against the virus and minimize health risks. It usually peaks in this region from December through March, so you should plan to get your vaccination in October. Check with your doctor if you have a compromised immune system, a chronic illness or have allergies to ingredients in the flu shot.

Q: What immunizations are recommended for senior citizens?

The CDC recommends that seniors get a flu shot every year; a tetanus and diphtheria booster shot every 10 years; and both pneumonia vaccines. It is also advised that you get the shingles immunization. If you had chickenpox as a child, the virus can reactivate later as shingles. Some people with specific health conditions should either delay getting certain vaccinations, or not get them at all. Check with your doctor. ■

To make an appointment with a primary care provider, visit nnmg.com/appointment.

Welcome new physicians!

FAMILY MEDICINE:

1020 New River Parkway, Suite 200 • Fallon • 775-428-2150



Kim Radai, PA-C

Specialty: Family Medicine

Education: University of Washington School of Medicine
(Physician Assistant Program)

PULMONARY MEDICINE:

2385 E. Prater Way, Suite 302 • Sparks • 775-387-1616



Aleem Surani, MD

Specialties: Pulmonary and Internal Medicine

Education: St. Georges University

Residency: SUNY Downstate Medical Center

Fellowship: SUNY Downstate

Board Certification: Internal Medicine, Pulmonary Disease



Aaron Viray, MD

Specialties: Pulmonary and Internal Medicine

Education: St. Georges University

Residency: SUNY Downstate Medical Center

Fellowship: SUNY Downstate

Board Certification: Internal Medicine, Pulmonary Disease

CARDIOLOGY:

Sparks Medical Building 2385 East Prater Way, Suite 302 • Sparks • 775-356-4514



Nisreen Yaghmour, MD

Specialties: Electrophysiology and Cardiology

Education: Mu'tah University

Residency: University of Arizona Medical Center

Fellowships: Aurora St. Luke's Medical Center (Electrophysiology);
University of Arizona Sarver Heart Center (General Cardiology)



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