



HEALTH SCENE®

A JOURNAL PROMOTING HEALTH EDUCATION AND HEALING • FALL 2007

WHERE DO YOU GO WHEN YOU'RE SICK? YOUR DOCTOR? URGENT CARE? THE EMERGENCY DEPARTMENT?

Finding the best, most appropriate medical care when you're sick can be a challenge. ♦

Many people, with or without insurance, tend to head for the emergency department.

Based upon how sick you are, you could be in for a long wait to see a physician there.

Some people may wait days or weeks to see their primary care physician. Others may go to an urgent care clinic for more immediate relief.

Each medical option serves a specific purpose. With different medical specialists, diagnostic capabilities, and pricing and insurance models, it's up to you to determine what's best for you when you need medical care.

Saint Alphonsus recognizes the struggles people have when deciding where to go for care. Our mission is to improve the care of the community and make health care as convenient and affordable as possible.

"We've extended care beyond the walls of our hospital and made it more convenient and accessible in small neighborhoods and surrounding Treasure Valley cities," says Sandra Bruce, president and CEO of Saint Alphonsus. "We have implemented a simple structure which provides people access to a variety of high-quality

care centers depending upon your medical needs and location."

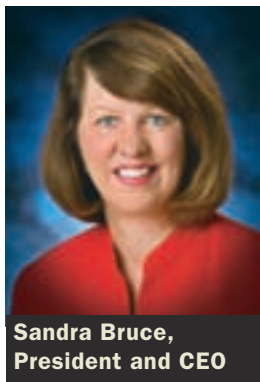
QUICK, CONVENIENT CARE Saint Alphonsus Express Care just launched a brand-new service—the first in Idaho—that offers basic medical care for adults and kids 24 months and older at a reasonable price. Located in select Albertsons and Rite Aid stores, Express Care offers certified medical providers, such as nurse practitioners, who can assess, diagnose and treat basic minor medical conditions for one low, flat fee of \$45.

From colds, flu and sinus infections to insect bites, rashes and sunburns, Saint Alphonsus Express Care can take care of you quickly—no appointment and no insurance required. Most visits are expected to take around 15 minutes, and the clinics are open seven days a week. Plus, you can fill your prescription before you leave the store.

Saint Alphonsus also has **Urgent Care** facilities in Saint Alphonsus Medical Group clinics that offer board-certified physicians who can see you for a wide range of illnesses or injuries that are not life-threatening. They often offer fast, convenient service—they are open evenings and

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New facilities, partnerships improve health care for Idahoans



Sandra Bruce,
President and CEO

As fall begins, the staff and physicians at Saint Alphonsus are eagerly getting ready to open several new health care facilities throughout the Treasure Valley.

In the next several weeks, we will open Idaho's first retail-based medical clinics—called Express Care clinics—located in select Albertsons

grocery stores and Rite Aid drugstores; a full-service,

24-hour Emergency Department at the Eagle Health Plaza in Eagle; and the Center for Advanced Healing, the new nine-story patient care tower on our Boise, Curtis Road campus. Please read the stories within this issue for more information.

We are excited to share these new facilities with the community. I also invite you to join us at our Community Open House on Sunday, Oct. 28, from noon to 4 p.m., for a tour of the new center, one of the most advanced clinical care settings in the northwest. The Eagle Health Plaza Community Open House is on Saturday, Sept. 29,

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Save the date!

PLEASE JOIN US TO PREVIEW THE TREASURE VALLEY'S NEWEST, MOST ADVANCED MEDICAL FACILITIES



Eagle Health Plaza Emergency Department Community Open House

Saturday, Sept. 29

10 a.m. to 1 p.m.

323 E. Riverside Drive (corner of Eagle Road and Highway 44), Eagle



Center for Advanced Healing Community Open House

Sunday, Oct. 28

Noon to 4 p.m.

1055 N. Curtis Road, Boise

WHERE DO YOU GO?

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weekends—and you don't need an appointment. Urgent Care generally costs less than an emergency room visit and accepts most insurance plans.

ONGOING CARE People who make a commitment to their health see great benefits in establishing a regular relationship with a primary care physician.

Saint Alphonsus Medical Group is a primary care network of more than 85 physicians and providers who provide health and wellness care for your entire family at 18 clinics throughout the Treasure Valley. The Medical Group provides physicians board-certified in pediatrics, family medicine, internal medicine, obstetrics and gynecology, occupational medicine, and urgent care.

A primary care physician offers continuous help with undiagnosed health concerns, and can also:

- Provide preventive and routine screenings
- Provide long-term management of chronic conditions
- Provide referrals to specialists and collaborate with them in your care
- Coordinate the care given to you by hospitals, rehabilitation clinics and long-term care facilities
- Act as a comprehensive repository for your medical records
- Aid in helping you determine healthy lifestyle choices

Continuous care with a primary care physician is particularly important for patients with complex medical conditions that require prolonged treatment and monitoring, such as diabetes and hypertension.

“Some people think that seeing a physician on a regular basis actually increases health care costs because

you access health resources more often. That is not necessarily true,” says Michael Patmas, MD, CEO of the Saint Alphonsus Medical Group. “Seeing a physician for appropriate preventive screenings provides you the opportunity to detect disease at an earlier, more treatable stage, saving you thousands of dollars in health care costs in the long run.”

EMERGENCY CARE Many people who feel sick enough to seek medical help prefer to go directly to the Emergency Department.

The **Saint Alphonsus Emergency Department** is known throughout the region for providing the best quality care to critically ill and injured patients. We offer two full-service emergency facilities that are open 24 hours, seven days a week—one in Boise and the other opening in Eagle on Oct. 1.

In the Emergency Department, care is provided by board-certified emergency physicians and certified emergency nurses trained and skilled to care for critically ill and injured patients. The Emergency Department is able to provide lab, computed tomography (CT), magnetic resonance imaging (MRI), x-ray, ultrasound and pharmacy, as well as immediate access to other specialized resources to quickly diagnose and treat any condition.

Not every cut or burn requires a trip to the Emergency Department. However, experts say it's best to err on the side of caution and seek emergency medical help if you think it's needed.

Find your own primary care physician under “Find a Doctor” at www.saintalphonsus.org.

Get help fast when the following warning signs are present:

- Chest pain lasting two minutes or more
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing, shortness of breath
- Sudden dizziness, weakness or change in vision
- Severe or persistent vomiting or diarrhea
- Change in mental status, such as difficulty arousing

Anyone experiencing any of the above symptoms should call 911 for an ambulance.

CARE ALL IN ONE The **Saint Alphonsus Health Plazas** offer a full spectrum of health and wellness services, including emergency or urgent care, lab and diagnostic imaging, rehabilitation services, outpatient/same-day surgery, and primary and specialized physician care.

The Health Plazas offer a medical home for your and your family's preventive and ongoing care needs, as well as provide immediate or same-day medical services. The Health Plazas are conveniently located in Meridian and Eagle.

BECOME A SMARTER HEALTH CARE CONSUMER Many people feel powerless maneuvering through today's costly and complex health care system just to seek basic medical care.

But you shouldn't. With knowledge and a little bit of planning, you can become a smart and savvy health care consumer.

Take the time to learn more about the variety of medical services available, and ask yourself where you would go for a basic or recurring condition versus something that feels more serious.

Look at your insurance options carefully. New services are available, like Saint Alphonsus Express Care, that provide quality care for a low, fixed rate and don't require insurance.

You know your body best, so trust what it's telling you. Sometimes it's simply telling you to slow down, relax, get more rest and limit your stress. Making important lifestyle changes, such as quitting smoking, limiting your use of alcohol, eating better and exercising more, can make a big difference in how you feel.

However, when your body is telling you to seek medical care, know that you won't have to go far to find the best care available.

By doing these simple things, you can make a positive impact on your overall health as well as general health care in this community.

Source: Provided by the American College of Emergency Physicians

EAGLE HEALTH PLAZA

Save the date!

OPENING OCTOBER 1

24-hour Emergency Department opening at Eagle Health Plaza

Specialized, full-service emergency care—from the same physicians who treat the region's most critically ill and

injured at Saint Alphonsus' Trauma Center—is coming to Eagle Health Plaza on Oct. 1.

- Open 24 hours, 7 days a week
- Board-certified emergency physicians
- Certified emergency nurses
- CT, MRI, x-ray, ultrasound imaging
- Access to Boise Specialty Physicians



Chris Tobe, MD, Eagle Emergency Department Medical Director



All attendees will receive a deluxe first aid kit.

Community Open House

Saturday, Sept. 29

10 a.m. to 1 p.m.

323 E. Riverside Drive (corner of Eagle Road and Highway 44)
Eagle, Idaho

NOW OPEN! Quick, convenient and affordable medical care



When you're sick all you want is to feel better...fast. With Saint Alphonsus Express Care, feeling better is now as quick and convenient as a trip to your local pharmacy or grocery store.

Express Care clinics offer certified Saint Alphonsus nurse practitioners and physician assistants who assess, diagnose and treat your basic medical conditions for one low, flat fee of \$45. Medical services are available to adults and children 24 months and older.

- No appointment is needed
- No insurance is required
- You can fill your prescriptions before you leave the store
- A record of your visit will be sent to your primary care physician (with your permission)

Life is busy—we get it. Next time you're sick, visit Saint Alphonsus Express Care. We'll have you In, Out and On Your Way.

BOISE
Albertsons
 ■ Eagle and McMillan
 4700 N. Eagle Road
 ■ Columbia Village
 6560 S. Federal Way
Rite Aid
 ■ 15th and State
 1515 W. State St.
 ■ Apple and Boise
 660 E. Boise Ave.

CALDWELL
Rite Aid
 ■ 2809 E. Cleveland Blvd.
 Opening early 2008

For more information, visit www.ExpressCareIdaho.com or call **208-367-SAMG (208-367-7264)**.

OPEN 7 DAYS A WEEK
Monday through Friday, 9 a.m. to 8 p.m.
Saturday and Sunday, 10 a.m. to 6 p.m.

Saint Alphonsus medical care services: Where to go for minor to critical care

Type of care	Health conditions treated*	Care provided by	Average visit length	Minimum visit cost+	Locations
Saint Alphonsus Express Care	Care for common minor conditions <ul style="list-style-type: none"> ■ colds ■ flu ■ cough ■ ear or sinus infections ■ cold sores ■ sore throat ■ allergies ■ hives ■ rash ■ insect bites ■ itchy skin ■ sunburn ■ skin infections 	Nurse practitioner or physician assistant	15 minutes	One flat fee of \$45	OPEN 7 DAYS A WEEK Albertsons—Boise ■ 4700 N. Eagle Road ■ 6560 S. Federal Way Rite Aid—Boise ■ 1515 W. State St. ■ 660 E. Boise Ave. Rite Aid—Caldwell ■ 2809 E. Cleveland Blvd. (opening early 2008) For more information, call 208-367-SAMG (208-367-7264) or visit www.ExpressCareIdaho.org .
Saint Alphonsus Medical Group—Urgent Care	Care for minor to moderate conditions Same as Express Care, plus: <ul style="list-style-type: none"> ■ sports injuries ■ abdominal pain ■ headaches ■ body aches ■ bronchitis ■ back pain ■ pneumonia ■ nausea 	Board-certified physicians Nurse practitioners Physician assistants	30 minutes to 2 hours	Basic visits start at \$80 to \$100	OPEN 7 DAYS A WEEK Meridian ■ 3025 W. Cherry Lane 208-367-8550 Nampa ■ 1200 Garrity Blvd 208-466-9092 Caldwell ■ 315 E. Elm 208-459-7415 For more information, call 208-367-SAMG (208-367-7264) or visit www.saintalphonsus.org .
Saint Alphonsus Medical Group	Central point of care for preventive, routine, chronic and acute conditions <ul style="list-style-type: none"> ■ health and wellness care ■ preventive screenings ■ annual physicals ■ immunizations and shots ■ management of chronic conditions ■ workplace injuries ■ referrals to specialists ■ coordination of patient hospital stay, rehab and long-term care 	Board-certified physicians ■ Pediatrics ■ Internal medicine ■ Family medicine ■ Obstetrics and gynecology ■ Occupational medicine Nurse practitioners Physician assistants Nurse midwives	30 minutes to 1 hour	Basic visits start at \$80 to \$100	Over 85 providers at 18 Treasure Valley Clinics For same-day appointments or to find a physician, call 208-367-SAMG (208-367-7264) or visit www.saintalphonsus.org .
Saint Alphonsus Emergency Department	Care for minor, moderate, serious, critical, and life-threatening conditions Same conditions as Express Care and Urgent Care; proceed directly and immediately to the emergency department if the following warning signs are present: <ul style="list-style-type: none"> ■ chest pain ■ uncontrolled bleeding ■ sudden or severe pain ■ coughing or vomiting blood ■ difficulty breathing or shortness of breath ■ sudden dizziness or weakness ■ change in vision ■ severe or persistent vomiting or diarrhea ■ change in mental status, such as difficulty arousing 	Board-certified emergency physicians	1 to 4 hours	Cost will vary widely depending upon extent of diagnostic and medical services provided and health insurance coverage.	OPEN 24 HOURS Boise ■ 1005 N. Curtis Road 208-367-3221 Eagle ■ Eagle Health Plaza 323 E. Riverside Drive 208-367-5355
Saint Alphonsus Health Plaza	Community health center offers a broad range of same-day medical services and outpatient surgical care <ul style="list-style-type: none"> ■ Emergency Department (Eagle) ■ Urgent Care (Meridian) ■ Radiology and imaging ■ Lab ■ Primary and specialty care physicians ■ Physical therapy ■ Outpatient surgery and procedures ■ Vision care (Eagle) ■ Pharmacy (Eagle) 	Board-certified physicians Nurse practitioners Physician assistants			Eagle ■ 323 E. Riverside Drive 208-367-5355 Emergency open 24 hours a day Meridian ■ 3025 W. Cherry Lane 208-367-8500 Urgent Care open 7 days a week

*Health conditions listed are intended to be a simple, quick reference guide and not a complete list of medical services provided.

+Costs listed are only intended to be a guide and will vary widely depending upon medical condition, extent of medical services provided and insurance coverage. For more information about your specific costs, please consult your health insurance benefit plan representative regarding your coverage and out-of-pocket expenses.

New facilities

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from 10 a.m. to 1 p.m.

The \$161.2 million facility was built using architectural design principles proven to aid healing, with state-of-the-art technologies incorporated into the surgical suites, intensive care unit, patient rooms and clinical areas. It was built with the generosity and support of many people to meet our community's explosive growth and to provide our highly skilled physicians with a world-class clinical environment in which to treat patients.

Achieving our vision

Ten years ago, our board of trustees, key physicians and leadership team developed Vision 2010—a plan to address community needs for health care services beyond the hospital campus. Vision 2010 called for services to be delivered across multiple settings (home, physician office, Internet, outpatient center) and multiple geographies (Meridian, Eagle, Caldwell, out-of-state, etc.).

With 2010 two years away, I am thrilled to see the progress we have made toward this vision.

We have launched a newly enhanced website to help you manage your health, provide educational resources and offer improved customer service.

We have collaborated with West Valley Medical Center in Caldwell, forming the Saint Alphonsus–West Valley Health Alliance, to enhance the quality of care and provide an expanded network of clinical resources for residents of the western Treasure Valley.

Eagle Health Plaza's Emergency Department will treat urgent and critical care conditions. Express Care clinics in retail settings will care for patients with minor health conditions.

Idaho's first fleet of eight InTouch® RP-7™ remote presence robots has been deployed across Idaho community hospitals and at Saint Alphonsus to pilot telemedicine initiatives. Idaho's first pharmacy robot will eliminate medication errors, improving patient safety.

New physicians and other medical providers are joining Saint Alphonsus Medical Group each month to meet population growth needs.

Bringing you the best

We want you to stay healthy and have an ongoing relationship with your personal or family physician that includes preventive screenings and regular physicals. We want to provide you with state-of-the-art outpatient diagnostic services to catch diseases in their earliest stage. We strive to provide tools that allow us and your family members to be partners in health and healing.

But whatever your medical need, situation or stage of life happens to be, know that we remain committed to providing world-class health care—the best, safest and fastest ways to heal. That is what Advanced Healing is all about.

We have been blessed with the generosity, support and passion of many people to help create these new environments. Please join us at our Community Open Houses.

Sincerely,



Sandra Bennett Bruce
President and CEO



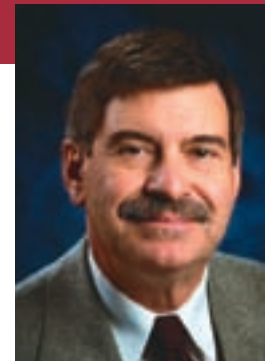
HEALING HEARTS. Inside and Out.



WALTER SEALE, MD, FACC



MARK PARENT, MD, FACC



FREDERICK BADKE, MD, FACC



DONALD STOTT, MD, FACC



STEVEN WRITER, MD, FACC

Saint Alphonsus is proud to announce the formation of a new cardiology physician group practice—Idaho Heart Care—effective October 1. Please join us in welcoming the physicians above in their new affiliation with the Saint Alphonsus Heart & Vascular Center. These physicians have a long history of providing superior cardiac care to our communities, and have played a key role in Saint Alphonsus being ranked #1 in Idaho for Overall Cardiac Services by Health Grades (2007) and other independent quality ranking organizations.



6140 Curtisian Drive, Saint Alphonsus Campus, Boise 367-HART (367-4278) www.saintalphonsus.org



Rick and Lori Pew

HEART ATTACK

AN INCREDIBLE SURVIVAL

Richard (Rick) Pew did not fit the mold of the typical heart attack victim. ♦ Rick, a 46-year-old construction worker, was an avid outdoorsman with a busy family life. He didn't spend time in the gym, but his lifestyle kept him active. Even though Rick was a long-time smoker, he looked healthy and felt fine. But on Jan. 20, 2007, his life would change.

WIDOW MAKER It was a late January afternoon when Rick was helping remodel his son's home. Rick laid down his hammer to grab some pizza while his son, Brandon, pounded in a few more nails. When Brandon came to join Rick a few minutes later, he found his father motionless on the floor.

Brandon instantly called 911, and within four minutes the emergency medical services (EMS) unit was on the scene. Rick was having a massive heart attack, which was complicated by a cardiac arrest. Rick

had been struck by a "widow maker" heart attack, named by cardiologists for its efficiency at doing just that. But within three minutes of arriving on the scene, the emergency medical personnel had restarted Rick's heart and then placed a tube to assist his breathing.

Alive, but unresponsive, Rick was rushed to Saint Alphonsus Emergency Department, where cardiologist David Oakes, MD, was called in. Rick was then taken to the Cardiac Catheterization Lab, where a procedure was performed to open up the blocked artery that was causing the heart attack. A stent was placed in the artery to assist in keeping the vessel open.

Dr. Oakes informed Rick's wife, Lori, of the 1 in 10 chance of survival for widow maker victims. But he also offered words of hope that she would cling to. "I feel good about this guy."

MEDICAL BATTLES Following a cardiac arrest like Rick suffered, sometimes patients do not wake up. Injury to the brain

can continue for hours to days after the heart starts beating again.

To minimize the neurological damage and improve chances of lessening long-term negative outcomes, a hypothermic, or cooling, procedure was performed soon after Rick's arrest. This procedure increases the person's chances of returning to previous functional levels.

Initially, Rick did well, but developed another complication, internal bleeding. All of this was proving to be too much for this young grandfather. Throughout the night, Rick's condition was very fragile. He became unstable and needed intensive efforts from the medical team to stabilize his heart.

As morning approached, it appeared that Rick had won his nightlong battle. The attending nurse summed up the previous night's drama when he turned to Lori and remarked, "It's a miracle...it's a miracle."

After 24 hours, all cooling was stopped and Rick's body temperature was allowed to return to normal. His sedating medications were decreased, but he was not ready to wake up. Each morning, the medications were decreased again; each attempt had similar results.

THE HARDEST PART For the next week, family and friends kept a 24-hour vigil, waiting, praying and hoping that Rick would awaken. Lori reflects, "It was really hard for us all to leave while he was unresponsive because we were struggling with the unknown." Recalling the agony of waiting and not knowing if Rick would ever wake up, Lori admits, "That was the hardest part."

But the medical team "never took away our hope," Lori says thankfully. She recalls how the doctors, nurses and therapists expected Rick to beat the odds and wake up. Lori remembers how each health care worker would talk to Rick as though he could hear them. "That helped our family a lot. I'm going to cry again." She continues, "They were an incredible staff."

AN AWAKENING A full week of waiting and praying had passed. Then one Saturday morning, Rick came back to them.

Lori recounts the first visit with her husband after he awoke. "He just lay there with tears streaming down the sides of his face. We cried too. So many thoughts and emotions bottled up after the longest week of our life, words seemed empty."

Lori now admits that one uncertainty had been replaced with another. "We had

no idea what to expect when Rick woke up." The family had been warned that even if Rick did awaken, he might suffer lasting neurological damage. "They thought he might have to have speech therapy or occupational therapy." The family was prepared for the worst. But Rick surprised everyone when he emerged seemingly unaffected by the ordeal.

Lori describes Dr. Oakes's first reaction as being "amazed" when Rick turned to him and asked "How you doing?" Lori also recalls the nurse's words, "I can't believe it...I can't believe it."

RECOVERY ON HIS TERMS There were still highs and lows, but each day saw improvement. There was a minor setback with pneumonia, not uncommon in such cases. But Rick inexplicably contracted an unusual strain of pneumonia that proved much easier to treat.

As the medication was cut back, Rick became "very independent," according to Lori. Upon leaving the Coronary Care Unit, Rick insisted on walking to the elevator to go to the fifth floor for recovery. The reluctant nurses agreed and were so touched by his display of determination, a nurse spontaneously broke into song—"He's walking on sunshine!"—and others joined in. After arriving on the fifth floor, against the nurses' protests, Rick would fetch his own coffee while still connected to wires and tubes.

Rick's stay in the hospital lasted only two weeks. At home his recovery continued at near-miraculous pace. Against the advice of his doctors, Rick had even returned to part-time work after only two weeks at home; then full-time work after only a month.

REFLECTIONS When asked how this event has changed his life, Rick admits that he has "a little more patience...a little more peace." Rick adds, "All these things that get you really fired up are not that important." He is also quick to point out that he has quit smoking.

Reflecting on the traumatic ordeal from the family perspective, Lori praises the medical team: "Those people did an incredible job of just caring."

Lori also credits her Christian faith as the source of strength during the crisis. While describing their beliefs, Lori says of Rick, "He knows he's going home with Jesus some day," but she hastens to add, "...I was exceptionally glad it wasn't now."

Visit www.saintalphonsus.org to read more stories about people who have experienced healing through our hospital.

ONE BITE FROM A BUG

When you're a 16-year-old boy, you're immortal. You have no fears, no boundaries and no doubts. Nothing can stop you. ♦ But something almost stopped David Cole, and it came from an unlikely source. It wasn't a car wreck, a sports injury or anything remotely associated with teen tragedy.

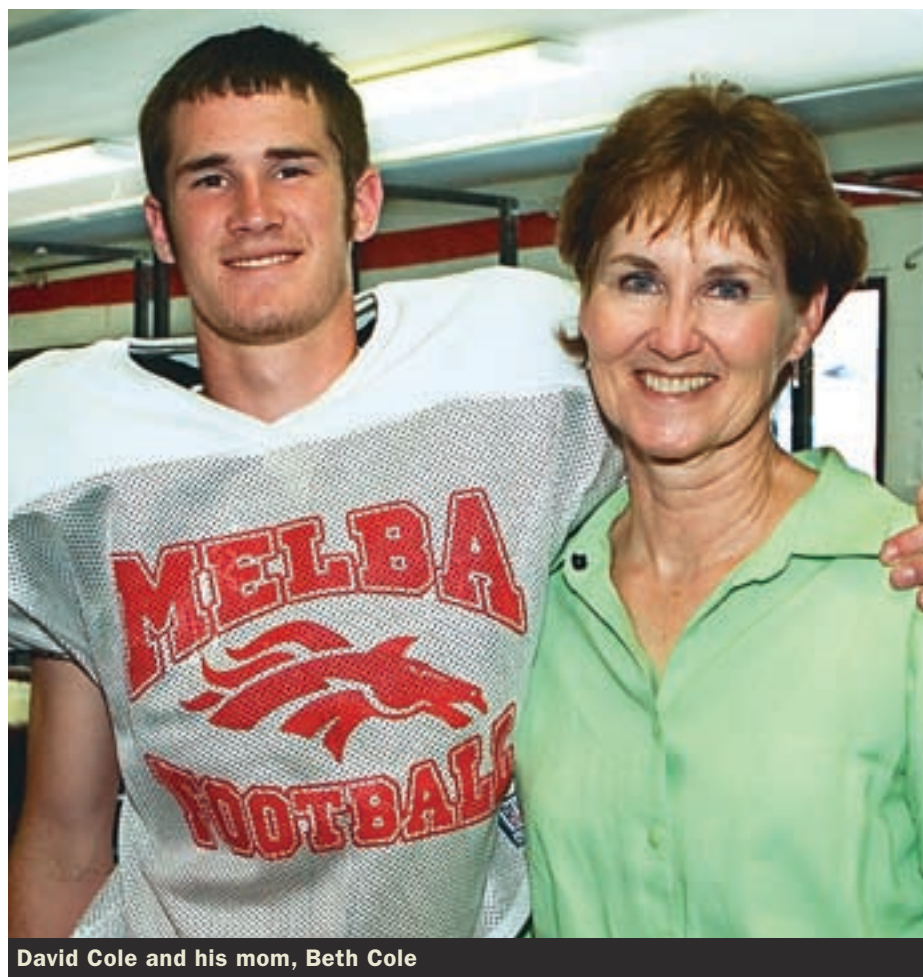
It was a bug. The bite from an unseen mosquito infected David with West Nile virus, and he nearly died.

Well-mannered and unassuming, this farm-raised boy is instantly likeable. A typical teenager from rural Idaho, David's world has four seasons: football, baseball, basketball and the fair. That active lifestyle kept his 5-foot-10-inch frame a fit 170 pounds. And it was at the county fair on one hot Friday afternoon in July 2006 that his troubles began.

SERIOUS TROUBLE While tending to his lambs at the fair, the headache and nausea started. As an athlete, David knew about dehydration and thought that might be the problem. But then his vision blurred, and he became disoriented. His last memory was of leaving the fair with his concerned parents.

Back on the farm, David's condition worsened. By Sunday David's parents, Beth and Kenneth, knew that their son needed help. They took him to Mercy Hospital in Nampa.

In the emergency department at Mercy Hospital, David was diagnosed with meningoencephalitis, a swelling of tissue around the brain. Later they learned that David was infected with West Nile virus.



David Cole and his mom, Beth Cole

Beth recalls thinking, "So what does that really mean?" And then she thought, "OK, your kids get sick, and then they get better. David will be OK."

IN EXPERT HANDS But if David was to be "OK," his best chance would be under the care of Sky R. Blue, MD, an authority on West Nile virus treatment. His doctors at Mercy arranged the transfer for David. The next morning David was transported to Saint Alphonsus Regional Medical Center in Boise and into the hands of Dr. Blue.

Though under the best possible care, David's condition worsened, and he was placed in the Intensive Care Unit. Still Beth remained hopeful.

"OK, he has to be in intensive care, but that will probably be for a couple days—and then he'll get better and be OK," she thought. But David slipped into a coma. Now the odds were stacked against him.

Statistics tell us that West Nile virus is most dangerous to people older than 50 and those already ill. David was certainly

not in those groups, yet he lay in a coma. No one knows why 80 percent of those infected with West Nile virus have no symptoms, or why 1 percent of West Nile patients develop the neuroinvasive strain, the kind that had David barely clinging to life. In 2006, 23 Idaho victims lost their lives to this mysterious virus, for which there is no cure.

As the drama played out, the health care team tried to ease the family's fears. "I came in very scared and very emotional," Beth says. "They [the staff] took such great care of us. It seemed like they were there to take care of us too."

DWINDLING HOPE Beth remained by David's side through the night, waiting and wondering. When the new day broke, David was still in his coma.

Another day passed, and then a week, but still no change. Her bedside vigil continued. Every few days she would go home for a break, then come back to her son's bedside. Dad tended the family farm during the day and at night drove

45 minutes to see his son.

As the days passed, Beth struggled to maintain her optimism. Reluctantly she considered the unbearable possibility that she could lose her youngest child. "I hope he's here in the morning," she thought.

A NEW DAY But on the 10th day, David woke up. Relief and joy abounded, but there was also cautious optimism. Brain damage from West Nile meningitis was a known possibility. However, in the days that followed, and to the amazement of everyone, that did not appear to be David's fate. Though he was now weakened and frail at 122 pounds, there was no apparent neurological damage.

For the next two months, David remained in the hospital as he gained weight and strength. Friends would visit, though it was hard to see him so incredibly ill.

It was on his high school's homecoming weekend when David had a homecoming of his own. In a show of emotional support, David's classmates elected him Junior Prince for the event. His coach, Cory Dickard, believed that David's presence would be an inspiration to the team. So from the sidelines, David watched the football game.

When Beth recounts their nine-week hospital drama, she somehow finds a bright spot. "There were good things that came out of this experience," she says. "The people at Saint Alphonsus were wonderful. They were there to celebrate on the good days and to support me on the bad days." As her eyes welled with tears, Beth said, "You expect to find a few people who care for you like that, but I was amazed that the whole staff cared about David that much!"

BACK IN THE BALL GAME A year has passed, and David is playing football again. Though he still has not regained all his weight or strength, by all medical standards his recovery was remarkable. Using a rare choice of words, the doctor guiding his recovery, Rodde Cox, MD, put it into perspective: "His recovery is near miraculous."

But then, we all know that 16-year-old boys are immortal.

About West Nile virus

Here's a question-and-answer look at West Nile virus, with information from the U.S. Centers for Disease Control and Prevention (CDC) and other national health sources.

Q How serious is West Nile virus?

▲ The virus can be very serious—even fatal—but most infected people don't get sick.

Q How is it spread?

▲ People most often get West Nile virus through the bite of an infected mosquito.

The virus has spread, in a very small number of cases, through blood transfusions, organ transplants, breast-

feeding and during pregnancy from mother to baby.

Q What are the symptoms?

▲ Most people have no symptoms. Some develop fever, headache, body aches and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. With more serious cases, symptoms can include high fever, seizures, muscle weakness and paralysis.

Q When is the virus most active?

▲ In general, the virus peaks with warmer weather from July through September.

Q How is it treated?

▲ With severe West Nile disease, an infected person usually is hospitalized and given intravenous fluids and other supportive medical care.

Q How can I protect myself from West Nile virus?

▲ According to the CDC, you can reduce your risk by:

- Avoiding mosquitoes when they are most active—usually from dusk to dawn.
- Using insect repellent containing DEET, picaridin or oil of lemon eucalyptus when you're outdoors.
- Wearing long-sleeved shirts, pants and socks outside.
- Emptying standing water where mosquitoes might breed.
- Installing or repairing window and door screens.

Learn more at www.cdc.gov/ncidod/dvbid/westnile.



Stroke patient Thomas Jones during outpatient therapy

SAVING A LIFE

WHEN STROKE STRIKES

March 12 began like any other Monday for Tom, a 40-year-old man. ♦ As he was getting ready for work, he suddenly crashed to the floor and was unable to talk or move his left arm or leg.

Fortunately for Tom, his roommate witnessed the event and called 911, a

lifesaving move. Ambulances arrived at 7:40 a.m. and immediately took him to Saint Alphonsus, where the acute stroke team, under the direction of Emergency Department physician Hansel Ashby, MD, was activated.

Brain imaging revealed a blockage in one of the large arteries in the right side of Tom's brain, which led to a significant area of stroke in the right side of his brain. Neurologist Barbara Bess, MD, along with interventional radiologist Bill Taylor, MD,

concurred that Tom was a candidate for acute stroke intervention. Tom underwent a MERCI clot retrieval, performed by Dr. Taylor, available at Saint Alphonsus and unique to stroke care. Saint Alphonsus is the only center in western Idaho that offers this cutting-edge technology.

Tom spent six weeks at Saint Alphonsus recovering from his life-changing event.

Today, Tom continues outpatient therapy at Saint Alphonsus Rehabilitation Services (STARS). While he still sometimes has to use a cane to walk, Tom has almost full sensation in his left leg. His left arm is progressing, but more slowly than the leg.

For Tom, three things saved his life and aided in his recovery:

1 His event was witnessed. This is important so that an exact time that symptoms started can be calculated and used to identify possible interventions.

2 911 was called immediately. Emergency medical services has therapies that can lessen the impact of stroke.

3 Tom was taken to a stroke center. Saint Alphonsus is rated No. 1 for stroke care in Idaho by HealthGrades, and has an acute stroke team to rapidly treat stroke with the goal of improving patient recovery.

What you need to know about stroke

Most strokes occur when a blood clot disrupts blood flow to the brain. Starved of blood, brain cells start to die.

Stroke is a medical emergency! By providing timely treatment, however, doctors may be able to stop the stroke by using medicine to dissolve the clot, according to the National Institute of Neurological Disorders and Stroke.

But this treatment must be administered quickly—within three hours after stroke symptoms start—for the best chance of successful recovery.

Therefore, call 911 immediately if you think you or anyone else might be having a stroke. The signs come on suddenly and include:

- Numbness or weakness of the face, arm or leg—especially on one side of the body
- Confusion or trouble speaking or understanding someone's speech
- Trouble seeing in one or both eyes
- Dizziness, trouble walking, or a loss of balance or coordination
- Severe headache with no obvious cause

Ranked No. 1
in Idaho for Treatment of Stroke
2007 HealthGrades

Are you at risk?

The following questions come from the American Stroke Association and American College of Physicians. Put a check in the box by each question if the answer is yes. The more boxes you check, the higher your risk for stroke.

- Do you have high blood pressure?
- Do you smoke?
- Do you have high cholesterol?
- Do you have atrial fibrillation, a condition in which your heart beats rapidly and unevenly?
- Do you have diabetes?
- Are you African American?
- Are you older than 50?
- Are you overweight?
- Do you exercise fewer than three times a week?
- Do you often eat fried, greasy or salty foods?
- Has a parent, sibling or grandparent had a stroke?
- Has your father or brother had a heart attack before age 55?
- Has your mother or sister had a heart attack before age 65?
- Have you ever been told you have any of the following: carotid artery disease, disease of the leg arteries, high red blood cell count or sickle cell anemia?
- Have you had a stroke or transient ischemic attack?

Now, take the completed quiz to your doctor. Together, you can work on a treatment plan to reduce your risk for having a stroke. Some things you might talk about:

- Switching to a healthy diet that includes less saturated fat and more fruits and vegetables
- Losing weight
- Getting more exercise
- Avoiding alcohol
- Quitting smoking

High blood pressure is the biggest risk factor for stroke, and all of the lifestyle changes previously mentioned can help lower it. If making these changes doesn't help or if your blood pressure is particularly high, your doctor might also prescribe medication.

He or she also might talk to you about taking aspirin regularly to lessen the risk for blood clots, which can cause stroke.

Go To learn more about stroke, visit www.saintalphonsus.org and select "Stroke" from the list under the Fast Finder.

TAKE THIS QUICK QUIZ



HAPPY BIRTHDAY

TO THE FAMILY MATERNITY CENTER



This year marks the 10th anniversary for Saint Alphonus Family Maternity Center. ♦ The doors of the Family Center opened on July 15, 1997, with the birth of the first baby at Saint Alphonus since the Labor and Delivery Department closed in September 1986. Saint Alphonus saw the need for multiple care options for expectant mothers, as well as pre- and postnatal care for infants in Boise, and met that need with the expansion.

“Over the past 10 years, with the addition of our NICU and Maternal-Fetal Medicine, we have seen patients with more challenges and complicated pregnancies and births. We have seen the population of our community change with the arrival of new refugee groups. The staff of Women’s and Children’s Services has welcomed the new challenges and is always striving to improve and serve our changing community. The mission has kept me here these past 10 years—I have seen our W&C staff serving in the spirit of the gospel,” says

Judy Hobbs, Family Center manager.

Since then Saint Alphonus has developed its Women’s and Children’s Services to include a diverse and expansive program that offers premier care for women, infants and children. In the past 10 years, Saint Alphonus has opened a Neonatal Intensive Care Unit, a Maternal-Fetal Medicine practice—with Boise’s only perinatologist—as well as a pediatric unit and the Family Center.

FAMILY MATERNITY CENTER The Family Maternity Center expansion includes 17 new patient rooms: 12 postpartum recovery rooms and five antepartum rooms for moms who need monitoring, but who are not in labor. The new rooms have been designed around the family, with a hotel suite look and feel, allowing family members to stay close to the new mom and baby while still being in a comfortable space. Just like the current Maternity Center, the baby rooms-in with the mother as much as she would like.

The private, soothing and luxurious

accommodations of the new Family Maternity Center were designed to further the Saint Alphonus Healing Environment philosophy.

For more information and to take a virtual tour, visit www.saintalphonus.org.

NEW LEVEL III NICU The new Level III Neonatal Intensive Care Unit (NICU) is on the second floor of the new facility and has been designed to accommodate 32 infants. State-of-the-art design and equipment allows the NICU to offer 24-hour care to newborns with special needs at delivery and beyond.

Having a baby with special needs can be very unexpected and difficult. At Saint Alphonus, neonatologists on the unit provide 24-hour care, seven days a week, and are devoted to the care of infants and their families.

MATERNAL-FETAL MEDICINE Saint Alphonus Maternal-Fetal Medicine specializes in the treatment and care of women whose pregnancies are considered

high-risk. Our specialists provide complete obstetric care throughout your pregnancy and work in consultation with your primary care obstetrician.

Saint Alphonus Maternal-Fetal Medicine is dedicated to providing the highest quality care to women with high-risk pregnancies. The goal of Maternal-Fetal Medicine is to support a woman and her family through a complicated pregnancy while providing state-of-the-art perinatal care.

For more information on Saint Alphonus Women’s and Children’s Services, visit www.saintalphonus.org.

Birthday wishes from the staff

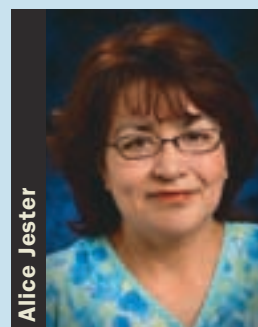
Catherine Archambeault, RN It is a privilege and a pleasure to be here for each and every experience. I have said that 10 years ago and still say it now.

Judith Hobbs, RN, FACCE Thank you to all my co-workers who have made it a wonderful place to work.... It has been one of my greatest blessings to be part of the Saint Al’s Women’s and Children’s team.

Debbie Kannenberg, RNC I have had the pleasure of supporting breastfeeding families for the past 10 years as the Family Maternity Center has grown from a baby to nearly an adolescent. The family-centered care provided by the FMC staff has conveyed a credible message to the community: “Saint Alphonus is the perfect place to have your baby!”

Susan Magnusson, RNC Our new expansion was much needed and now proudly houses the many families we assist as their families “expand.” There definitely have been many changes over the years—doctors, nurses, support staff, managers, policies, procedures, décor and patients—but one thing has never changed: our dream of providing family-centered care and a choice to the women of Boise. We always said that “we’re not here to compete with anyone—our care would speak for itself!” I guess it has. What a journey it has been—what a privilege!

Laurie Turner, RNC In the last 10 years, our unit has been through several managerial changes and doubled in size; through it all, I’m proud to say we have kept our original goal by giving excellent care and supporting every patient in their individual birth experience.



Alice Jester



Catherine Archambeault, RN



Judith Hobbs, RN, FACCE



Susan Magnusson, RNC



Laurie Turner, RNC



Festival of Trees 2007



Join the Festival Family as a sponsor, volunteer or guest at the 'Brightest Event of the Season'

Since 1984 the Saint Alphonsus Festival of Trees has been the "brightest event of the season" and has kicked off the holidays for thousands of families in the Treasure Valley.

It is not only an occasion to gather with your loved ones for an afternoon of mirth and merriment, but also a time to celebrate the joy of giving and the generosity of this community. In the past 23 years, the Festival

of Trees has generated nearly \$5.5 million to improve health care for patients at Saint Alphonsus. Enhancements have been made within the Eye Institute, the Cancer Care Center, the Life Flight Air Ambulance Program, the Intensive Care Unit, and for cardiac care, neurology and robotic surgery.

These technological advancements in healing programs would not be possible without the outpouring of support from those who **sponsor, attend and volunteer** at the Festival of Trees.

Want to join us? Sponsor a tree!

Have you ever been to the Festival and thought about donating a tree, or maybe a small tree, wreath or stocking? You would be surprised at how rewarding an experience it can be—and how fun!

How does it work?

If you would like to decorate a tree, you may design it as creatively or simply as desired. It can be related to Christmas or the holidays or themed around something totally unique, such as cooking utensils or peacocks!

If you just want to sponsor a tree (without the hassle of tinsel and ornaments), you can partner with a school, business, organization or service group to decorate a tree.

You may provide your own tree or order a tree from the Festival "menu" of trees. It will be delivered to Boise Centre on the Grove ready for you and your team to decorate. Your investment in the tree

and its decorations is your donation to the Festival; there is no additional entry fee.

Your sponsored tree will be sold or auctioned to a happy purchaser to take home—or donated to another local charity, such as the Boys & Girls Club, the Ronald McDonald House, or the Veterans' Home. Everyone wins! You know you're doing something good (and will get a tax deduction for your donation), you'll get recognized for your contribution, the decorating team will enjoy the process, and the purchaser or charity will enjoy a fabulous Christmas tree!

Also welcome to the Festival are tabletop trees, wreaths, stockings and cash sponsorships. A variety of cash sponsorships, which include tickets and event signage, are available.

Please contact the Saint Alphonsus Foundation at 208-367-2759 for more information.

Volunteer!

Want to join the ranks of hundreds of good people who roll up their sleeves and make the Festival of Trees possible? Sign up today! Shifts are available from Nov. 18 through 27, or you may participate in the behind-the-scenes planning. If you are interested, please call us today at 208-367-2759.

Help support the Center for Advanced Healing at Saint Alphonsus

The sponsors, guests and volunteers of the Festival are supporting a wonderful yuletide tradition, but more importantly, they are standing for making the most modern advancements in health care technology available right here in the Treasure Valley.

As the gateway to an environment designed to heal body, mind and spirit, the

Saint Alphonsus Center for Advanced Healing welcomes patients and their families, friends and visitors, setting the stage for the hospital of the future. The light, airy and warm atmosphere will evoke feelings of peacefulness through the use of granite, decorative glass, natural wood and natural lighting, in addition to a water wall representing life,

nature and the Boise landscape.

The Saint Alphonsus Center for Advanced Healing uses the most advanced technology, coupled with skilled and compassionate caregivers and healing environments. We hope you will take this opportunity to help support our mission of healing each patient in body, mind and spirit.

Attend the Festival!

Nov. 21 through 25
Boise Centre on the Grove

Festival hours

Wednesday, Nov. 21, 10 a.m. to 9 p.m.

Thursday (Thanksgiving), Nov. 22, 2 to 9 p.m.

Friday, Nov. 23, 10 a.m. to 9 p.m.

Saturday, Nov. 24, 10 a.m. to 9 p.m.

Sunday, Nov. 25, 10 a.m. to 9 p.m.

Admission

Adults: \$6

Children (12 and younger): \$3

Children (2 and younger): FREE

Seniors (62 and over): \$4

Senior Special: \$2 on Senior Day, Nov. 21

Family pass (group of six): \$25

Schedule of events

GALA*

Tuesday, Nov. 20, 5:30 p.m.

SENIOR TEA

Wednesday, Nov. 21, 1 to 4 p.m.

IRON DESIGNER

Wednesday, Nov. 21, 4:30 to 6 p.m.

FABLES & FANTASIES

COME TO LIFE®

Thursday, Nov. 22, 5 p.m.

Friday, Nov. 23, 5 and 7 p.m.

Saturday, Nov. 24, 5 and 7 p.m.

Sunday, Nov. 25, 2 p.m.

FAMILY DAY

Saturday, Nov. 24, 10 a.m. to 9 p.m.

BREAKFAST WITH SANTA*

Friday, Saturday, Sunday, Nov. 23, 24 and 25, 8:30 a.m. (doors open at 8 a.m.)

FESTIVAL FASHION SHOW AND LUNCHEON*

Monday, Nov. 26, 11 a.m. to 1:30 p.m.

Look for these Special Attractions throughout the days of the Festival:

- Children's Art Contest
- Craft Corner for Kids
- Raffle Tree
- Scavenger Hunt
- Pictures with Santa
- Entertainment Stage
- Talking Tree
- Gift Shop

*Special ticket purchase required. If you would like to purchase tickets by phone, call 208-367-2759.

AT A GLANCE

TERRI MYERS—MERIDIAN, IDAHO

THE WEIGHT IS OVER, IT'S TIME TO SHINE

LAP-BAND surgery patient lost 110 pounds

Terri has always displayed a radiant smile. ♦ But at 265 pounds, she felt she had to hide her body. ♦ After LAP-BAND weight loss surgery at Saint Alphonsus, Terri lost 110 pounds and her shyness. With her new body came new energy for her children, her husband and herself. Now they're all smiling.

When Terri goes out with friends now, she gets lots more attention than when she was at 265 pounds—and she can face it with confidence. She's proud to tell her husband about it, and comments, "My husband is very excited too. He has loved the results."

Terri had struggled with obesity since high school. "I was just disgusted with myself," she laments. As a child, Terri watched her mother suffer from obesity and the related health problems. Now, as a young mother herself, Terri felt the need to set a good example for her children. "I wanted to be a good role model."

As a hospital nurse, Terri knew the potential complications of stomach surgery. But other nurses were telling her of positive results from a less invasive procedure, LAP-BAND weight loss surgery. A co-worker's personal success with LAP-BAND was the inspiration Terri needed.

"I was very excited," she recalls. After attending a LAP-BAND seminar at Saint Alphonsus with her mother, Terri says, "We both knew that was exactly what we wanted to do."

HOW DOES IT WORK? The LAP-BAND System is a minimally invasive and adjustable surgical treatment for morbid obesity. It induces weight loss by reducing the capacity of the stomach, by the use of a small inflatable implant device that restricts the amount of food that can be consumed. This procedure is fully adjustable, reversible and has few risks and side effects.

Two years after her LAP-BAND surgery at Saint Alphonsus, Terri at 5'8" is maintaining her goal weight of 155 pounds. "I don't deprive myself of anything," she says. "I eat half of what I used to and it just comes off."

Terri now says, "I'm able to enjoy my kids, play with my kids, ride bikes and



ABOVE: Terri after LAP-BAND surgery
INSET: Terri before the surgery

play softball. I have more confidence in myself. I don't feel like I have to hide my body." She continues, "It was the best decision I ever made in my life."

Go For more stories from LAP-BAND patients, visit www.saintalphonsus.org and request a free video.

Free LAP-BAND seminars

■ Tuesday, Sept. 25

6:30 to 8:30 p.m.

Centennial Tent

■ Monday, Oct. 8

6:30 to 8:30 p.m.

Centennial Tent

Seating is limited, so please call 208-367-3454 to register, or register online at www.saintalphonsus.org.

SIXTH ANNUAL BREAST CANCER SYMPOSIUM

FIGHTING CANCER TOGETHER

Saturday, Oct. 20

9 a.m. to noon

Saint Alphonsus Regional

Medical Center

Centennial Structure

1055 N. Curtis

FREE to the public

To register, call Gail Baird, community benefit coordinator, at 208-367-3198 or visit www.mysignup.com/breastcancer.

Cancer survivors are encouraged to bring their friends and families.

A variety of topics will be covered in this year's Breast Cancer Symposium, including:

■ Natural remedies for common issues like hot flashes and depression

■ Complementary therapies like yoga, nutrition and exercise

■ Survivorship issues, including young survivor issues

■ Treatment updates

■ Understanding the lingo of genetic counseling

Join Saint Alphonsus for the sixth annual Breast Cancer Symposium—Fighting Cancer Together.

ROBOT REDUCES MEDICATION ERRORS

Saint Alphonsus unveils the first Swisslog Pharmacy Robot in the Northwest

Saint Alphonsus Regional Medical Center unveiled its Swisslog Pharmacy Robot, the first in the Northwest and the sixth in the nation. The Swisslog Pharmacy Robot is

a new technology introduced to the United States a little over two years ago.

The Pharmacy Robot is an automated drug management system. An internal packaging unit places bulk medications into unit dose packs. It then loads the unit doses onto storage pins within the robot. When a computerized patient profile is triggered, the robot retrieves the required medications and assembles them onto a plastic ring in alphabetical order. Included on the ring is a complete list of all medications, as well as patient-specific information.

The system has two independent robotic arms, one at each end, so it can simultaneously perform some tasks, such as storing and dispensing. Further, medications returned from the nursing units can be automatically restocked into the robot and credited to the patient account during the packaging or dispensing cycles.

A major benefit of the system is patient safety, because expired medications are purged automatically or on demand, which eliminates dispensing of expired medication. In addition, all processes are fully automatic with no human intervention required. In a hospital setting, this system has produced six million doses error-free. This is key; Saint Alphonsus dispenses an average of two million inpatient medication orders a year.

Despite the lack of human interaction that the Robot requires, it has not eliminated pharmacy jobs. Saint Alphonsus is using pharmacy employees to better serve the nurses and patients on the floors by delivering medication and fielding questions that anyone may have about the new process.

Including installation, the robot cost \$1.3 million.



HAPPY ROBOT RECIPIENTS: From left, J. Robert Polk, Vice President of Physician and Clinical Services; Sandra Bruce, President and CEO; and Larry Munkelt, Pharmacy Director, unveil the pharmacy robot at a press conference.



ARTHRITIS? WE CAN HELP YOU LIVE BETTER

One in four people in Idaho has doctor-diagnosed arthritis. ♦

There are also many undiagnosed people who live with the limitations of arthritis but have no concept of the cause for their pain and disability.

Is there help? Can you improve the quality of your life? The answer to both of these questions is yes!, and it is called Idaho Arthritis in Motion* (IAIM).

IAIM is a voluntary advisory committee composed of members from the Treasure Valley YMCA, Boise State University and other community partners working together with Saint Alphonsus Rehabilitation Services to address the growing problem of arthritis in our area.

IAIM's main purpose is to reach out to people with arthritis and arthritis-like symptoms, facilitate educational opportunities, and provide information on early medical intervention and lifestyle changes that can help to ease and treat symptoms.

IAIM is committed to helping raise the community's level of awareness about arthritis, addressing arthritis-related issues and participating in an overall healthy intervention of positive exchanges.

Currently, IAIM offers free educational classes called "Living With Arthritis." These classes are held the first Monday of each month from 6 to 8 p.m. at Saint Alphonsus Family Center, 900 N. Liberty, in Boise. No registration is needed, and refreshments are provided. If you have any questions, please contact Sandy Jensen, facilitator, at 208-367-2859 or Sally Suter at 208-367-5802 or by e-mail at sallsute@sarmc.org.

Together we can reduce pain and disability associated with arthritis, thus improving our quality of life in the Treasure Valley.

*IAIM is endorsed by the Idaho Health and Welfare Arthritis Program and the Arthritis Foundation.



For more information on Saint Alphonsus Rehabilitation Services (STARS) and services provided for arthritis and other conditions, contact a STARS location near you:

BOISE

■ 901 N. Curtis Road, Suite 204
208-367-3315

■ 901 N. Curtis Road, Suite 304—
Pain Management Center
208-367-4343

■ 717 N. Liberty St.
208-367-8989

■ 5959 N. Discovery Way
(West Boise YMCA)
208-378-0256

■ 1050 W. State St.
(Downtown Boise YMCA)
208-424-8175

MERIDIAN

■ 3025 W. Cherry Lane
208-367-8500

■ 179 S.W. Fifth Ave.—Peds/Jumpstart
208-367-8282

EAGLE

Opening in fall 2007 in the Eagle
Health Plaza

■ 875 E. Plaza Drive, Suite 105 (Rocky
Mountain Fitness)
208-367-5400

NAMPA

■ 2707 Garrity Blvd., #3
208-442-2329

Idaho is host to many secluded communities and terrains full of adventure that encourage people to explore and get away. Whether you just enjoy the outdoors or live in a remote location, it gives great peace of mind to know that Life Flight can respond quickly to anyone who needs immediate medical attention.



READY FOR RESCUE WHEN YOU NEED IT

When a helicopter passes overhead, most of us don't give it much thought. ♦ But for Mary Lynn Matlock, that distinctive sound is a reminder that she is living out her second chance at life. ♦ It's been 20 years since Life Flight gave her that chance. Neighborhoods now block the path once popular with bikers and hikers and kids seeking fun. Two decades ago, Table

Rock was a remote attraction for outdoor enthusiasts, as it attracted Mary Lynn (May) and her friends on that September afternoon.

May was a 17-year-old Boise State University student, fresh out of National Guard basic training. She, her roommate Deb, and a few male friends were feeling adventurous that day. The decision was made to conquer the natural obstacle course to the top of Table Rock. May recalls that it was a dare that prodded her to go along while Deb chose to wait in the car at the foot of the trail.

Not dressed for the occasion, May had little traction on the trail with her unlaced Keds. The path of loose dirt and rocks wandered up the face of the hill. As they neared the top, the teens came upon a section of path washed out by rain. The break in the

trail revealed jagged rocks nearly 60 feet below. Continuing the journey required a leap across the opening—not much of a challenge for young, tall boys, but the much shorter May was tall on confidence when she took her turn and jumped.

ADVENTURE GONE AWRY As she landed on the other side, the soft bank gave way. After a short slide down the crevasse, remarkably, she caught herself. May was clawing her way back up to the trail when the rain-loosened embankment crumbled once more. This time May took a freefall to the rocks below. Her landing took its toll. She had missed the sharpest rocks that would certainly have impaled her, but May lay broken, bleeding and far from help.

In 1987 cell phones were not a common

Committing our lives to saving yours

The Saint Alphonsus Life Flight membership program helps to directly fund Life Flight so that we can continue to transport critically ill newborns, pregnant mothers at risk, people who have heart attacks or strokes, and others who are critically ill or injured.

In addition, by supporting the Life Flight Membership Program, you are extending support to local emergency service agencies in your community and helping provide them with lifesaving equipment, grants or other needed support to continue to respond to local emergencies.

Why choose Life Flight?

When it comes to critical care transport services, there is no doubt that Life Flight has changed response time and the delivery of critical care services throughout the region.

Saint Alphonsus Life Flight began services in 1986 and was the first critical care transport program developed in Idaho. After flying more than 20,000 missions and growing to claim more than 100,000 square miles as our local service area, Life Flight has earned respect as being the most skilled and progressive flight program in Idaho. Simply stated, for more than 20 years we have committed our lives to saving yours.

Our medical crew, pilots and dispatchers

make up a highly trained team that, through years of experience, has developed an instinct and unmatched skill for locating and caring for the critically ill and injured. Whether you require medical transport from one hospital to another or are in a remote location, Life Flight will respond and transport you to the nearest, most appropriate hospital for care.

Our unparalleled commitment to bring you home safely and our use of state-of-the-art technologies, such as satellite tracking and night-vision goggles to enhance wilderness rescues, makes us the No. 1 medical transport team that agencies call for the most complicated missions.

There for you

Life Flight is an extension of the Saint Alphonsus Trauma Center, which allows our flight crew to work in a trauma environment and to experience, understand and practice firsthand how to best care for critically ill and injured patients.

Life Flight was also one of the first air medical transport programs in Idaho to achieve accreditation by the Commission on Accreditation of Medical Transport Systems (CAMTS), which enforces strict safety standards and guidelines for transporting patients. Life Flight is among 35 percent of programs in the nation that have achieved this accreditation.



Of course, we cannot do this alone; we depend on local ambulance, fire, law enforcement and hospital crews to begin lifesaving care, communicate emergency information and prepare safe landing zones for our arrival. Our collaborative efforts with these rural health care providers have helped improve the quality of medical care for patients—right from the start.

We also depend on the financial support of our members—now numbering nearly 100,000 people—for your continued commitment to help us improve critical care response throughout the region.

When seconds count and experience matters, we are always climbing higher to be there for you.

High-quality care you can count on

- More than 20 years of experience and the most comprehensive medical expertise in trauma, neurological, orthopaedic, cardiac and newborn care
- More than 20,000 missions flown
- Large critical care transport fleet, including four helicopters, an airplane and ground ambulance service
- Bases in Boise, Twin Falls and McCall; coming soon to Ontario
- More than 100,000 square miles of Life Flight coverage in Idaho, eastern Oregon and northern Nevada
- No out-of-pocket expenses for medically necessary flights
- State-of-the-art technology to enhance safety and aid in wilderness rescues
- Nationally accredited by the Commission on Accreditation of Medical Transport Systems, a commission that focuses on improving quality of patient care and safety of transport services
- Thousands of dollars donated back to local communities in emergency medical supplies, equipment and cash donations

accessory, so calling for help required a telephone. At the bottom of the trail Deb heard the sound of her friend's body hitting the rocks, and then she heard the screams. From her position, Deb could not see what had happened, but the screaming convinced her that it must be bad. They needed help, and it was up to her to get it.

Deb drove to the first house she saw, ran to the door and pleaded to use the phone. She was turned away. Frantically she ran to the next house, where the call for help was made.

The paramedics arrived quickly and made their way up the trail to the injured teen. The damage they could see was considerable: compound fractures to her arms, broken pelvis, facial lacerations and bleeding. Those injuries appeared serious enough, but they could not see the worst of them.

Near May's heart was a tear in her aorta.

The largest artery in her body was slowly draining her of blood. Her time was running out, and no one knew. But the paramedics could not safely remove her from where she lay because of the treacherous terrain. They knew it was time to call Life Flight.

WINGS OF LIFE Only a year in existence, Life Flight was about to reaffirm its value. The medical transport helicopter was quickly dispatched and managed to land near the dying girl. Within minutes May was receiving urgent care at Saint Alphonsus Medical Center.

It didn't take long for the Emergency Department (ED) team to realize that May had problems other than broken bones. The damaged heart was diagnosed, and, before the night was over, May underwent surgery to repair her heart and shattered bones.

As the drama played out, the attending ED physician told her parents that the odds were 95 to 5 against May's survival. But 27 days later, May left the hospital. And today she is here to tell this story—a story that would have had a different ending without Life Flight. In May's words, "Had Life Flight not been around, I never would have survived."

Now an avid cyclist, May and her husband, Brent, occasionally find themselves riding down remote stretches of road in rural Idaho. That is one reason why May and Brent are devout Life Flight members.

"We pay our \$50 member fee each year. We would pay a whole lot more: it's a priceless service," May says without hesitation.

Brent adds, "Thank God for Life Flight...that they were able to be there. They named it right, that's for sure—Life Flight."

New member pricing options for families, businesses and professional organizations: visit saintalphonsus.org or call 800-574-9464 for more information.

BECOME A LIFE FLIGHT MEMBER





Join us for lunch!

Saint Alphonbus Women's Healthcare Fund's fourth annual Laugh, Learn & Lunch

Friday, Oct. 12, 11:30 a.m.
Boise Centre on the Grove
Tickets: \$35 per person



Our keynote speaker is Nancy Byrd, vice president of Domestic Affiliate Network and Extended Networks, Susan G. Komen for the Cure national office.

Byrd is accountable for the strategic growth and development of more than 125 Komen Affiliates, which consist of volunteers working in more than 15,000 communities across the United States. In 1992, she was elected to become Komen for the Cure's third chairperson of the board. Byrd is celebrating her 12th year as a breast cancer survivor.

Come celebrate with us as we honor the Susan G. Komen for the Cure's 25th anniversary of leading the global movement of ending breast cancer forever.

Susan G. Komen for the Cure has played a critical role in every major advance in the fight against breast cancer during the past 25 years, transforming how the world talks about and treats this disease and helping to turn millions of breast cancer patients into breast cancer survivors.



Fighting every day for every life Because 10 million women around the world could die from breast cancer in the next 25 years without the cure, Susan G. Komen for the Cure is fighting every minute of every day to save every life.

Because every woman is at risk for breast cancer—a disease that strikes at random and for which the causes and cures are still unknown—we know that

every moment counts:

- Without a cure, 1 in 8 women in the U.S. will continue to be diagnosed with breast cancer, a devastating disease with physical, emotional, psychological and financial pain that can last a lifetime.
- Without a cure, an estimated 5 million Americans will be diagnosed with breast cancer—and more than 1 million could die—over the next 25 years.
- Without a cure, an estimated 25 million women around the world will be diagnosed

with breast cancer—and 10 million could die—over the next 25 years.

*Susan G. Komen for the Cure
Because every moment matters.*

Women helping women The Women's Healthcare Fund is a group of women dedicated to educating the residents of the Treasure Valley on important issues in order to improve the health of our community. Funds raised

help ensure that women in our community who cannot afford mammograms can obtain them. Funds also enable cancer education through the Secret Sisters Society and the Cardio Chicks, who strive to educate women on the risks of heart disease.

For more information on how you can join the Women's Healthcare Fund, contact Debbie Hamilton at the Saint Alphonbus Foundation at 208-367-3997 or debbhami@sarmc.org.

www.saintalphonsus.org



Your LINK to a healthier INTERACTIVE lifestyle.



The Minds. The Medicines. The Miracles.

At Saint Alphonbus, we're dedicated to being your partner in health. That's why we're proud to announce the launch of our newly-enhanced web site with a variety of e-health resources and convenient online tools, including:

- Informative, interactive health videos.
- Free e-pregnancy and e-health newsletters covering a variety of health and wellness categories.
- A comprehensive online health information library.
- Breaking national health news, updated 24/7.
- Information on classes, seminars and events, all featuring convenient online registration.

- Information on a family doctor or specialist that's right for you.
- Virtual tours of our new, state-of-the-art Family Maternity Center and Level III Neonatal Intensive Care unit.
- Online pre-registration prior to your next visit, and much more.
- Online bill pay available.



Saint Alphonbus
ADVANCED HEALING BEGINS HERE

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Saint Alphonus

CLASSES AND SUPPORT GROUPS FOR YOUR HEALTH

For more information or to register for any of our classes, please call the Saint Alphonus Resource Line at **208-367-3454** or register online at www.saintalphonus.org.

The following classes are held at the Saint Alphonus Family Center, 900 N. Liberty, in Boise.

Expectant Grandparents

Wednesday, Oct. 10
6:30 to 8:30 p.m.
\$20 per couple

Explore your role as a new grandparent, refresh your knowledge of caring for a newborn, and discuss how best to support the expectant parents. This class is specifically designed to help grandparents understand the changes that have taken place since your children were born, and the important role you play in the life of your grandchild. Includes a prenatal tour of the Family Maternity Center.

ADOLESCENT HEALTH Babysitting Safely

Saturdays, Sept. 29, Oct. 27, Dec. 15
9 a.m. to 4 p.m.
\$30 per person

CPR for Babysitters

● Monday, Sept. 24
● Wednesday, Nov. 28
6:30 to 8:30 p.m.
\$20 per person

CHILDBIRTH EDUCATION ABCs of Early Pregnancy

Thursday, Oct. 11
6 to 9 p.m.
\$10 per couple

Breastfeeding for Beginners

● Tuesdays, Oct. 9, Dec. 11
● Wednesday, Nov. 21
6:30 to 8:30 p.m.
\$15 per couple

Childbirth Preparation

● Tuesdays, Nov. 6 through Dec. 11
6:30 to 8:30 p.m.
\$60 per couple
● Wednesdays, Oct. 17 through Nov. 21
6:30 to 8:30 p.m.
\$60 per couple
● Saturdays, Oct. 13, Nov. 3, Dec. 1, Dec. 15
9 a.m. to 5 p.m.
\$60 per couple

Childbirth Preparation for Young Mothers

Call **208-367-7386** for more information.

Childbirth Preparation Refresher Class

Thursdays, Oct. 4, Nov. 15
6 to 9 p.m.
\$20 per couple

Happiest Baby on the Block

Thursday, Nov. 8
6:30 to 8:30 p.m.
\$30/couple, includes DVD

This class is certified by Idaho STARS for child-care providers.

Hypnobirthing

Thursdays, Oct. 18 through Nov. 8, Nov. 29 through Dec. 20
6:30 to 9 p.m.
\$175 per couple

Newborn Care and Parenting

Saturdays, Sept. 22, Nov. 17
9 a.m. to noon,
\$20 per couple

Prenatal Tour

● Tuesdays, Oct. 9, Nov. 13, Dec. 11
● Thursdays, Oct. 18, Nov. 22
6:30 to 7:30 p.m.
FREE

Sibling Preparation

Saturdays, Oct. 20, Dec. 8
10 a.m. to noon
\$15/child and parents

CHILDCARE PROVIDER COURSES

See "Happiest Baby on the Block" (Childbirth Education category), and all classes in the Family/Parenting category except "CPR for Parents."

FAMILY/PARENTING

All classes in this category are certified by Idaho STARS except "CPR for Parents."

Baby Signing

Wednesday, Oct. 24
6:30 to 8 p.m.
\$20/baby and parents

CPR for Parents

Wednesday, Nov. 7
6:30 to 8:30 p.m.
\$20 per person

Love and Logic

Mondays, Nov. 5 through Dec. 3
7 to 9 p.m.
\$53 per couple

Taming the Toddler

Tuesdays, Oct. 16 through Nov. 13
6:30 to 8:30 p.m.

HEALTH SEMINARS Vegetarian Suppers: Cooking with Whole Grains

Thursday, Oct. 11
6:30 to 8:30 p.m.
\$30 per class or \$25 per class when you register for at least three

Hearty One-Dish Soups and Stews

Thursday, Oct. 25
6:30 to 8:30 p.m.
\$30 per class or \$25 per class when you register for at least three

Flavorful Fish Faire

Thursday, Nov. 1
6:30 to 8:30 p.m.
\$30 per class or \$25 per class when you register for at least three

Healthy Holiday Gifts from the Kitchen

Wednesday, Nov. 14
6:30 to 8:30 p.m.
\$30 per class or \$25 per class when you register for at least three

LAP-BAND System for Severe Obesity

● Tuesday, Sept. 25
● Monday, Oct. 8
6:30 to 8:30 p.m.
FREE
Call **208-367-3454** to RSVP

SUPPORT GROUPS Baby and Me

Tuesdays, 10 to 11 a.m.
FREE
Family Center

Breastfeeding Support and Encouragement

Tuesdays, 11 a.m. to noon
FREE
Family Center

Circle of Parents

Mondays, 10 to 11 a.m.
FREE
Family Center

Eating Disorders Support Group

Mondays, 7:30 to 9 p.m.
FREE
Call **208-343-3131**.

Infertility Support Group

Call **208-367-7380**.

LAP-BAND Weight-Loss Post-Surgery Support Group

Fourth Monday of each month, 7 to 8:30 p.m.
Saint Alphonus Centennial Tent

Share Miscarriage and Infant Loss Support Group

First Tuesday of each month, 6:30 to 8 p.m.
FREE

Breast Care Center Lobby of Liberty Medical Park building

POPS (Parents of Premies Support)

Thursdays, 6 to 7 p.m.
FREE
Call **208-367-7386**.

WELLNESS

Massage Therapy

Call **208-367-7380** for an appointment.

The following classes are held at the Meridian Fire Safety Center, 1901 E. Leighfield Drive, in Meridian.

ADOLESCENT HEALTH Babysitting Safely

Saturday, Nov. 17

CHILDCARE PROVIDER COURSES Heartsaver First Aid and Pediatric CPR with AED

Saturdays, Oct. 13, Dec. 1

9 a.m. to 4 p.m.
\$50 per person; includes book

This course covers essential fire safety information.

The following class is held at Saint Alphonus Rehabilitation Services, 901 N. Curtis, Suite 204, in Boise.

WELLNESS Healthy Back Class

Thursdays, noon to 1:30 p.m.
FREE

Register by calling **208-367-3315**.

The following classes are held at the Meridian Health Plaza, 3025 Cherry Lane, in Meridian.

CHILDBIRTH EDUCATION Childbirth Preparation

Saturdays, Oct. 20, Dec. 15
9 a.m. to 5 p.m.
\$60 per couple

Childbirth Preparation Using Music Therapy

Tuesdays, Oct. 2 through Oct. 23, Nov. 13 through Dec. 4
6:30 to 9 p.m.
\$150 per couple

FAMILY/PARENTING Lifetime Love

Thursday, Nov. 29
10:30 a.m. to 5:30 p.m.
\$150 per couple
Divorce prevention and relationship enhancement course, provided by Promising Horizons Counseling Center. Call **208-350-0330** to register.

SENIORS

AARP Driver Safety

Tuesdays and Wednesdays, Oct. 9 and 10, Nov. 13 and 14, Dec. 11 and 12
9 a.m. to 1 p.m.
\$10 per person

WELLNESS Foot Clinic

Fridays
For an appointment, call **208-367-6569**.

Massage Therapy Services

For an appointment, call **208-367-7380**.

The following class is held at the West YMCA, 5959 N. Discovery Way, in Boise.

ADOLESCENT HEALTH Babysitting Safely

Saturdays, Sept. 22, Oct. 20, Nov. 3, Nov. 17, Dec. 1
9 a.m. to 4 p.m.
\$30 per person



Saint Alphonsus Medical Group

Today more than ever, people are making a commitment to their health. Eating right, exercising and seeing a physician on a regular basis are proven to help fight disease and maintain good health.

The Saint Alphonsus Medical Group can care for all of your primary health and wellness needs. Whether you focus on maintaining a healthy lifestyle or need support for routine or chronic conditions, we have more than 80 board-certified physicians and providers who listen to your needs and provide you with the respect, compassion and high-quality care you deserve.

To find a physician who best meets your needs, contact a clinic near you or call **208-367-SAMG (208-367-7264)**. For quick, convenient care after hours, visit one of our urgent care locations.



Saint Alphonsus Medical Group Clinics

BOISE		MERIDIAN	NAMPA
1673 Shoreline, Suite 120 208-429-8311 Family Medicine	6094 Emerald St. 208-367-6575 Internal Medicine	Meridian Health Plaza 3025 W. Cherry Lane 208-367-8550 Urgent Care, Family Medicine, Internal Medicine, OB/GYN, Occupational Medicine	211 W. Iowa 208-465-7377 Family Medicine
471 Baybrook Court 208-367-4250 Internal Medicine	6533 Emerald St. 208-367-4170 Family Medicine, Occupational Medicine	1001 Meridian Road 208-888-5406 Family Medicine	1200 Garrity Blvd. 208-466-9092 Urgent Care, Family Medicine, Occupational Medicine
999 N. Curtis, Suite 407 208-367-4321 Pediatrics	12273 W. McMillan Road 208-367-6330 Internal Medicine, Family Medicine	EAGLE	CALDWELL
6140 W. Curtisian, Suite 100 208-367-4224 OB/GYN	1525 S. Owyhee 208-367-6910 Family Medicine	Eagle Health Plaza 323 E. Riverside Drive 208-367-5750 Family Medicine, Internal Medicine, OB/GYN, Pediatrics	315 Elm St. 208-459-7415 Urgent Care, Family Medicine, Pediatrics, Occupational Medicine
900 N. Liberty, Suite 206 208-367-5544 Maternal-Fetal Medicine			

Saint Alphonsus EXPRESS Care

- Boise**
- Albertsons Eagle and McMillan**
4700 N. Eagle Road
 - Columbia Village**
6560 S. Federal Way
 - Rite Aid 15th and State**
1515 W. State St.
 - Apple and Boise**
660 E. Boise Ave.

For more information, visit www.ExpressCareIdaho.com or call **208-367-SAMG (208-367-7264)**.

Home Health & Hospice Services

With Saint Alphonsus Home Health and Four Rivers Hospice, patients will experience:

- End-of-life care
- Access to care 24 hours a day
- Pain management
- Easy-to-use service
- Excellent quality of care

For more information, please call **208-367-3040** or **800-253-7518**.

Saint Alphonsus Health Plazas

Meridian—3025 W. Cherry Lane, 208-367-8500

Services offered:

- Urgent Care
- Primary Care
- Lab, X-Ray, Mammography, Ultrasound and Bone Density
- Physical, Speech and Occupational Therapy
- Cardiac and Pulmonary Rehabilitation
- Same-Day Outpatient Surgery
- Foot Care Clinic

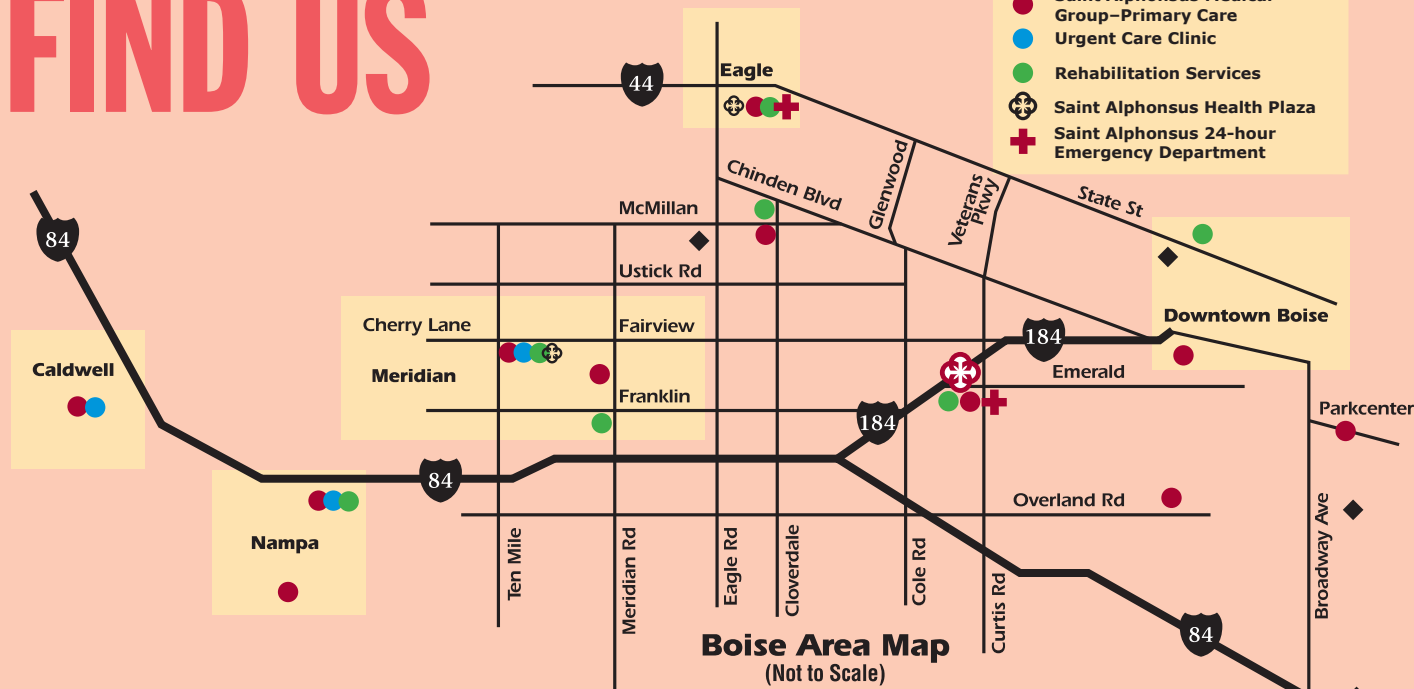
Eagle—323 E. Riverside Drive, 208-367-5750

Services offered:

- Full-Service Emergency Department—Open 24 Hours
- Primary Care and Specialty Physician Offices
- MRI, CT, X-Ray and Ultrasound
- Physical Therapy
- Lab Services
- Pharmacy and Home Medical Equipment
- Intermountain Eye Clinic
- Outpatient Surgery (*opening January 2008*)

For more information, visit www.saintalphonsus.org.

WHERE TO FIND US



HEALTH SCENE is published as a community service for the friends and patrons of SAINT ALPHONSUS REGIONAL MEDICAL CENTER, 1055 N. Curtis, Boise, ID 83706, telephone 208-367-2121, website www.saintalphonsus.org.

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HEALTH SCENE

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