



Health & Healing

SUMMER 2010 + VOL. 1, ISSUE 2



Fun in the Sun

Check out our safety tips

+ STROKE SIGNALS
CHRIS BOUNDS' MIRACULOUS STORY

+ HELP FOR
HAITI



YOUR PARTNER *in health*



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Saint Alphonse Medical Group is Idaho's largest medical group with over 140 board-certified physicians and providers across the Treasure Valley.

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**TO SCHEDULE AN APPOINTMENT WITH ANY ONE OF
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Saint Alphonse Medical Group

www.saintalphonse.org



Saint Alphonus Health System: Created to serve you better

ON APRIL 1, 2010, Saint Alphonus Health System was created to serve the 21st-century healthcare needs of the people of southwestern Idaho, eastern Oregon and northern Nevada. This four-hospital, 714-bed integrated healthcare system comprises Saint Alphonus Regional Medical Center in Boise; Mercy Medical Center in Nampa; Holy Rosary Medical Center in Ontario, OR; and St. Elizabeth Health Services in Baker City, OR.

The Saint Alphonus Health System is a not-for-profit healthcare system that invests profits back into the community and works to improve the health and well-being of those it serves by emphasizing care that is patient-centered, innovative and community-based.

Compassion is the foundation for all that Saint Alphonus Health System does. Patients and their families are treated as people first, and that means that respect and recognizing each person's dignity are at the core of any treatment program. It also means that when someone receives care at Saint Alphonus Health System, the needs of the whole person—body, mind and spirit—are what matters most.

We are pleased to share with you *Health & Healing*, a magazine promoting health education, wellness and disease prevention. We provide a wide range of benefits, such as programs to manage care for persons with chronic diseases, community classes, screenings and access to all health services.

For more information about Saint Alphonus Regional Medical Center, visit us at www.saintalphonus.org. For more information about Mercy Medical Center, visit www.mercynampa.org.

Health & Healing is published as a community service for the friends and patrons of Saint Alphonus Regional Medical Center, 1055 N. Curtis Road, Boise, ID 83706, telephone **208-367-2121**, and Mercy Medical Center, 1512 12th Ave. Road, Nampa, ID 83686, telephone **208-463-5000**.

Information in *Health & Healing* comes from a wide range of medical experts at Saint Alphonus Health System and community partners. If you have any concerns or questions about specific content that may affect your health, please contact your provider. To be removed from the mailing list, call **208-367-2121**.

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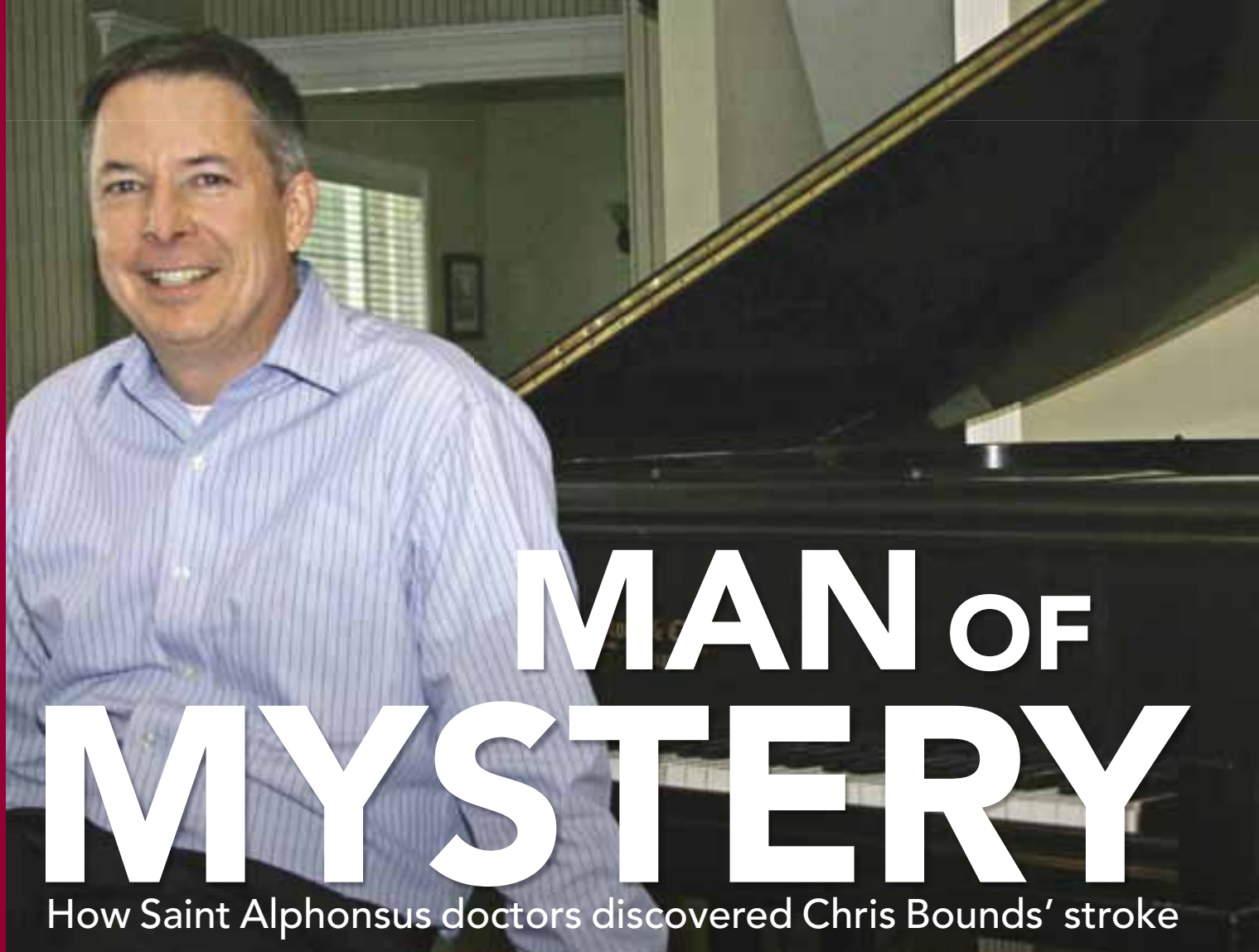
- 4** Man of mystery: Chris Bounds' miraculous stroke story
- 8** Kids need checkups too
- 10** Sports safety: 3 tips for summer
- 12** Bringing relief to Haiti
- 17** In-the-News
- 18** Women, know the signs of heart attack
- 21** Mark your calendar for these events



MISSION: We serve together at Saint Alphonus Health System in Trinity Health, in the spirit of the Gospel, to heal body, mind and spirit, to improve the health of our communities, and to steward the resources entrusted to us.

CORE VALUES: Respect • Social Justice
• Compassion • Care of the Poor and Underserved
• Excellence

VISION: Inspired by our Catholic faith tradition, and as a member of Trinity Health, we will be distinguished by an unrelenting focus on clinical and service outcomes as we seek to create excellence in the care experience. Saint Alphonus Health System will become the most trusted health partner for life.



MAN OF MYSTERY

How Saint Alphonsus doctors discovered Chris Bounds' stroke

CHRIS ARRIVED HOME AND WENT STRAIGHT TO HIS PIANO. THERE WERE A FEW QUESTIONS HE NEEDED TO ANSWER. COULD HE REMEMBER THE MUSIC? COULD THE NOTES IN HIS MIND FIND THEIR WAY TO HIS FINGERS? COULD HE STILL PLAY? WHILE THE SURREAL VOYAGE OF THE PAST FEW DAYS WAS OVER, WHAT SCARS WERE LEFT?

AFTER BEING MARRIED 30 YEARS, RAISING FOUR CHILDREN, AND CREATING AND SELLING BUSINESSES, THIS WELL-TRAVELED ENTREPRENEUR HAD JUST SURVIVED THE GREATEST UNFORESEEN OBSTACLE OF HIS LIFE—AND IT WAS NO LARGER THAN A GRAIN OF SAND. BUT HOW MUCH OF CHRIS WAS LEFT?

Chris and Carol Bounds' children range in age from 18 to 24, the youngest of whom is headed to the University of California, Los Angeles, in the fall. Then the nest will be empty. Chris, now 53, was a scholarship track athlete at Rice University who flirted with a four-minute mile during his prime years. Still extremely fit, Chris is an active bicyclist (on- and off-road); he is also an experienced marathon runner and runs several times each week. By any measure, Chris does not fit the

profile of a man headed toward a health crisis.

It was a Saturday morning during spring break, and Chris was home alone. He started his day with a quick four-mile run and then retreated to his woodshop for some hobby time on a woodworking project. About 30 minutes had passed when a feeling of nausea and dizziness suddenly hit him. Chris made it to the lawn before he lost his balance and dropped to the grass.

He was conscious but weak and dizzy with a pain in his neck. Chris lay there for 10 minutes before he was stable enough to struggle to his feet and plod his way into the house. He was still a bit uneasy, but the symptoms slowly faded away. What had happened?

Ebb and flow

Later that evening another wave of dizziness hit Chris. This time he sought medical attention. Carol drove Chris to the Saint Alphonsus Emergency Department (ED) at Eagle Health Plaza. Their two sons went along and helped Chris inside, where he was taken to an exam room immediately.

As the ED nurses hooked Chris to monitors and checked his vital signs, ED physician Jeffrey Dingman, MD, joined them. Chris was given medication for his nausea and underwent further examination.

During a neurologic examination, the

doctors found some subtle abnormalities, which seemed to come and go. Dr. Dingman became suspicious that this was more than just an inner-ear problem, and he began to explore the possibility of stroke and cardiac problems. But an electrocardiogram, a chest x-ray, blood tests and a CT scan of Chris's head all revealed normal results.

Hours passed. The medication had partially resolved the nausea and vertigo, but Chris had developed slurred speech, which appeared and then faded. It was well past midnight, and Chris told the medical staff he wanted to go home. Dr. Dingman had been consulting via telephone with neurologist Karin M. Lindholm, DO, with Saint Alphonsus Regional Medical Center. With inconclusive test results and without a clear diagnosis, the doctors were uncomfortable releasing Chris. And when he tried to stand, he simply couldn't. Clearly there was still a problem—but what?

Beat the clock

Drs. Dingman and Lindholm were in agreement: They wanted a magnetic resonance imaging (MRI) scan of Chris's brain before they made the decision to release him. At 3:30 a.m. the MRI was performed. About that same time, Chris's slurred speech returned, and he was now having difficulty moving his left arm and leg. The MRI images revealed a small area of tissue that appeared to be damaged—possibly from a lack of oxygen.

While not conclusive, the image raised significant concern. And instead of going home, Chris was transferred to the Primary Stroke Center at Saint Alphonsus.

Upon arrival at Saint Alphonsus, CT angiography imaging was performed to locate the source of the tissue damage. Now the picture became clear. The CT angiography revealed evidence of a basilar artery thrombosis—a blood clot in an artery that provides blood to the brain. Even though his symptoms were atypical and inconsistent, Chris was having a serious stroke.

"That possibility never crossed my mind," Chris admits.

With the clot diagnosed, treatment became the new challenge. When left untreated, this type of stroke is fatal 90 percent of the time. Successful treatment is only possible if performed within

a small window of time, and time was not on Chris's side. Because of the atypical, intermittent symptoms and the level of difficulty in locating a clot such as his, precious time had passed.

It was 7:30 a.m. when Dr. Lindholm came into Chris's hospital room, where he lay sleeping. On a cot next to his bed, Carol was also getting some much-needed rest. With a heightened sense of urgency, Dr. Lindholm woke the couple. By now Chris had lost total movement of his left-side limbs, his face was noticeably drooping, and his speech was severely slurred. The clot was taking its toll.

A delicate matter

The neurologist quickly explained the situation. There weren't a lot of options. Removing the clot was Chris's best chance at survival, but there were risks. Then Dr. Lindholm told the couple that clot retrieval would be her choice if she were the patient—and that they needed to make their decision immediately.

"I was concerned about that procedure, but I had confidence in Dr. Lindholm," Carol says. "I didn't think Chris was able to understand or to speak, so I knew I had to make the decision."

But to Carol's surprise and relief, Chris managed to slur out "Let's do it," and the decision was made. Carol stepped outside the room to tell her waiting boys what was about to happen.

"When I came back into the room, I looked at the expression on Chris's face and I cried," Carol says. "I think we were both frightened."

Chris was immediately rushed to the radiology area, where the clot retrieval would be performed. The procedure was projected to take one to two hours.

Interventional neuroradiologist Anthony Giauque, MD, would perform the delicate procedure. He met Carol in the waiting room and reviewed the risks with her again—she reaffirmed the decision to proceed.

"They were all in a big-time hurry, but I never felt like Dr. Giauque didn't have time for me," Carol says. "He was wonderful."

The winning team

Dr. Giauque fed a thin wire up through Chris's groin, following the arterial path

up to where the clot was located near the brain stem. A corkscrewlike attachment on the end of the wire grabbed the tiny obstruction, and Dr. Giauque pulled out the wire along with the entire clot. Blood was again flowing to the dying brain tissue.

The medical team erupted in cheers and even a couple of high fives. Chris was awake during the process and recalls the

THE MEDICAL TEAM ERUPTED IN CHEERS AND EVEN A COUPLE OF HIGH FIVES. CHRIS WAS AWAKE DURING THE PROCESS AND RECALLS THE INSTANT RELIEF ONCE THE CLOT WAS REMOVED. THE PARALYSIS IN HIS LIMBS WAS SUDDENLY GONE. EVERYONE IN THE ROOM WAS ELATED AT THE NEAR-MIRACULOUS RESULTS.

instant relief once the clot was removed. The paralysis in his limbs was suddenly gone. Everyone in the room was elated at the near-miraculous results.

Several friends and family members had joined Carol in the waiting area during the procedure. It had only been 45 minutes when Dr. Giauque emerged.

"At first I thought something must have gone terribly wrong," Carol says. "It was too soon. But there was something reassuring in his face that said this was a good thing."

Then Chris was wheeled through the

continued on page 6



PLAY IT AGAIN, CHRIS: Only days after experiencing a miraculous recovery from a rare form of stroke, Chris Bounds was back to running long distances and playing Beethoven on the piano.

continued from page 5

doors and toward the intensive care unit (ICU). Reacting to the scene, Carol and her friends clustered around the rolling bed to get a peek at Chris.

“I was so thrilled that Chris was alive that I didn’t make the connection that his hand was waving and he was speaking clearly,” Carol says. It was a friend who quickly pointed out the remarkable recovery.

Overachievers

After a day in the ICU it was clear that all the stroke symptoms were gone and that Chris was ready to move to a patient room. The staff was surprised but accommodating when Chris said he would walk from the ICU to his room—and so he did. One day later he was headed home.

“‘Miraculous’ was a word I kept hearing,” Carol says.

Chris says the entire event was surreal.

“I feel extremely fortunate those people were there and blessed that I had a full recovery,” he says. “It’s like it never happened.”

Two weeks after beating his stroke, Chris participated in a three-mile fundraising run at Boise State University, where he “Beat Coach Pete” and outran hundreds of others.

“I have a little fear that it could happen again,” Chris admits. “But I take comfort in the fact that there’s a Stroke Center at Saint Alphonsus and that there are people like Dr. Karin Lindholm and Dr. Giauque.”

Back at home, Chris sat at his piano and his fingers began to make quick, intricate moves. As notes from the Beethoven sonata began to fill the room, Chris heard the answer to his questions of recovery. He was back. 🍷

BE STROKE SMART

If someone you know shows signs of a stroke, remember this: Don’t wait. Call 911.

People who get to a stroke center within an hour after stroke symptoms begin have the best chance of receiving powerful medicine to help prevent the serious disabilities that a stroke can cause.

Saint Alphonsus is the only hospital in Idaho with a nationally recognized Stroke Center that can provide lifesaving, comprehensive treatments for stroke. Additionally, Saint Alphonsus is the only hospital in Idaho that offers 24-hour staffing by a team of highly trained stroke



Mary River, MD,
Saint Alphonsus
Stroke Team Leader

experts. Using the most advanced technology available, Saint Alphonsus is able to provide the best treatment for stroke in the region.

“Often, someone having a stroke can’t talk,” says Mary River, MD, Saint Alphonsus stroke team leader. “Or the person may downplay symptoms, not wanting to disrupt a family gathering or a social event. It is important that we are all aware of the signs and symptoms of stroke so we can get help immediately.”

Strokes are brain attacks. Like heart attacks, they are medical emergencies.

Results can be devastating. Strokes are the third leading cause of death in the United States and the leading cause of long-term disability. They can cause paralysis, problems thinking, problems speaking, emotional problems, pain, numbness and death.

Learn more
at www.saintalphonsus.org.



With a **stroke**, seconds count.



Stroke (n.) – A sudden death of brain cells due to blocked blood flow. Symptoms include arm and leg weakness, slurred speech, inappropriate words, uneven smile, facial numbness or drooping, and difficulty walking. Persons suspected of having a stroke need emergency medical aid.

See the signs, dial 911.

Learn more at
www.SaintAlphonus.org

Saint Alphonus is Idaho's only provider of life-saving, comprehensive treatments for stroke using state-of-the-art technology and a highly trained team of stroke experts.



Saint Alphonus' Stroke Team Leaders



Saint Alphonus



Kids need regular doctor visits

DURING YOUR CHILD'S first year of life, his or her doctor should become a very familiar face. Regular checkups are an important part of your baby's life.



Stacey Townsend, MD,
Pediatrician, Saint Alphonus Medical Group

And that familiarity with the doctor shouldn't change as your child gets older. Well-child checkups aren't just for babies—regular visits to the doctor's office are good for kids of all ages.

Health-related issues emerge as kids grow, says Stacey Townsend, MD, a pediatrician with the Saint Alphonus Medical Group. If parents make sure their children get regular checkups, their doctor can better monitor their wellness and spot problems early on.

What to expect

You can expect the doctor to check your child's height, weight and blood pressure at each visit. A typical visit may also include a complete physical exam. The doctor will likely listen to your child's heart and lungs and check other areas of

your child's body. The doctor will also make sure your child's shots are up-to-date.

But a child's visit to the doctor should include more than a physical checkup.

Your child's sleep patterns, eating habits, ability to learn and behaviors, among other things, should be concerns to your pediatrician, Dr. Townsend says. Make sure you have a physician that cares about your child's overall well-being, not just physical wellness.

Going solo

During the early years, you will accompany your child when he or she sees the doctor. But as your child gets older, you should consider giving your child some

privacy in the examination room.

At what age that is appropriate varies from child to child, experts say. Some kids feel more comfortable with their parents at their side right into the teenage years. But others are fine going in to see the doctor alone before then.

"In general, once a child is 11 or 12 years old, I like to spend some of the exam time with the child alone, answering questions they may be too embarrassed to ask in front of their parents," Dr. Townsend says. "This also gives adolescents responsibility and empowerment for their own health."

The doctor can visit with you after the exam. 🍀

If you're seeking a pediatrician to care for your children, look no further than Saint Alphonus. At www.saintalphonus.org, click on "Find a Doctor."

K-12 BACK-TO-SCHOOL AND SPORTS PHYSICALS FOR \$25

June and July are great times to schedule a physical, because it allows for extra time to address health concerns before starting the academic year and school sports.

K-12 physicals are available for \$25 at select Saint Alphonus Medical Group and Express Care clinics through the end of July. Call **208-367-DOCS (208-367-3627)** today to make an appointment for a health physical at a great price! Immunizations are not included.



TAKE NOTE:

TIPS FOR SUMMER SAFETY

IDAHO IS HOST to many fun adventures all year-round. We have a great natural playground for anyone who likes to get out on the road and into the mountains.

Be sure your adventures remain fun and safe by remembering these safety tips.

For more information about keeping safe this summer, visit www.emergencytips.org.

IN CASE OF AN EMERGENCY

When you or a loved one needs immediate medical help—and quick access to emergency care, visit one of our 24-hour emergency departments:

SAINT ALPHONSUS
Eagle Emergency Department
323 E. Riverside Drive
208-367-5355

Boise Emergency Department
1055 N. Curtis Road
208-367-3221

MERCY MEDICAL CENTER
Nampa Emergency Department
1512 12th Avenue Road
208-463-5100

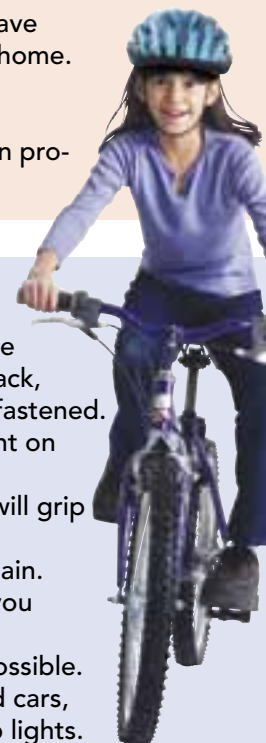
Plan ahead for hikes

- Never hike alone.
- Know your environment, including plants, animals and weather.
- Always bring your own water or water filter for drinking.
- Be smart with food, and pack it in sealed containers to minimize curious animals following your scent.
- Be well-versed in fire safety regulations, know where you can build fires in the park, and never leave a fire unattended.
- Dress in layers with moisture-wicking material.
- Wear a hat and proper footwear.
- Carry field guides to look up information about plants, insects and animals.
- Be smart about what you pack—make sure you have enough of the essentials, and leave the extras at home.
- Always carry out what you carry in.
- Learn first aid, and carry a first aid kit.
- Continually apply sunblock and lip balm with a sun protection factor (SPF) of 30 or more.



Road safety for bicyclists

- Always wear a bike helmet that fits properly. Make sure it sits level on your head and is not tipped back, exposing your forehead. Always keep the straps fastened.
- Wear bright clothing, and put reflectors and a light on your bike.
- Wear shoes enclosed on the toes and heels that will grip your pedals.
- Make sure nothing can get caught in your bike chain.
- Ride on the right-hand side of the street so that you travel in the same direction as cars do.
- Use bike lanes or designated bike routes when possible.
- Always be on guard—watch for traffic and parked cars, use crosswalks, and obey all street signs and stop lights.
- Always use hand signals to let drivers know in which direction you intend to turn.



Respect white water

- Never boat alone.
- Know the safety record of your white-water guide or outfitter.
- Match your skills and experience to the class of the river.
- Dress appropriately with cold water-protective clothing, a life jacket, a helmet and protective footwear, and secure eyeglasses to your head. Do not wear bulky jackets, ponchos, heavy boots or anything that will reduce your ability to swim.
- Make sure you or your guide has a throw rope, whistle and knife.
- Learn the defensive swim: feet up out of the water and pointed downstream; use your arms to maneuver. This swim technique helps avoid foot entrapment and allows you to watch for rocks and debris ahead of you.
- Be trained in rescue skills, CPR and first aid.

3 WAYS TO PREVENT SUMMER SPORTS INJURIES

YOU'RE DETERMINED TO run that half-marathon this August. But it's already June, and you've just started training. Can you still run the race? Maybe. But before you let ambition get the best of you, consider this: Overuse injuries—the ones you get from doing too much too fast—have the power to bench you for the entire summer.

Overuse injuries can be anything from torn tendons to stress fractures to plantar fasciitis. They're the type of injuries doctors see all summer long in the Coughlin Clinic Foot & Ankle Center at Saint Alphonsus, and whether you're a runner, tennis player, golfer or cyclist, you're at risk.

Still, they're not your destiny. So what's your best shot at staying healthy? The clinic's Christopher Hirose, MD, orthopaedic surgeon, and Travis Kemp, MD, orthopaedic surgeon fellow, offer these three tips.

1. The shoe must fit

Before you begin a sport or exercise, get yourself a good pair of shoes. And make sure they fit.

"People tend to wear shoes that are too small for them," Dr. Hirose says. "You need shoes that are both wide enough and long enough for your foot." When you try on a new pair, Dr. Hirose says you should:

- Stand up straight, then have someone else place a finger at the tip of your longest toe. There should be a fingerbreadth's space between that toe and the inside front of the shoe.
- Stand on a piece of paper with your shoes off. Trace around your foot with a pen. Place your shoe over the image of your foot you just drew. The shoe should be wider than your foot. If your foot is wider than your shoe, then you need to buy wider shoes.

2. Stretch!

Once you've found the right shoes, you're ready for the next step: A warm-up routine with lots of stretches.

"We can't emphasize enough the importance of stretching, especially for folks who are middle age and older," Dr. Hirose says.

Stretching before and after exercise keeps muscles, tendons and ligaments flexible. This makes them less likely to tear. In the case of plantar fasciitis, stretching may also help stave off pain. The plantar fascia is a band of tissue that runs across the bottom of your foot. When it gets tight and thick, it can cause heel discomfort.

"If you have plantar fasciitis, you really need to make stretching part of your everyday life," Dr. Hirose says.

3. Know your limits

After limbering up, it's time to play. But that doesn't mean you can go crazy.

"Too many people overdo it," Dr. Kemp says. "They sit all winter; then summer arrives, and they ramp up too quickly."

Dr. Kemp suggests starting slowly and giving your body plenty of time to get used to the amount of effort you'll eventually expect from it. And if you start to feel pain in your foot or ankle, don't just wait and see what happens. Change your routine, slow down, and keep close tabs on how you feel.

Have fun

"Perhaps the most important thing is to let people know that we want them to live their lives and enjoy their activities," Dr. Hirose says. "We aren't trying to tell them, 'You can't do this, or you can't do that.' We want people to be active; we just encourage them to be careful at the same time." 🏥



FOOT & ANKLE CENTER OF EXCELLENCE

The Coughlin Clinic Foot & Ankle Center at Saint Alphonsus is dedicated to providing the highest quality of care for all patients with foot and ankle problems.

Headed by world-renowned orthopaedic surgeon Michael Coughlin, MD, the Clinic treats patients with both traumatic and chronic issues—everything from Achilles tendon ruptures to arthritis.


To learn more about the clinic, go to www.coughlinclinic.com or call 208-367-3330.



Christopher Hirose, MD,
Orthopaedic surgeon



Travis Kemp, MD,
Orthopaedic surgeon fellow

A young boy with dark skin and short hair is sitting on a light-colored tiled floor. He is wearing a bright green t-shirt. His right arm is resting on his left leg, and it is wrapped in a makeshift splint made of white paper or cardboard. His left leg is in a white cast, also made of cardboard, with the name 'Cyp-Beato' written on it in blue ink. He is looking directly at the camera with a serious expression. The background is a plain, light-colored wall.

FOR MORE THAN A DECADE, BOISE-
AREA RESIDENTS HAVE SUPPORTED
THE MEDICAL CARE AT
ST. DAMIEN CHILDREN'S HOSPITAL
AND THE OUR LITTLE BROTHERS
AND SISTERS ORPHANAGE OUTSIDE
OF PORT-AU-PRINCE, HAITI.
SO WHEN THE EARTHQUAKES
STRUCK IN JANUARY, THE SAINT
ALPHONSUS FOUNDATION RALLIED
TO BRING MUCH-NEEDED RELIEF TO
HUNDREDS OF CHILDREN.

A young boy wears
a makeshift splint at
St. Damien Children's
Hospital after the
earthquakes.



OUR COMMUNITY REACHES OUT PROJECT HAITI EARTHQUAKE RELIEF FUND TO ANOTHER

PICTURE IT: A classroom full of first graders makes and sells bookmarks, earning \$1,000. Several boys sell hot chocolate outside a local store. They make nearly \$500. And thanks to a lemonade stand (and a little help from Dad), a 3-year-old girl brings in \$300.

Why are all these kids working so hard for cash? Is it toys? Camp? Class trips? Not this time. They're raising money for kids in Haiti, and they're sending it there through Saint Alphonsus Foundation's Project Haiti.

But it gets better: These kids aren't the only ones giving. Project Haiti has received many generous donations since the devastating earthquake in January, and all of us at the Saint Alphonsus Foundation couldn't be more thrilled—and grateful.

"People have been amazing and generous," says Debbie Hamilton, coordinator for Project Haiti. "From our Trinity

continued on page 14





continued from page 13

Health corporate office, hundreds of people in our community, employees and across 28 different states—so many people came together to help, and we are so thankful.”

Project Haiti

For more than a decade, Boise-area residents have supported children in Haiti. Their generosity began when Saint Alphonsus learned about Father Rick Frechette’s mission to help children through St. Damien Children’s Hospital and Our Little Brothers and Sisters orphanage, which he founded just outside the capital city of Port-au-Prince.

Saint Alphonsus felt compelled to contribute and created Project Haiti, and the community joined the effort. Since then, Project Haiti—with the community’s support—regularly sends medical teams, medicine and medical supplies to the hospital. It also raises funds for major purchases, including lab equipment and x-ray technology.

When the earthquake hit, the Saint Alphonsus Foundation and Project Haiti went into high gear to pitch in. With help from you and Boise-area kids, the Project Haiti Earthquake Relief Fund began—and has been a huge success.

Thanks to new and long-time Project Haiti supporters alike, nearly \$370,000 has come in. It’s paid for medical supplies, food and repairs to the hospital. Those funds also helped Father Rick feed the children who attend the day camps he created after the quake—camps that give local children education, recreation and meals.

Still, even with its successes, the project’s needs are still great and fundraising efforts continue. The Saint Alphonsus Foundation will hold its annual Project Haiti fundraiser in September; until then, anyone who wants to help can give online at www.saintalphonsus.org/foundation_gifts.html. ☕

TOP: Some Haitians live in homes such as this one, located in one of the many tent cities just outside the grounds of St. Damien Children’s Hospital.
BOTTOM: Orphaned children are Haiti’s smallest earthquake victims.





ABOVE: At the day camps, lunches include peanut butter on a freshly baked wheat roll.

TOP RIGHT: This boy is one of the patients at St. Damien Children's Hospital.

RIGHT: At St. Damien Children's Hospital, patients line the hallways.

BELOW: This baby is one of the many abandoned children receiving help at St. Damien Children's Hospital.



SAINT ALPHONSUS FOUNDATION

Remember, Support, Heal, Celebrate, Honor



SINCE 1894, SAINT ALPHONSUS has provided high-quality healthcare services to residents of southern Idaho, eastern Oregon and northern Nevada. As our population grows, so do the medical needs of our residents.

In order to meet these needs, the Saint Alphonsus Foundation was established in 1980 with a mission to assure medical excellence by inspiring and securing continued community support for Saint Alphonsus Regional Medical Center. And as the community we serve continues to grow, philanthropy has never been more important.

In its 30-year history, the foundation has raised more than \$32 million to enhance healthcare at Saint Alphonsus. Foundation staff, 40 community board members and numerous volunteers are committed to cultivating donations for programs, education, technology, equipment and buildings at Saint Alphonsus, ultimately helping citizens of the Treasure Valley and the greater Idaho community.

How can you help?

As a donor, you have the opportunity to create a lasting legacy of hope, comfort and healing. There are many ways to contribute. Every gift is gratefully accepted

and is a significant piece of the medical center's overall financial landscape. All funds received are used to purchase much-needed equipment, provide care to the poor and underserved, or provide ongoing support for many of the hospital's important clinical and community service initiatives.

There are many ways to give:

- **Gifts of cash or securities:** Gifts may be designated for specific projects or service lines and include recognition in the hospital lobby and in the Foundation Annual Report.
- **Planned Gifts**—The Benefactor Circle: Planned gifts include, but are not limited to, a bequest in a will or trust, the creation of a charitable remainder trust or gift annuity, a gift of a life insurance policy on the donor's life or a remainder interest in real property. Benefactor Circle members wishing to be recognized will be listed in appropriate publications.

Getting involved

The Foundation also raises funds for the hospital through a variety of special events and initiatives throughout the year. By giving to the following programs, you can help make a difference at Saint Alphonsus and for our communities:

- **Festival of Trees.**
- **Capitol Classic Children's Race.**
- **Women's Healthcare Fund (WHF).** Members who join WHF can choose to contribute to programs such as Secret Sisters, which provides free mammograms for women who could not otherwise afford them, and the Cardio Chicks, which educates women about heart disease and ways to prevent it.
- **Reflection of Life Funds.** These non-endowed funds can be set up to honor someone in your life, celebrate a special moment or remember someone who is no longer with us. These funds are used to improve healthcare in the lives of people in our community while commemorating someone special.
- **Project Haiti.**
- **Healing Garden Fund.** Gifts will provide for the maintenance and enhancement of this serene retreat, ensuring the garden and its visitors continue to flourish for the years to come.
- **The Nalen Fund.** This fund allows Saint Alphonsus to respond to patients' unique needs—without delay and without restrictions that may exclude otherwise deserving individuals. Your gifts will help to ensure that a cancer diagnosis does not result in patients' being displaced from their homes, that cancer patients have the transportation they need to access timely treatments, and that people fighting a life-threatening illness are able to maintain sound nutrition and continue to provide for their families.
- **Mental Health Fund.** Saint Alphonsus features a wide range of comprehensive behavioral health services for patients of all ages. Saint Alphonsus is the only non-profit inpatient mental health facility in the Treasure Valley that can accommodate both children and adults. As the demand for mental health services continues to exceed local capacity, contributions to the fund will facilitate the program expansion necessary to ensure continued access to high-quality care on behalf of all southwestern Idaho patients struggling with mental illness. ☕

If you would like to get involved with the Saint Alphonsus Foundation or support one of its outstanding programs, please call Linda Payne Smith at 208-367-2732.

Saint Alphonus earns advanced diabetes certification from The Joint Commission

IDAHO'S ONLY HOSPITAL TO RECEIVE THIS DISTINCTION

The Inpatient Diabetes Program at Saint Alphonus has earned the Gold Seal of Approval by The Joint Commission. In May 2010 Saint Alphonus received notification that it became the first hospital in Idaho, and one of only a few in the nation, to earn a Certificate of Distinction for Advanced Inpatient Diabetes Care.

This designation recognizes Saint Alphonus' exceptional efforts to foster better outcomes across all settings for inpatients with diabetes. Saint Alphonus attained this prestigious clinical distinction by undergoing an extensive on-site evaluation by a team of reviewers from The Joint Commission, which demonstrates the hospital's commitment to patient safety and clinical excellence. ✚



Rehab programs awarded highest level of CARF accreditation

Saint Alphonus Rehabilitation Services (STARS) has earned a three-year accreditation through the Commission on Accreditation of Rehabilitation Facilities (CARF) for multiple outpatient rehab programs. This makes STARS the only accredited provider of single-disciplinary outpatient services in the state of Idaho and one of only three in the northwestern United States.

The CARF accreditation is a public seal of trust and commitment to quality. It demonstrates that STARS put itself through a rigorous peer review process and proved to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable and accountable. Essentially, this accreditation ensures that patients receive the best care possible in the most effective and efficient manner.



Saint Alphonus Regional Medical Center's Inpatient Rehabilitation Program also received CARF accreditation and has achieved this status for the past 15 years. ✚

Ultrasound department, Breast Care Center remain the most accredited in Idaho

After a recent survey by the American College of Radiology (ACR), the ultrasound department and Breast Care Center at Saint Alphonus remain the highest, most accredited ultrasound facilities in the state. Achieving an unsurpassed 98 percent overall score demonstrates that Saint Alphonus is meeting the highest standards of the radiology profession.

The ACR has also designated the Saint Alphonus Breast Care Center as a Breast Imaging Center of Excellence.

Board-certified physicians and medical physicists evaluated the Breast Care Center, assessing the qualifications of its personnel and the adequacy of the facility equipment. The Center of Excellence designation identifies those facilities that provide the highest-quality care. ✚





WOMEN

KNOW HEART ATTACK SIGNS

WHAT IS THE most important hour of your life? Maybe it's the hour you gave birth. Or the hour you met the love of your life.

Or it could be the first hour after you have a heart attack.

Women are more likely than men to delay seeking medical care for a heart attack. In fact, women are more likely to die of a heart attack than men—in part because they often wait longer to call for help.

Recognizing symptoms and seeking treatment early in the course of a heart attack greatly increases your chances of getting lifesaving care. Some heart attack

medications are most effective at limiting or preventing heart attack damage if taken within one hour of the onset of symptoms.

Understanding the risk

Women may hesitate to call 911 because they don't think they're having a heart attack. That's why it's vital to recognize heart attack warning signs.

It's also good to know if you're especially at risk for having a heart attack. For example, your risk increases if you smoke, have diabetes, are older than 65 or have high blood pressure. And heart attacks are not something to be taken lightly—heart

disease is the No. 1 killer of women.

What it feels like

Signs of a heart attack aren't the same for everyone.

"Women may experience shortness of breath, nausea, vomiting, or back or jaw pain as their predominant symptom," says Beth Malasky, MD, a cardiologist with Idaho Heart Care. "Like their male counterparts, 90 percent of women also have chest pressure, pain or discomfort."

Before the heart attack, the symptoms may come and go then intensify and become continuous. Keep in mind that symptoms can be mild or come on slowly.

WOMEN ARE MORE LIKELY THAN MEN TO DELAY SEEKING MEDICAL CARE FOR A HEART ATTACK.

MEET BETH MALASKY, MD, FACC

Beth Malasky, MD, FACC, is a board-certified cardiologist with more than 10 years of clinical experience. Before joining Idaho Heart Care at Saint Alphonsus Regional Medical Center, she was a clinical associate professor of medicine at University Medical Center in Tucson and worked with the Native American Cardiology Program. She has been named one of the Best Doctors in America every year since 2006.



In addition to her clinical cardiology practice, Dr. Malasky has a long-standing commitment to improving the cardiovascular care of women and increasing understanding of the unique aspects of heart disease in women.

Her special practice interests include:

- Women's cardiovascular health
- Congestive heart failure
- Valvular heart disease
- Diabetes and heart disease

Medical education and experience

Fellowship: Cardiology, Beth Israel Medical Center, New York

Residency: Internal medicine, Mount Sinai Medical Center, New York

Medical degree: University of Medicine and Dentistry School of New Jersey; New Jersey Medical School, Newark, New Jersey

Undergraduate education: Bachelor of arts, University of Rochester, Rochester, New York

For more information about Idaho Heart Care and Dr. Malasky, please call **208-367-4278**.

It's an emergency

Embarrassment prevents some women from seeking emergency care for a heart attack, reports the National Institutes of Health (NIH).

You might not want to admit that your symptoms may be serious. Or you may not want to bother or worry others or act as if it's an emergency in case it turns out to be a false alarm.

However, you should always immediately call for help, whether you're sure you're having a heart attack or not. The longer you wait to seek care, the more likely it is that you will have permanent or even fatal heart damage.

The best way to get emergency care is to call 911. Calling 911 brings emergency care to your door so that you receive treatment even before you get to the hospital.

Don't wait longer than five minutes after the onset of symptoms to call 911, advises the NIH. And even if your symptoms stop completely in less than five minutes, call your doctor.

Once you arrive at the hospital, don't be embarrassed to let doctors know what you need. You are not overreacting. You have the right to ask for tests to determine if you've had a heart attack. ❄

You can receive heart health information right in your inbox with our monthly e-newsletter. At www.saintalphonusus.org, click on "Free e-Newsletters" under "e-Resources."



W E L C O M E

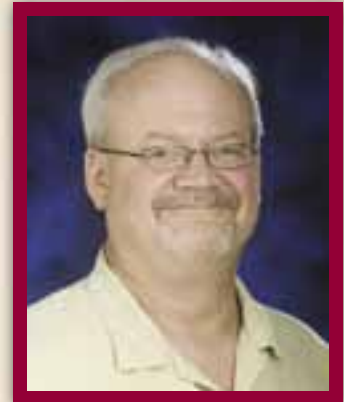
SAINT ALPHONSUS IS PLEASED TO WELCOME THESE NEW PROVIDERS



Beth Malasky, MD, FACC
Cardiologist
Idaho Heart Care



Samantha Berg, FNP-BC
Pediatrics
Saint Alphonsus
Medical Group



Michael Eastman, PA-C
Pain Management
Spine Medicine Institute &
Pain Management Center



Natalia Khochay, FNP-BC
Pulmonology/
Sleep Medicine
Northwest Pulmonary



Brekk Macpherson, ACNP-BC
Critical Care
Saint Alphonsus ICU &
Northwest Pulmonary



Mary Morgan, FNP-BC
Family Medicine
Saint Alphonsus
Medical Group



Saint Alphonsus

To schedule an appointment with a
Saint Alphonsus physician, please call
(208) 367-DOCS (3627).

WWW.SAINTALPHONSUS.ORG

MARK YOUR CALENDAR

Saint Alphonsus Regional Medical Center

CLASSES

All classes are located at the Saint Alphonsus Family Center unless otherwise noted. To sign up for any of these classes, visit www.saintalphonsus.org or call 208-367-3455.



AARP Driver Safety

Two-day class
Saint Alphonsus Family Center
Wednesdays and Thursdays,
July 14 and 15, Aug. 11 and 12,
Sept. 15 and 16
9 a.m. to 1 p.m.
\$12 for AARP members

Saint Alphonsus Meridian
Health Plaza
Tuesdays and Wednesdays,
July 13 and 14, Aug. 10 and 11,
Sept. 14 and 15
9 a.m. to 1 p.m.
\$12 for AARP members

ABCs of Early Pregnancy

One-day class
Thursday, Aug. 12
6 to 9 p.m.
\$10 per couple (or free if
registered for a Saint Alphonsus
Childbirth Preparation class)

Babysitting Safely

One-day class
Saint Alphonsus Family Center
• Mondays, July 5, 19
• Saturdays, Aug. 14, Sept. 11
9 a.m. to 4 p.m.

West Boise YMCA
Saturday, Sept. 18
10:30 a.m. to 5 p.m.

Breastfeeding for Beginners

One-day class
• Tuesdays, July 6, Aug. 24
• Wednesdays, July 21, Sept. 8
7 to 9 p.m.
\$15 per couple (or free if
registered for a Saint Alphonsus
Childbirth Preparation class)

Childbirth Preparation for Young Mothers

Call 208-367-7380 for a schedule
of classes.

Childbirth Preparation Lamaze

One-day class
Saturdays, July 24, Aug. 21,
Sept. 25
9 a.m. to 5 p.m.
\$60 per couple

Childbirth Preparation Lamaze

Two-day class
Fridays and Saturdays, July 9 and
10, Sept. 10 and 11
7 to 9 p.m. on Fridays; 10 a.m. to
3 p.m. on Saturdays
\$60 per couple

Childbirth Preparation Lamaze

Six-week class
• Tuesdays, July 20 to Aug. 24,
Sept. 7 to Oct. 12
• Wednesdays, Aug. 4 to Sept. 8,
Sept. 22 to Oct. 27
7 to 9 p.m.
\$60 per couple

Childbirth Preparation Refresher

One-day class
Thursdays, July 15, Sept. 16
6 to 9 p.m.
\$20 per couple



HAPPIEST BABY ON THE BLOCK

One-day class

- Tuesday, July 20
- Thursdays, Aug. 26, Sept. 30

6:30 to 8:30 p.m.

Saint Alphonsus Coughlin

Conference Rooms

\$30 per couple



CPR for Babysitters

One-day class

- Wednesdays, July 14, Aug. 25
- Thursday, Sept. 16

6 to 8 p.m.

\$20 per person

CPR for Parents

One-day class

- Wednesdays, July 28, Aug. 25
- Thursday, Sept. 16

6:30 to 8:30 p.m.

\$20 per person

Fit4Baby

Call 208-367-3454 for more information.

Hypnobirthing

Four-week class

Thursdays, July 8 to 29, Aug. 5 to 26, Sept. 2 to 23

6 to 9 p.m.

\$175 per couple

In addition to the four-week program, couples receive one private session with the course instructor.

LAP-BAND®

Weight-Loss Seminars

Wednesdays, July 14, 28, Aug. 11, 25, Sept. 8, 22, Oct. 6

6:30 to 8:30 p.m.

Saint Alphonsus McCleary Conference Center

Music Birth

Four-week class

Tuesdays, Aug. 10 to 31, Sept. 21 to Oct. 12

6:30 to 9 p.m.

Saint Alphonsus Coughlin

Conference Rooms

\$100 per couple



Newborn Care and Parenting

One-day class

Saturdays, July 17, Aug. 7, Sept. 18

1 to 4 p.m.

\$20 per couple

FREE Prenatal Tour

Second Tuesday and third

Thursday of each month

6:30 to 7:30 p.m.

Taming the Toddler

Five-week class

Wednesdays, Sept. 29 to Oct. 27

6:30 to 8:30 p.m.

Saint Alphonsus Coughlin Conference Rooms

\$50 per couple

SIBLING PREPARATION

One-day class

Saturdays, July 17, Sept. 18

10 a.m. to noon

Saint Alphonsus Coughlin Conference Rooms

\$15 per child

SUPPORT GROUPS

All support groups are located at the Saint Alphonsus Family Center unless otherwise noted.



Baby and Me Support Group

Tuesdays, 10 to 11 a.m.

Breastfeeding Support and Encouragement

Tuesdays, 11 a.m. to noon

\$15 per child

SHARE Miscarriage and Infant Loss Support Group

First Tuesday of each month

6:30 to 8 p.m.

Saint Alphonsus Breast Care Center

Stroke Support Group

Thursdays, July 1, Aug. 5, Sept. 2

2 p.m.



Mercy Medical Center

CLASSES

All classes are at Mercy Medical Center unless otherwise noted.

FREE Advance Directives Seminar

- Mondays, July 5, Aug. 2
 - Tuesday, Sept. 7
- 10 to 10:30 a.m.
Conference Room East
For more information, call 208-463-5000.

Centering Prayer Group

Tuesdays, 5:15 p.m.
Mercy Medical Center Chapel
Call 208-463-5794 or 208-463-5000, and ask for the chaplain for more information.

Childbirth Preparation

One-day class
Saturdays, Aug. 7, Sept. 11
8 a.m. to 5 p.m.
Fall Room
\$70 (\$25 deposit required to hold a place in the class). The refresher class is \$25 per section or \$70 for all three sections.
This course is designed to help you and your coach learn what to expect before, during and after birth. The Saturday class condenses the three-week series into one day. Call 208-463-5940 for more information or to register.



Childbirth Preparation

Three-week series
Mondays, Aug. 2, 9 and 23;
Sept. 20 and 27, Oct. 4
6 to 9 p.m.
Mercy Family Birthing Center,
1603-C 12th Ave. Road (located in Nampa Professional Plaza across the street from Mercy Medical Center)
\$70 (\$25 deposit required to hold a place in the class). The refresher class is \$25 per section or \$70 for all three sections.
This course is designed to help you and your coach learn what to expect before, during and after birth. Call 208-463-5940 for more information or to register.

SUPPORT GROUPS

Mother-Baby Wellness Circle

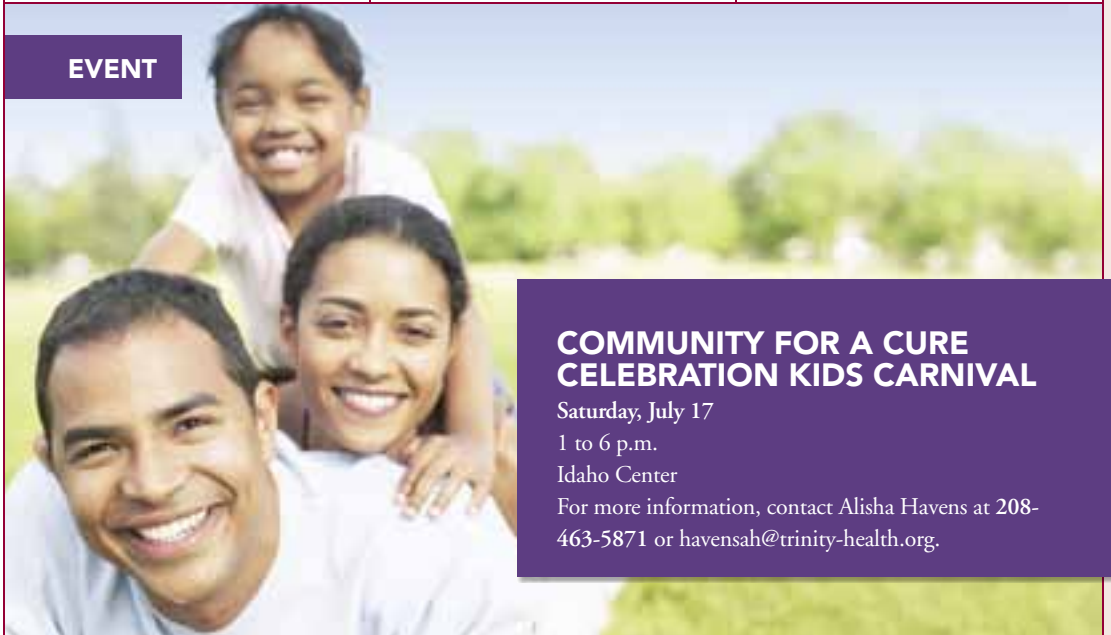
- July 7: “Baby Milestones”
 - Aug. 4: “Dental Care for Babies”
 - Sept. 1: “Help With Colic and Other Miseries”
- Wednesdays, 12 to 1 p.m.
Mercy Family Birthing Center,
1603-C 12th Ave. Road (located in Nampa Professional Plaza across the street from Mercy Medical Center)
This is a support group for mothers with infants 9 months old and younger. This is an informal group meeting for discussion, video presentations, forming friendships and other resources. Babies and brown bag lunches are welcome. Call 208-463-5940 for more information.



FREE Cardiovascular/Pulmonary Education Series

- July 14: “What You Need to Know About Fat, Sodium and Fiber in Your Diet”
 - Aug. 11: “The Key to Good Health: Balanced Eating and Portion Control”
 - Sept. 8: “Diabetes: Tips to Improve Control”
- Wednesdays, 2 to 3 p.m.
Summer Room
Call 208-463-5392 for more information.

EVENT



COMMUNITY FOR A CURE CELEBRATION KIDS CARNIVAL

Saturday, July 17
1 to 6 p.m.
Idaho Center
For more information, contact Alisha Havens at 208-463-5871 or havensah@trinity-health.org.



Tired...



**Saint Alphonus
Sleep Disorders Centers**

(Located on Saint Alphonus Curtis Campus)

6140 N. Curtisian, Suite B10
Boise, Idaho 83706

Hotel 43
981 Grove Street
Boise, Idaho 83702

(208) 367-2008

Additional Location:

Mercy Medical Center Sleep Lab
1512 12th Avenue Road
Nampa, Idaho 83686

(208) 463-5082

**Saint Alphonus Board-Certified
Sleep Disorders Physicians**



Janat O'Donnell, MD



John East, MD



George Lyons, MD

... You don't have to be tired anymore.

Get the rest you need with help from the
**Saint Alphonus
Sleep Disorders Centers**

Do you:

- Hear from others that you snore?
- Stop breathing for short periods in your sleep?
- Wake up feeling tired even if you have had enough sleep?

**IF SO, YOU MAY HAVE A SLEEP DISORDER...
AND WE CAN HELP.**

Uninterrupted sleep is not only needed for quality living every day, but it may reduce your risk of heart disease, stroke, and diabetes.

Make an appointment with your primary care provider to see if a sleep study can help you get a good night's sleep. Saint Alphonus Sleep Disorders Center offers sleep studies at our state-of-the-art Boise sleep lab on the Saint Alphonus Curtis Campus as well as at Hotel 43 off Grove St. in downtown Boise.

To find more information on the Saint Alphonus Sleep Disorders Center and to take a sleep disorder risk assessment, visit www.saintalphonus.org.

The Saint Alphonus Sleep Disorders Center is accredited by the American Academy of Sleep Medicine, meeting the highest standards of quality patient care in the nation. All sleep studies are reviewed and interpreted by board-certified sleep medicine physicians.

For a physician referral, call
(208) 367-DOCS (3627).



Saint Alphonus
Sleep Disorders Center