



Excellence Every Day

YEAR END 2019

Custom hearing protection available at CCMG Audiology

Patients can have custom earplugs made in about two weeks at CCMG Audiology.



At the initial appointment Audiologist Kathryn Schmidt-Miller assesses the kind of hearing protection needed, based on the type and duration of noise exposure. The most common type is a solid earplug, used primarily for patients who are exposed to continuous noise. An impression is made of both ears, and is sent off for manufacturing. The patient wears their new earplugs for a few weeks, and comes back to the clinic to make sure they are providing adequate protection, called attenuation. There is no charge for the initial and follow-up appointments, and the most common type of earplugs are about \$250.

Read more about how to prevent hearing loss on page 5 or go to cchwyo.org/audiology.

Allergy Testing that's Easier for the Patient

Anyone who has had allergy testing has probably been through the experience of going to a lab and having blood collected from their arm, with the blood tested separately for each allergen, (the substance that may be causing the allergic reaction). Or the patient has an allergy "scratch test" where different allergens are tested by scratching a small incision on the patient's skin. These methods of allergy testing take time, may involve a trip to the lab, and the provider must select the specific allergens to be tested. Sometimes it takes many different tests to determine exactly what allergies the patient has.

Campbell County Health's Laboratory implemented a new allergy test nearly two years ago that requires a much smaller blood sample with more comprehensive results. When a provider orders the Spiriplex allergy test, only four drops of blood are needed. The sample is tested for 68 of the most common food and environmental allergens, like dust mites, weeds and grasses, eggs and peanuts. Patients as young as six months old can be tested, and each sample is tested separately three times for better accuracy.



Berina Bear, Medical Technologist, recently had the Spiriplex allergy test available at the CCH Laboratory.

"I was allergic to all but four things in the food section," Berina said. "I changed my diet and stopped eating the foods I was allergic to, and I lost 20 pounds in three months."

The test also detects sensitivity, or things the patient is slightly allergic to, which can be difficult to diagnose if the patient isn't

experiencing significant symptoms. Sometimes knowing what patients CAN eat or be around in the environment is just as important as knowing what they CANNOT.

The test results, along with the patient's history, physical exam, and symptoms, help the provider create a successful diagnosis and treatment plan.

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CEO Update



Andy Fitzgerald, CEO

Just to give you a brief update, work on the new Medical Surgical and Intensive Care Units is on schedule and under budget. The new units will be located adjacent to the new Maternal Child Unit, above the Main Lobby. Construction is scheduled for completion in April, and we're planning to occupy the space sometime in May. We will be planning an Open House for the community to show off the new space after approvals are received from the State of Wyoming.

Drs. Deanna Lassegard and Amanda Opfer just received their board certification in Emergency Medicine. This means that all our emergency physicians have this certification, demonstrating a significant commitment to their profession and their patients.

We also have a new provider at the Wright Clinic. Don Tardif, an experienced Advance Practice Provider, has made the move to Wright from our Walk-in Clinic in Gillette. I know the residents of southern Campbell County will appreciate having him there. I also want to thank Dr. Laine Russell for her years of committed service to the Wright Community.

Now I want to switch gears and talk about some national healthcare issues that affect all of us, even in rural Campbell County, Wyoming. While in Washington D.C. several months ago, I had an opportunity to meet with Senators Enzi and Barrasso. We discussed a variety of healthcare issues, but of particular note were three important topics. The first was the issue of Surprise Billing, primarily from Emergency Departments (ED). Across the country, there are many hospitals where the ED and the emergency physicians are not aligned as they are at CCH. In our organization, the facility and the physician group are both integrated components of emergency medicine. The physicians are all employed as a group, so all the insurances we take (Medicaid, Medicare, Blue Cross, etc.) have both the facility and provider in the network. Many organizations don't have this advantage and the emergency physician group will bill separately from the hospital, often putting the patient in a precarious financial position if the physicians are not considered "in network" by the insurance company. We agree with our senate delegation that the best way to resolve this is to pay both the facility and physicians as if they were in network.

The second issue we discussed was the aggressive nature taken by the Centers for Medicare and Medicaid Services (CMS) in terms of the laws and regulations in hospitals and nursing homes. The regulatory environment has become extremely antagonistic and punitive. It was our request to our senate delegation to communicate our concerns to CMS officials. Problems that CMS encounters in Florida, New Jersey, or California do not necessarily translate into problems in Wyoming, and we would like that difference understood.

Finally, we discussed the options for additional financing for rural community hospitals that provide specialty services like behavioral health or dialysis. These services are not profitable, but we believe that they are part of our mission to serve our community by providing a lifetime of care with dedication, skill and compassion. CCH will be putting together a funding proposal for their consideration. I complement our senators who are always supportive and engaged with rural healthcare issues. They truly do understand Wyoming's unique challenges to providing care in all of our communities.

Sincerely,

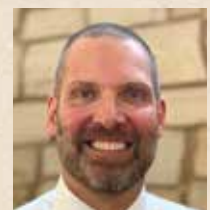
A handwritten signature in dark ink, appearing to read 'A. Fitzgerald'.

Andy Fitzgerald, CEO

MEET OUR NEW PROVIDERS



Eric Sawyers, MD
Nephrologist, Dialysis Center



David Mohlman, DO
Hospitalist

Complete information on
all our providers at
cchwyo.org/findadoc.

The Facts About Vaping

By Michael Nolledo, MD, CCMG Pulmonary and Sleep Medicine



Michael Nolledo, MD
Pulmonary and
Sleep Medicine
307-688-3615

Vaping is the use of e-cigarettes to inhale an aerosolized liquid into your lungs. The vaping liquid may contain nicotine, tetrahydrocannabinol (THC – the main psychoactive ingredient of cannabis or marijuana), hemp oil, and other flavorings and additives.

The nicotine in vaping products is highly addictive and the extra

strength cartridges contain more nicotine than smoking tobacco products. For example, the amount of nicotine in one JUUL pod is equivalent to one pack of cigarettes.

Nicotine can raise your heart rate and blood pressure putting you at increased risk for heart disease and stroke. THC and hemp oil can also increase heart rate and blood pressure, cause intense nausea, vomiting and breathing difficulties. Additionally, these chemicals can lower the learning ability of teenagers, cause mental illness, and lead to child development problems during and after pregnancy. Recently, the Centers for Disease Control and Prevention (CDC) identified vitamin E acetate, used as a thickening agent in THC-containing vaping products, as a chemical of concern among patients with “vaping product use associated lung injury” (EVALI). So far there have been over 2,000 reported EVALI cases (95% were hospitalized due to the severity of illness) and 47 deaths.

Vaping products containing THC should not be used by anyone. Adults who do not currently use tobacco



products should not start vaping. Adults who use vaping to quit smoking should not go back to smoking and instead utilize other FDA approved nicotine replacement strategies. Those currently vaping should strongly consider stopping. If they choose to continue vaping, they should closely monitor themselves for cough, shortness of breath and chest pain and see a healthcare provider immediately if they develop any of these symptoms.

The bottom line: vaping products should never be used by youths, young adults or pregnant women.

New Provider for Wright Clinic

Beginning in late December, the Wright Clinic will have a new provider—Physician Assistant Don Tardif. Don has been practicing at the Walk-in Clinic in Gillette since 2018.

He began his career in the U.S. Air Force, serving as an x-ray technician. He found that he loved working with his patients and wanted to provide more direct patient care. Don pursued a path to become a physician assistant and went on to receive a Master of Physician Assistant Studies from the University of Nebraska. He has more than 25 years of experience, working in pain management, orthopedic and urology practices, as well as urgent care. He chose



Don Tardif, PA-C

Campbell County Health because it was a good opportunity to work in a close-knit community.

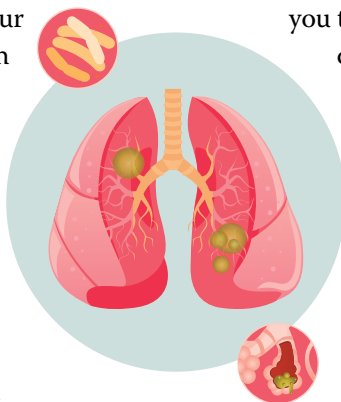
“I grew up in a tiny town in Maine—I love living and working in small towns,” said Don.

While Don has enjoyed practicing at the Walk-in Clinic, he wanted to get back in family medicine where he can develop relationships with patients and families, helping them with both their acute and long term healthcare needs.

A welcome reception for Don is scheduled for Tuesday, December 31 from 3-5 pm at the Wright Clinic, 500 Latigo Dr. in Wright.

Pneumonia – Myths and Facts

Pneumonia is an infection that inflames your lungs and causes your air sacs to fill up with fluid or pus. The most common symptoms are coughing, fevers, chills, and trouble breathing. Though it's a commonly known illness, there are still a lot of myths surrounding it. How you fight the infection all depends on your age and health, and how you get the disease can alter the type of treatment, too. For those over the age of 65, getting vaccinated for pneumonia and the flu can help. For others, knowing the facts is key.



you to become ill. For those with a weakened or compromised immune system, respiratory failure and other complications can occur.

Knowing the cause of your pneumonia is key to treatment—so is getting medical treatment early on.

Myth: You are only at risk for severe complications when you're older.

Fact: Pneumonia is the most common cause of invasive bacterial infection in American

children. Though some, like the elderly, might be at higher risk for severe complications, anyone can get pneumonia, at any time. If ignored, further complications can occur.

If you are feeling under the weather, or find yourself coughing or wheezing, the Walk-in Clinic in Gillette, is here to help.



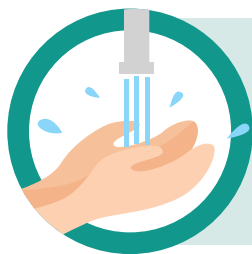
Myth: If I am not sick, I am not a carrier.

Fact: Though carrying the disease often leads to illness, just like other infections, you could be a carrier without showing any symptoms. The best way to prevent spreading any disease through the winter months is by keeping your hands

clean, and coughing or sneezing into a tissue or into your sleeve.

Myth: Pneumonia is not that serious.

Fact: There is no one cause of pneumonia; germs, bacteria, and viruses can all cause



We can provide you with the personal and quality care you need. Save your place in line or walk-in today!
cchwyo.org/wic

Allergy Testing that's Easier for the Patient *continued from the cover*

Berina Bear, a Medical Technologist in the CCMH Laboratory, was one of the first patients to have the Spiriplex allergy test. She sometimes had trouble breathing and was having migraine headaches, so she saw local ear, nose and throat specialist Dr. Ian Swift. Her symptoms of stomach problems, and an itchy throat after eating certain foods suggested allergies, not sinus problems. Dr. Swift performed a scratch test in his office, but suggested Berina have the Spiriplex test as well.

"I was allergic to all but four things in the food section," Berina said. "I changed my diet and stopped eating the foods I was allergic to, and I lost 20 pounds in three months."

Berina also found out that she had sensitivities, or less severe allergies to foods like peanuts, and respiratory allergens like dog hair. And, because she knows which foods trigger symptoms, she's had fewer migraines.

"It's been a relief to know what you're allergic to," said Berina.

For more information go to cchwyo.org/lab.

Questions for the Experts

We asked members of our medical staff to answer some common questions they hear from their patients.



Holly Hink, APRN
CCMG Kid Clinic
cchwyo.org/kidclinic
307-688-8700

Q: My child's teacher has suggested that he could benefit from seeing a counselor at the Kid Clinic. How does that work?

A: The Kid Clinic is a part of Campbell County Medical Group, and is a joint effort with Campbell County School District. It is unique in that it is a primary care medical

clinic for kids ages 2 weeks to 21, and also provides mental health counseling for kids ages 4 to 21. Many people don't think that kids can suffer from mental health issues like depression and anxiety, but that is just not the case. Because we're in the same location, the counselors and I work together as a team for the benefit of the child and their family.

I may see a child for a medical problem who I think could benefit from seeing a counselor. If the parent agrees, they can see one of our counselors, and after the initial appointment, the school district will provide transportation to and from their counseling appointments.

There are times when I see a child I'm concerned about mental health-wise, and I can ask one of our counselors to see them that day if possible. The same holds true if a child brings up a medical issue during their counseling appointment—I am available to collaborate with the counselors.

I'm a firm believer that medication doesn't always fix everything. Often the combination of medication and counseling can really help a child. For example, if a child has suffered a traumatic event, or has anxiety or depression, counseling can help them work through their feelings and develop coping strategies. As the medical provider, I can also evaluate the child to assure there are not any additional issues and discuss medications if warranted. If not addressed, these things can sometimes show up as behavioral issues in school or at home.

Parents also ask me what things they should be looking for that might mean their child should see a counselor. Withdrawing from their friends, stopping the activities they enjoy, sleeping more, or eating less are all signs that something isn't quite right. A change in behavior, and changes in school performance should also be discussed with your child's healthcare provider.



Kathryn Schmidt-Miller,
MS, CCC
CCMG Audiology
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307-688-4368

Q: I worry that my husband is going to lose his hearing because he doesn't wear good ear protection at the shooting range.

A: You are right to be worried. Noise-induced hearing loss is usually slow and painless. But, it is permanent. The hair cells and hearing nerve cannot be fixed.

Noise-induced hearing loss happens when you listen to loud sounds. These sounds can last a long time, like listening to a concert, or they can be short, like from firearms. Three things put people at risk for noise-induced hearing loss:

- How loud the noise is
- How close you are to the noise
- How long you hear the noise

We record noise levels in decibels, or dBA. The higher the noise level, the louder the noise. You can listen to sounds at 70 dBA or lower for as long as you want. Sounds at 85 dBA can lead to hearing loss if you listen to them for more than 8 hours at a time.

Firearms produce a decibel level of 140-150 and are not safe at any period of time without hearing protection.

You probably don't always carry a sound level meter with you, so here are some signs that the noise is too loud:

- You must raise your voice to be heard.
- You can't hear or understand someone 3 feet away from you.
- Speech around you sounds muffled or dull after you leave the noisy area.
- You have pain or ringing in your ears after you hear the noise, called tinnitus. It can last for a few minutes or a few days.

It's very important for your husband to protect his hearing by wearing earplugs or earmuffs when he is at the shooting range.

Earplugs go into the ear so that they totally block the canal. Earmuffs fit completely over both ears. They must fit tightly to block sound from going into your ears. Earplugs and earmuffs can be used together to cut noise down even more.

PROS Orthopedic Surgeon Efforts Save Teen's Hand

By Kim Phagan-Hansel, Wyoming freelance writer

Sixteen-year-old Benjamin Novotny doesn't remember much about the ATV accident that almost cost him his hand on July 25, 2017, nor the rush to the hospital or hours of emergency surgery that followed. While his memory is hazy of all that took place two years ago, he does remember the calming nature of the surgeon that happened to be on call that fateful day.

"I was only 14 at the time and I was really scared," Benjamin said. "I don't remember a lot of what happened, but I remember him being calm. I'm glad he was there to calm me down."

For Benjamin's mom Michelle Willey, the memories of the day are seared in her mind and what stands out for her is the quality treatment her son received from Dr. Stanford Israelsen, an orthopedic surgeon at Powder River Orthopedics & Spine in Gillette, Wyoming.

"Dr. Israelsen was very professional, very kind," Michelle said. "He was quick to act and explained things as he was going. I was just very impressed with him overall."

From Sheridan, Michelle and Benjamin had been in Gillette visiting her parents and Benjamin was enjoying the day riding ATVs. When the ATV he was driving rolled, his hand was injured, in what medical professionals call a de-gloving, where the top layers of skin and tissue are torn away from the underlying muscle, connective tissue or bone. He also broke several bones in his hand and the wound was full of dirt.

"He came in with a really dirty, open wound," Dr. Israelsen said. "It was critical to get to surgery as quick as possible when you have a severe injury like that."

The surgery was mostly to clean the wound and reattach the tissue that had been torn away. Since the family lived in Sheridan, they requested to do their follow-up care closer to home. But when Michelle took Benjamin to the



Ben in the ambulance on the way to the hospital.



Dr. Israelsen and Ben after his hand surgery.

Sheridan orthopedic surgeon a few days later, that doctor's assessment that an infection was starting caused him to tell the mother and son that Benjamin's injuries might be better served with the surgeon who had seen the injury and worked on it from the beginning.

After a quick phone call to Dr. Israelsen's office, Michelle and Benjamin were en route to Gillette where he would once again undergo surgery.

"Both surgeries were urgent," Dr. Israelsen said. "The important thing we did was the initial management of the problem."

With so much dirt in his hand, infection had been the biggest concern. After the second surgery, Dr. Israelsen also had to tell the family that he believed they would be better

served by someone who could provide more specialized care. So after a night stay at Campbell County Memorial Hospital, Benjamin was taken by ambulance to Denver Health Medical Center where trauma specialists and plastic surgeons would perform three more surgeries in the next week and two more in the past two years.

Today, Benjamin is an active 17-year-old who plays football, attends school and works part-time. While his hand will never be 100 percent, he and Michelle are thankful that he still has his hand, and they both credit Dr. Israelsen's quick response both times for making that happen.

"I don't think we could have asked for a better orthopedic surgeon," Michelle said. "We got an amazing start to help him save his hand."

Michelle and Benjamin stopped by Dr. Israelsen's office this summer to thank him for his efforts.

"It really made my day. It's nice to see the end result in what looked like a disaster initially and actually turned out well in the end," Dr. Israelsen said.

Expert Orthopedic & Spine Care in Gillette, Wyoming



Dr. Stanford Israelsen is a board-certified orthopedic surgeon at Powder River Orthopedics

& Spine in Gillette, Wyoming. The physicians at PROS take an innovative and comprehensive approach to the treatment of acute and chronic orthopedic pain. Have your procedure in our modern operating rooms at Campbell County Memorial Hospital or Powder River Surgery Center.

See the PROS for:

- General orthopedic surgery
- Joint replacement surgery: shoulder, hip, knee and ankle
- Shoulder, elbow, hand and wrist surgery
- Sports Medicine
- Spine surgery and injections, including minimally invasive procedures
- Bunions and great toe arthritis procedures
- Foot and ankle surgery
- Trauma and fracture care
- Workplace injuries

For a consultation, call 307-686-1413 or visit cchwyo.org/PROS



PROS is a Campbell County Medical Group Clinic with Campbell County Health.



Knowing Your Numbers Are Half the Health Battle

Regular blood testing is one of the most important ways to keep track of your overall health. As the old saying goes, "Knowledge is power," and in Campbell County, CCH Wellness offers daily health screenings to make it easy and affordable to have your blood checked regularly.

Some of the benefits of having your blood drawn and analyzed annually include:

- Monitoring your blood sugars that relate to diabetes
- Knowing your thyroid function can help to evaluate your metabolic function, and relates to many of your body's systems
- Evaluating your cholesterol regularly helps to assess your risk of heart disease and stroke
- If you take medications regularly, it can be wise to monitor your kidney and liver functions
- Knowing if you are deficient in minerals like iron or calcium can lead to prevention of osteoporosis, anemia and even help you to improve your overall energy

All this information and more can be gained by having a simple blood draw at Wellness! Essential screenings you should consider include:

- Wellness Panel: \$40
- CBC (complete blood count): \$25
- Hemoglobin A1C: \$30
- Thyroid Function Panel: \$40
- Vitamin D: \$40

Wellness has extended their screening hours to Monday-Thursday from 6 am-12 pm and Friday from 6-11 am at 1901 Energy Ct., Suite 125, located behind Wendy's in Gillette, Wyoming. And, for Wright residents, these screenings are also available at the Wright Clinic, 500 Latigo Drive, Monday-Friday from 8-11 am. No appointment required! Use the My Health Home patient portal and get access to most test results in less than 48 hours.

For more information about the blood tests and health screenings available at Wellness, call 307-688-8051 or visit cchwyo.org/screen.



Campbell County Health

P.O. Box 3011
Gillette, Wyoming 82717

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UPCOMING EVENTS

Festival of Trees raises over \$300,000!

After 28 years of kicking off the holiday season, Festival of Trees is still going strong—raising over \$300,000 at the 2019 event. All proceeds go to support Lifeline Emergency Response System, Close to Home Hospice Hospitality House and other Campbell County Healthcare Foundation programs.



Thank you to the volunteers, buyers, decorators, sponsors and the community. Learn more at cchcf.com.



DRY JANUARY is the annual movement that encourages people to give up alcohol for a month.

GOING DRY?

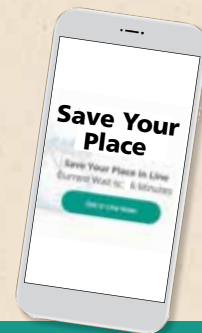
Use **#trydrywyo** to let us know!

cchwyo.org/dryjanuary

Get in Line Now

Save your place in line at the Walk-in Clinic. Click the button on our website, choose the time you'd like to come in and we'll save your spot. We'll send you a text message when it's time to show up.

The Walk-in Clinic is open 7 days a week, with fast, convenient care for the whole family.



cchwyo.org/WIC

Campbell County Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender, gender identity or sexual orientation.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.

The full nondiscrimination statement can be found at cchwyo.org/nds

Contact Us

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cchwyo.org

