



Heidi Gilbert is Breathing Easier Thanks to BCMH

Adrian area resident Heidi Gilbert was always active and healthy until her early 30s. That's when she began experiencing frequent bouts of bronchitis.

“I was a smoker, so I just thought my bronchitis was related to the smoking,” Heidi says. Then in May 2007, Heidi’s condition became more serious when she developed pneumonia.

“I was so sick I couldn’t breathe,” she says. After being evaluated at Bates County Memorial Hospital (BCMh), she was Life Flighted to Saint Joseph Health Center in Kansas City, Mo. There she spent eight days in intensive care on a ventilator, and a total of three weeks hospitalized.

While at St. Joseph, her doctor had her tested for a lung disease called Alpha-1 antitrypsin (AAT) deficiency, an inherited condition that raises the risk for severe emphysema, especially for smokers.

In fact, the American Lung Association estimates there are about 100,000 people in the United States like Heidi who were born with AAT deficiency. In addition, nearly 25 million carriers of the disease live in the United States. While carriers do not actually have the disease themselves, they can pass it on to their children.

For Heidi, the moment she learned she had tested positive for the most severe form of AAT deficiency was overwhelming and very scary.

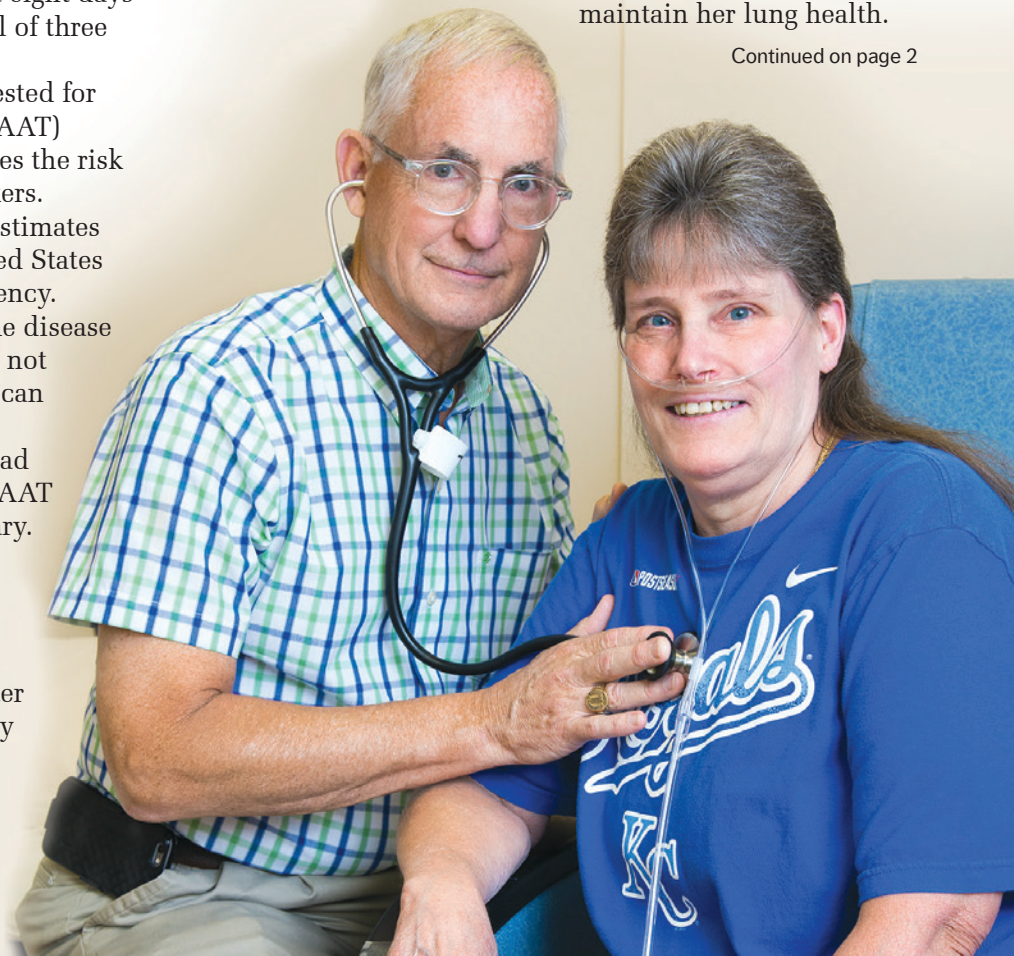
“This deficiency is passed down from generation to generation,” Heidi says. “My grandfather and aunt on my mother’s side both died early from lung disease, but we didn’t know why,” Heidi says. “My sister also has Alpha-1 in a less rare form, and my father is a carrier. It’s very common in our

family, yet until I was tested, we didn’t have any idea what it was.”

Although there is no cure for AAT deficiency, treatment is available. “When I returned home, I began seeing the pulmonologist at the hospital in Butler for my care. It was much more convenient than driving to the city.”

Heidi’s condition was so severe that at one time she was evaluated as a candidate for a lung transplant. Fortunately, nine years after she was diagnosed with AAT deficiency, her condition is stable. Today Heidi sees Timothy Smith, M.D., a board-certified pulmonologist with BCMh, who helps her maintain her lung health.

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Dr. Timothy Smith with patient Heidi Gilbert. ▶



PHYSICIAN PROFILE



Community-Based Pulmonary Care at BCMH

For more than 25 years, Timothy Smith, M.D., F.A.C.P., F.A.C.C.P., has been providing pulmonary care to patients at Bates County Memorial Hospital (BCMh).

“There is a real need for pulmonary services in Bates County, and patients are very appreciative of the care they receive,” Dr. Smith says. “What I enjoy most about my practice here is the relationships I have built with my patients and the medical staff, as well as the intellectual challenge of pulmonary medicine.”

Dr. Smith adds that the hospital offers comprehensive pulmonary care, including diagnostic testing, rehabilitation and critical care.

“Bates County is doing a good job of providing a full continuum of pulmonary care for the community,” he says. “Most patients can be taken care of in Butler, but if a patient’s situation becomes more complex, they can be referred to an acute care hospital in the city.”

Dr. Smith was inspired to pursue a career in pulmonary medicine while performing his internal medicine residency at the University of Kansas Medical Center, Kansas City,

Kan. He also completed his medical degree at the University of Kansas Medical Center, and graduated with a bachelor of arts in biology from the University of Kansas, Lawrence, Kan.

Dr. Smith began caring for patients with chronic obstructive pulmonary disease, asthma, interstitial lung disease, pulmonary hypertension and lung cancer after completing a fellowship in pulmonary medicine at Washington University, St. Louis, Mo.

Initially, Dr. Smith practiced in Wichita, Kan., for eight years before relocating to the Kansas City area to establish his practice. He began traveling to BCMH in 1990.

Dr. Smith and his wife, who is a psychiatric nurse practitioner, reside in old Leawood, Kan. They have nine adult children, three who are also physicians and one who is a nurse practitioner. In his spare time, Dr. Smith and several members of his family enjoy tennis.

Dr. Smith sees patients at the BCMH Outpatient Clinic on Tuesdays.

To schedule an appointment with him, call 660-200-7006.

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Heidi takes weekly infusions at the BCMH Outpatient Clinic of a drug that raises the level of Alpha-1 protein in her blood and lungs and slows the loss of lung function.

Because Heidi’s condition is so severe, she also uses oxygen and a regimen of daily oral medications and breathing treatments to stay

as healthy as possible. “Except for my weekly infusions and an occasional visit to see Dr. Smith, I haven’t been back in the hospital for years,” she says.

Even though she is unable to work due to her condition, Heidi stays as active as possible, canning and preserving the vegetables her

family harvests and helping care for her father.

“My lungs are still very sensitive,” Heidi says. “If I breathe in a fragrance or smell smoke, I know it immediately, but thanks to Dr. Smith and the staff at the Outpatient Clinic, my condition is stable and I am as healthy as I can be.”



▲ Mary Gabriel, BCMH Pulmonary Rehab patient, with Jacque Waite, R.N., Pulmonary Rehab.

BCMh Pulmonary Rehab Helps Local Woman Live Independently

Mary Gabriel is an independent woman who enjoys living just a few miles outside Butler on a small acreage. But at 82 years old, mowing her yard and caring for her home became a challenge this spring when allergy season kicked into full bloom.

“I have a lot of flowering trees in my yard and I live on a gravel road,” Mary says. “The pollen and dust really aggravated my allergies.”

The fact that Mary was a pack-a-day smoker for more than 30 years added to her chronic obstructive pulmonary disease (COPD) and allergy-induced asthma. “I got to the point where I couldn’t do anything—run my vacuum, mop my floors or mow my yard.”

Then one day in April, Mary suffered a massive allergy attack that irritated her asthma and COPD, literally leaving her gasping for air.

At the Bates County Memorial Hospital (BCMh) Emergency Department, the staff stabilized her breathing. Though she was able to return home several hours later, that was just the beginning of her struggle.

After following up with Timothy Smith, M.D., a board-certified

pulmonologist on staff at the BCMh, Mary learned her options for treatment were limited. “I already take allergy shots and breathing treatments,” Mary says. “Dr. Smith said oxygen might be an option, but I didn’t want to use it if I didn’t have to, so he recommended pulmonary rehab for me.”

Mary began her pulmonary rehabilitation sessions in May, faithfully attending three times each week, working with Jacque Waite, R.N., and Wanda Barley, exercise physiologist. “I can tell you when I started rehab, I was depressed,” Mary says. “I thought how in the world am I going to get on those machines when I can’t even push my vacuum? But I trusted Dr. Smith, Jacque and Wanda and decided to give it a try.”

After weeks of working out in rehab and at home on her exercises, Mary is thrilled with the results. “When I started, I could hardly do anything. I was very intimidated by rehab at first, especially by the treadmill, but Jacque and Wanda were very patient with me. Now I can do all my exercises.”



Work Out with the Pros!

For only \$57 a month, you can exercise with the Bates County Memorial Hospital cardiac-pulmonary rehabilitation experts.

Before you can begin working out, you must complete a brief readiness questionnaire to be sure you are healthy enough to start exercising. The staff also checks each member’s vital signs and provides some basic counseling and guidance on beginning an aerobic and strength training exercise routine.

No physician referral is required, unless your readiness score demonstrates the need for clearance from a qualified health care provider. For participation in vigorous exercise, it is recommended that men older than 45 and women older than 50 seek physician clearance. The gym membership, however, is based on the healthy adult guidelines for a moderate level of exercise intensity.

For more information, call 660-200-7000, ext. 7192.

Not only that, but Mary has stopped smoking, is walking with her daughter, and can run her vacuum cleaner again. “I’m just amazed at how much better I am!” she adds.

Though there is no cure for Mary’s COPD, thanks to weekly allergy injections at the BCMh Outpatient Clinic, pulmonary rehabilitation and regular visits with Dr. Smith, she now has her condition under control and is anxious to care for her home the way she once did.

“I can’t say enough good things about our hospital,” Mary says. “Everyone has been very concerned about me. I’m thankful Dr. Smith suggested Pulmonary Rehab. I am amazed at how much better I feel, and it’s all their doing!”



BCMh Imaging Services Help Diagnose Heart Disease

Diagnostic imaging, such as nuclear medicine testing and echocardiography, play an important part in detecting heart disease.

Fortunately for patients at Bates County Memorial Hospital (BCMh), the state-of-the-art technology and expertise needed to perform many of these tests are now available locally.

“There’s no need for area residents to travel to the city for nuclear medicine, cardiac ultrasound or stress testing,” says Christi Pope, director, BCMh Imaging Services. “We have the latest technology right here and staff experienced in performing these tests. We’re very fortunate to be able to offer this level of expertise and technology at a community hospital,” Pope adds.

Nuclear Imaging

BCMh recently invested in permanent nuclear medicine imaging technology, including a dual-head camera from Siemens. A nuclear test is similar to a routine exercise stress test, but with images. It uses a radioactive substance called thallium, which is injected into the bloodstream when the patient is at maximum level of exercise.

A special (gamma) camera takes pictures of the heart’s muscle cells. This technology can be used to perform a cardiac test which can determine how well the heart pumps with every beat.

Cardiac Ultrasound/ Echocardiogram

Cardiac ultrasound, or an echocardiogram, is a non-invasive test used to evaluate the heart, as well as the major blood vessels, such as the aorta.

This test uses high-frequency sound waves (ultrasound) to make



▲ Jeff Hewitt, left, and Teah White, right, serve as cardiac ultrasound technicians at BCMh, performing echocardiograms close to home.

pictures of the heart’s chambers, valves, walls and the blood vessels (aorta, arteries, veins).

A diagnostic medical sonographer passes a probe called a transducer over the patient’s chest. The probe produces sound waves that bounce off the heart and “echo” back to the probe. These waves are changed into pictures viewed on a video monitor.

Your physician may recommend an echocardiogram to determine how the heart moves, its pumping strength, how well the valves are working, problems with the chambers of the heart and a number of other issues.

Exercise Stress Test

An exercise stress test, sometimes called a treadmill test or exercise

test, helps the doctor find out how well the heart handles work. During the test, a monitor with electrodes is attached to the skin on the chest area to record heart function while the patient walks in place on a treadmill.

As the body works harder during the test, it requires more oxygen, so the heart must pump more blood. The test can show if the blood supply is reduced in the arteries that supply the heart. It also helps doctors know the kind and level of exercise appropriate for a patient.

Each of these tests requires a referral from a primary care provider or cardiologist.

For more information, talk with your provider.

Advance Directives Guide Health Care Decisions

If someone asked if you have an advance directive, a durable power of attorney for health care or a health care directive, would you know what they were talking about? If you answer “no,” you’re in good company.

According to an article published in the *American Journal of Public Health*, more than 60 percent of individuals 18 years and older want their end-of-life wishes to be respected; however, only about one-third of them have completed the appropriate legal documents.

According to Bates County Memorial Hospital (BCMh) Social Worker Elisabeth McCord, all adults who want to be sure their wishes regarding health care are followed if they cannot communicate, need advance directives, regardless of age or health.

Here are the most common questions Elisabeth hears about advance directives:

Q. What is an advance directive?

A. An advance directive is an umbrella term for two important legal documents everyone over 18 should complete. The first document is a durable power of attorney for health care. In this document, you name someone to serve as your agent if you lack the capacity to make or communicate your health care decisions in the future. You also should name alternates if your first choice cannot serve.

The second important document is the health care directive. This document indicates your care and treatment choices about life-prolonging procedures if you are persistently unconscious or at the end stage of a serious incapacitating or terminal illness.

Q. Do I need both a durable power of attorney for health care and a health care directive?

A. This is a matter of choice. The durable power of attorney is your way to name someone who can make decisions on your behalf if you are incapacitated. If you want to help guide this person’s decisions and be certain your wishes are carried out, you should complete the health care directive.

Q. When is the best time to complete these forms?

A. The best time to complete these forms is when you’re healthy, not feeling pressured and you can talk with family and friends about your choices.

Q. Is there any cost to complete advance directives or do I need a lawyer?

A. There is no cost associated with completing advance directives. BCMh provides free copies of the forms and also will notarize the documents at no charge.

Q. What do I do with the forms once I have completed them?

A. Once you complete the forms and have them notarized, be sure to make copies and share them with the person you have selected as your agent, your doctor and your hospital. From time to time, review your forms to be certain they are up to date.



▲ Elisabeth McCord

But probably most important, be sure to discuss your advance directives with your family and tell them where you keep it.

Q. When do my advance directives go into effect?

A. Elisabeth says this question is one individuals often are concerned with. “It’s important to remember that advance directives only go into effect when you can no longer make or communicate decisions for yourself,” Elisabeth explains. “If you are hospitalized, but can still communicate, you will make your own decisions.”

Get more information on advance directives:

1. **Call** Elisabeth McCord, BCMh Social Worker, 660-200-7116.
2. **E-mail** Elisabeth McCord at emccord@bcmhospital.com.
3. **Visit** www.bcmhospital.com and download the advance directive forms, then bring them to the hospital information desk and ask for Elisabeth McCord. She can review and notarize the forms for you.



BCMh to Open Medical Clinic in Rich Hill



Bates County Memorial Hospital (BCMh) plans to open a new medical clinic in the Rich Hill community by the close of 2016.

The new clinic will bring the primary medical services of Family Care Clinics closer to Rich Hill area residents. It will be located in the former Koehn Building Systems facility, 225 N. 14th St., Rich Hill. BCMh purchased the building recently and renovation began in July.

“When the hospital conducted a community health needs assessment in 2013, the southern part of the county was identified as having the greatest need for additional health care providers,” explains Edward Hannon, BCMh Chief Executive Officer. “We have been searching for a location that would be convenient, safe, visible and large enough to support a 2,000-square foot medical clinic, along with patients and staff.”

Look for more information about the new clinic as the opening gets closer.

BCMh Specialty Clinics

Bates County Memorial Hospital makes quality health care convenient for area residents by bringing medical specialists to our community on a regular basis. To schedule an appointment with one of the specialists, contact the number below.

Cardiology

Gerald Mancuso, M.D.	913-956-2250
Craig Lundgren, M.D.	913-956-2250
Jin Park, M.D.	913-956-2250
Francisco Lammoglia, M.D.	913-956-2250

Gastroenterology

Donald Clement, M.D.	660-200-7006
Todd Kilgore, M.D.	660-200-7006

General Surgery

William Joyce, D.O.	660-200-7134
Robert Wetzel, M.D.	660-885-8141

Nephrology

Ryan Lustig, M.D.	660-200-7006
Barry Wood, M.D.	660-200-7006

Neurology

Roxane Bremen, D.O.	660-200-7006
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Oncology

Timothy Pluard, M.D.	660-200-7006
Aimee Kohn, M.D.	660-200-7006

Ophthalmology

Joseph Parelman, M.D.	800-628-4258
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Orthopedics

Danny Carroll, M.D.	816-322-0688
James Whitaker, M.D.	660-200-7006

Pain Management

Dennison Hamilton, M.D.	660-200-7006
Roger Misasi, M.D.	800-858-8131

Podiatry

Robert Shemwell, D.P.M.	660-200-7006
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Psychology/Counseling

Jerry Morris, Psy.D., MBA, MSPharm, ABPP, ABMP, NBCC, NCSP, CCM	660-200-7528
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Pulmonary

Timothy Smith, M.D.	660-200-7006
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Urology

Robert F. Smith, M.D.	660-200-7006
William Wilson, M.D.	660-200-7006

For more information visit www.bcmhospital.com.

Need a Primary Care Provider?



Call 660-200-DOCS (3627) or toll-free 855-414-3627.

Bates County Memorial Hospital's Family Care Clinics located in Butler and Adrian are accepting new patients.

- **Adrian Family Care Clinic** (Adrian)
 - John Bustle, M.D.
 - Glenn Gardner, MS, PA-C
 - Laura Thiem, DNP, APRN, FNP-BC
- **High St. Family Care Clinic** (Butler)
 - William Haynie, M.D.
 - James Patterson, D.O.
 - Misty Tourtillott, MSN, APRN, FNP-C
- **Nursery St. Family Care Clinic** (Butler)
 - John Bustle, M.D.
 - James Miller, D.O.
 - Glenn Gardner, MS, PA-C
 - Robin Spencer, MSN, APRN, FNP-C

RECOGNIZING OUR VOLUNTEERS



▲ Edward Hannon, BCMH Chief Executive Officer, congratulates Donna Huber on being selected the hospital's Volunteer of the Year. Donna is responsible for managing the Gift Shop, and is a long-time volunteer.



▲ Pat Friederich, left, donated \$1,100 to the BCMH Auxiliary in honor of her husband, Dale, and son, Matt, who both recently passed away. The Auxiliary designated the funds be used in the Outpatient Clinic where Karen Landers, R.N., right, is a supervisor.


DIABETES

DIABETES EMPOWERMENT EDUCATION PROGRAM

EMPOWERING PEOPLE WITH DIABETES TO CARE FOR THEMSELVES
AND FOR ONE ANOTHER.

If you have diabetes or you are a caregiver of someone with diabetes, enroll in this free six-week workshop. Learn the most up-to-date research.

SUPPORT...ENCOURAGEMENT...FUN



BATES COUNTY MEMORIAL HOSPITAL


Every Thursday for six weeks, beginning September 22, 2016

Program: 10:30 a.m. to 12:30 p.m.

BCM Education Center, Butler

Presenter: Candy Williams, RN
Diabetes Education Facilitator
ACSM Certified Exercise Physiologist

RSVP: 660-200-7007



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Edward J. Hannon, Chief Executive Officer

Please direct any comments or suggestions to our editor:

Melinda Jackson, PHR, Human Resources

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VitalSigns



Upcoming Community Education Program

DVT: What is Your Risk?

The Centers for Disease Control estimates that up to 100,000 people die each year from deep vein thrombosis (DVT). This condition occurs when a blood clot forms in a deep vein, usually in the lower leg, thigh or pelvis. Find out more at this free program.



Wednesday,
October 12, 2016

BCMh Education Center
Noon to 1:30 p.m.

Light lunch provided.

▶ **Speaker:** Jennifer Schmehl, R.N.,
Nursing Manager

Sponsored by the BCMH Auxiliary.

Hospital to Offer EMT Basic Course

BCMh will offer the EMT Basic Certification Course which prepares individuals for a potential career in a variety of environments including ambulance, search and rescue teams, police SWAT teams, special event coverage and disaster operations.



Class will begin September 12, 2016,
Monday and Thursday nights 6-10 p.m., with an occasional
Saturday, 8 a.m.-5 p.m. for approximately four months.

Tuition is \$850, which includes a \$200 application fee. Books, uniforms and medical supplies are included in tuition costs.

The class needs a minimum of 12 people in order to be offered. Candidates may pick up applications from the Front Desk, or at the Emergency Room registration desk.