



facebook.com/PeaceHealthKetchikan

Spring 2022

Change Can Be Good For Your Heart

Seated behind the wheel of the familiar Yellow Taxi, Richard Morgan is a staple around Ketchikan. Richard has been driving taxis locally for years, but in 2015, Richard's health took a turn that pulled him away from the roads.

Richard wasn't feeling well. Thinking he had pneumonia, he made his way to the Emergency Department at PeaceHealth Ketchikan Medical Center. It was quickly identified that Richard was having a heart attack. Before he knew it, Richard was flown by medivac to PeaceHealth St. Joseph Medical Center in Bellingham, Washington. There, he underwent a procedure to clear the blockages in his heart.

Peter Beglin, MD, who visits Ketchikan regularly, was the interventional cardiologist caring for Richard that day. Dr. Beglin was able to clear the blockages in his heart and intervene with medications, improving Richard's condition in a matter of hours. Richard was in good hands, and after a short recovery, he returned to Ketchikan.

However, Richard shared that a lifetime of smoking and a poor diet left him in somewhat bad shape. Recognizing he needed to make a change, Richard worked with Peter Rice, MD, his primary care provider with PeaceHealth in Ketchikan, to help him quit smoking and improve his diet. Richard was also referred to the visiting PeaceHealth heart failure specialist Rex Liu, MD, for continued monitoring of his heart.

It was that routine monitoring between primary and specialty cardiology care that pointed Richard toward getting an implantable defibrillator/pacemaker just over a year ago.

"I think our hospital gets overlooked in the quality of care they give. They save lives every day."

Richard Morgan



This was no small decision, but after consulting with John MacGregor, MD, expert in pacemaker procedures based in Bellingham at PeaceHealth St. Joseph, Richard was put at ease.

Richard credits getting an implantable defibrillator as one of the best decisions of his life. This winter Richard's heart malfunctioned, triggering the defibrillator to fire. "Boy, that was a shocking experience!" Richard recalled, because it nearly knocked him off his feet. But it did its job, and his medical team followed up to make sure everything was working correctly and adjusted his medication.

Now, with his heart well-monitored, Richard is back to driving. When reflecting on his experience, Richard said, "I think our hospital gets overlooked in the quality of care they give. They save lives every day. They saved mine at least five times. They give us so much security as a community, knowing they are there for us."

Explore this issue of Hometown Healthy to learn more about the visiting cardiology team supporting Richard and all our visiting specialties.

Visiting Specialists Expand Care For Patients

The care Richard received was a team effort between his local primary care provider and the visiting clinicians that support Ketchikan.

PeaceHealth Ketchikan is fortunate to host physicians from PeaceHealth St. Joseph in Bellingham, Washington, experienced in various cardiac specialties. Peter Beglin, MD, and Rex Liu, MD, visit quarterly, while John MacGregor, MD, is available for regular telehealth appointments. Call 907-228-8101 to schedule an appointment with one of these specialists.



Peter Beglin, MD

Dr. Beglin specializes in cardiovascular disease. He has additional training in electrophysiology (cardiac rhythm disturbances) and interventional cardiology.



Rex Liu, MD

Dr. Liu's practice focuses on the management of advanced or complicated heart failure and transplant cardiology.



John MacGregor, MD

Dr. MacGregor is a clinical cardiac electrophysiologist specializing in the placement of implantable defibrillators and pacemakers.

We Have More Specialists To Keep You Hometown Healthy

In addition to visiting cardiologists, PeaceHealth Ketchikan regularly welcomes specialists to serve the diverse medical needs of southeast Alaskans. Physicians with expertise in the following specialties visit or provide telehealth to Ketchikan routinely, helping patients stay local for care. Their schedule can be found at www.peacehealth.org/visitingcalendar.

Urology

A urologist specializes in diagnosing and treating diseases of the urinary system. This system keeps the body clean by filtering out wastes and toxins and taking them out of the body. A urologist also treats conditions involving the reproductive organs and the adrenal glands.

Pulmonology

A pulmonologist specializes in lung conditions, diagnosing and treating diseases of the respiratory system. A pulmonologist will treat a variety of illnesses including asthma, COVID-19, lung cancer, bronchitis, emphysema, among others.

Gastroenterology

A gastroenterologist focuses on digestive health, often referred to as the gastrointestinal (GI) tract. Chronic heartburn, constipation, abdominal cramps, nausea, gas or diarrhea can all be symptoms of serious conditions within organs that are part of the GI tract and treated by a gastroenterologist.

Oncology

An oncologist specializes in the treatment of cancer. Oncologists help diagnose the specific type of cancer, identify treatment options, oversee treatment and manage post-treatment care.

Ear, Nose and Throat

An otolaryngologist specializes in conditions of the ear, nose and throat. Plugged ears, runny nose and sore throat might be caused by the common cold – or something else. Knowing what is causing ear, nose or throat symptoms can help identify the right treatment.

Source: Clevelandclinic.org



Dr. MacGregor performing a procedure at PeaceHealth St. Joseph

PeaceHealth Ketchikan Welcomes New Providers

PeaceHealth Ketchikan is excited to welcome new medical expertise to the island. Three new providers are joining the PeaceHealth Ketchikan team this spring in Women's Health, Anesthesiology and hospital care.



Maia Danielson, MD – Women's Health

Dr. Danielson joins the PeaceHealth Ketchikan Women's Health team this month. Dr. Danielson has 20 years of experience in obstetrics and gynecology, including previous experience in Alaska. She brings significant training in high-risk obstetrics and vaginal surgery. Dr. Danielson completed her medical training at Eastern Virginia Medical School in Norfolk, Virginia. She went on to complete her residency in obstetrics and gynecology at Hartford Hospital in Hartford, Connecticut. Dr. Danielson joins us most recently from Webster, Texas, where she served as an obstetric hospitalist. Dr. Danielson is excited to return to Alaska and serve the women's health needs of southeast Alaska.



Jason Asher, CRNA – Anesthesiology

Jason Asher, CRNA, joined the PeaceHealth Ketchikan anesthesiology team in March 2022. Jason brings with him significant experience in various aspects of anesthesia plus several years of experience as a registered nurse. Jason received his Master of Science in nurse anesthesia from Samford University in Birmingham, Alabama. Jason joins PeaceHealth Ketchikan most recently from the University of Kansas Health System where he served as the lead CRNA in its Ambulatory Surgery Center. Prior to being the lead CRNA, Jason served as a CRNA for a Level 1 Trauma Center providing anesthetics for a variety of cases including general, neuro, ortho, OB/GYN, ENT, trauma, burns and more.



Landon Roussel, MD – Hospitalist

Dr. Roussel joins the PeaceHealth Ketchikan hospitalist team this month, providing care for patients admitted to the hospital. Dr. Roussel earned a master's degree in bioethics prior to completing his medical training at Weill Cornell Medical College in New York, New York. He completed an internship in internal medicine at Harvard Medical School where he also completed his residency. Dr. Roussel is experienced in critical care, hospice care and palliative medicine. His goal is to "help those in need and do so with a kind and gentle heart."

Community Health Needs Assessment: 2022 - 2025

Every three years, PeaceHealth Ketchikan completes an assessment of the health needs of the community. The 2022 assessment was recently published.

Key findings include:

- More supports are needed to help people navigate complex systems of care.
- Demand for healthcare and vital support services often outpaces supply.
- Prevention is the key to address substance and behavioral health issues.
- Barriers to health, like housing and food insecurity, must be addressed.

Explore the full assessment at:

www.peacehealth.org/about-peacehealth/community-health/needs-assessment



An Update On Our Lease Agreement

In October 2021, the City of Ketchikan and PeaceHealth signed a milestone lease agreement to continue offering hospital and clinic services to the Ketchikan community for years to come. Within the agreement, several commitments were made to the community of Ketchikan as PeaceHealth Ketchikan enshrines its commitment to care for the people of southeast Alaska. Listed here are a few highlights from the agreement that are currently being implemented.

■ Visiting Physician Services

As part of the agreement, PeaceHealth Ketchikan commits to offering visiting physician specialists to serve the needs of the community. As noted previously, PeaceHealth consistently offers a diverse group of specialists who routinely visit Ketchikan to care for and treat local patients.

■ Healthcare Advisory Committee

To better facilitate communication between the community, the City of Ketchikan and PeaceHealth, the Healthcare Advisory Committee (HAC) was established. In this first year, the HAC meets monthly to discuss metrics set forth by the lease agreement and hear concerns brought forth by the community. This group serves as an advisory panel to help guide the direction of the facility.

■ Charity Care/Community Benefit

PeaceHealth Ketchikan is committed to investing in the community in many ways. One of which is our Community Benefit fund. Each year, PeaceHealth contributes approximately \$50,000 to community health-based initiatives. Some of those activities have included funding the Community Gardens, support for an emergency transitional home on Prince of Wales Island, funding for youth programs and much more. Beyond the Community Benefit fund, PeaceHealth Ketchikan also provides substantial financial assistance to patients with financial hardship. A financial assistance application is included in every bill.

■ Emergency Department Remodel

As Ketchikan has grown, the needs of the Emergency Department have also grown. While still in the very early stages, PeaceHealth Ketchikan is beginning work to redesign the Emergency Department. The remodel will be a multi-year process and result in a space better suited to serve the changing needs of the community.

These are just a few of the many commitments PeaceHealth Ketchikan has made to the community as we aim to serve its healthcare needs well into the future.

***Debra Laws Needed
Her Knees Replaced.
She's Now Walking
Without Pain.***

***The PeaceHealth Orthopedic Surgery Team
is here to keep you Hometown Healthy.***

Call for an appointment
907-228-8111

peacehealth.org/HometownHealthy