Volunteers share their experiences

New Peace of Mind clinic opens

See story on page 6.

From left, Peace of Mind providers Robert Axelrod, MD; Julie Dickson, MD; Susan Mejo, ARNP, PsyD; Brent Francisco, MN, ARNP, PMNP; and Pam McGill, ARNP

PeaceHealth
SAFE, SUCCESSFUL DIALYSIS AT ST. JOHN

Although PeaceHealth’s Dialysis Center treats 60 patients every day, each patient receives special care. When our patients go out of town and have their dialysis elsewhere, they miss the warmth and friendliness of our staff.

For these patients, whose kidneys have little or no function, dialysis performs two important tasks. It removes fluids and cleans waste from the blood. The process takes about four hours. Most patients get treatment three times a week.

Unless they have a kidney transplant, these patients will need to have dialysis for the rest of their lives.

Sometimes our patients need more care from another department. They can take comfort knowing they can get that care right here at the medical center.

Care with results This quality care shows in the results of an independent study from the U.S. Centers for Medicare & Medicaid Services (CMS).

The study reveals much greater than average survival rates for patients who receive care at the PeaceHealth Dialysis Center. Among all U.S. dialysis centers, 88 percent had a higher mortality rate.

The CMS report also shows that PeaceHealth Dialysis Center patients needed 9 percent less hospital care than patients at other U.S. dialysis centers.

Setting the bar higher Carey Wallace, Clinical Manager of Dialysis Services, says the CMS results confirm the center’s high standards for patient safety and quality.

“We set our requirements higher than CMS, and we’re continually refining our program to improve patient safety and quality,” she says. “Since the CMS survey was completed, we’ve added blood volume monitors and implemented new access techniques, both of which enhance patient care. Another important factor is the excellent care provided by the outstanding staff at the PeaceHealth Dialysis Center!"

For more details about the CMS report, visit www.medicare.gov and select “Compare Dialysis Facilities in Your Area.”

Dialysis treatment isn’t stopping this musician

Daniel Lute’s eyes light up when he talks about his music and his bride of several years, Lily Jane. Lute plays the mandolin, and Lily Jane plays bass. Together they enjoy weekly bluegrass and country jam sessions with other local musicians.

Lute’s life, like his music, seems very much in tune. But, like most of our lives, it isn’t all sweet harmony. Despite his robust look, Lute visits St. John’s Broadway Campus three times a week for four-hour dialysis treatments.

While 90 percent of St. John’s dialysis patients have a history of diabetes and hypertension, sometimes kidney problems are hereditary—as in Lute’s case. He’s had a healthy lifestyle and isn’t sure why he has problems, but his mother and others in his family have also had kidney problems.

A support system Like most everything else, Lute takes dialysis in stride. Before starting the treatments, he was tired and listless. But since starting dialysis in March 2008, he says he has more energy.

“It’s not like a switch comes on and you feel better right away. It took a while, but now I have more energy,” he says. Without treatment, his condition may have confined him to bed or have been fatal.

When his PeaceHealth physician, Louis Cotterell, MD, told Lute it was time to start dialysis, he transferred to dialysis at St. John, after first being treated at...
Dialysis treatment helps Daniel Lute (left) enjoy his weekly jam sessions with The Joy Band guitarist Dave Bellamy.

Dialysis social worker Donald Prebus, MSW, and Daniel Lute enjoy a moment before Lute begins his dialysis treatment for the day.

Since starting dialysis treatment, Daniel Lute says he has more energy.

Oregon Health & Science University. He says all of the dialysis staff members are great and always friendly and answer all his questions. The staff even worked to get him scheduled for afternoon treatments after learning he wasn’t a morning person.

Moving forward Lute is on a list for a kidney transplant, though finding a match can take two years or longer. "It’s not really about waiting for your number—it’s getting the right match," Lute explains. "If a kidney comes in and it’s a seven-point match and no one else is a match, then you get it."

The donor kidney needs to be healthy, and it needs to be the best match for your body, so there’s less chance for rejection.

Before getting a transplant, Lute advises people to check their insurance to see if it covers the costs associated with a kidney transplant. The prescriptions can be very costly, running thousands of dollars each month, and a transplant patient will need them for the rest of his or her life.

Lute also advises that people get regular medical checkups. Your healthcare provider can do some prescreening to check for potential kidney problems.

Despite it all, Lute is optimistic about the future and grateful for his dialysis team. He and his music group, dubbed “The Joy Band,” have been asked to be taped on the local public access channel, and they are considering performing at St. John for other dialysis patients.

Kay and Lynn Croy gather with other patients, families, and friends at a monthly Kidney Disease Education session. This PeaceHealth class helps dialysis patients and their families understand dialysis better. It also teaches them how diet and a healthy lifestyle help kidneys stay healthy.

Classes are held in the mornings on the third Thursday and Friday of every other month (May, July, September, November) at the PeaceHealth Broadway Campus. To register or learn more, call (360) 414-2268.

KIDNEY DISEASE EDUCATION AND SUPPORT

When dialysis shunts are developed by Dr. Belding Scribner, dialysis can only be used to treat patients whose kidneys are expected to recover. Because these shunts are outside the patient’s body, they often become infected or clotted.

Dr. James Cimino and colleagues find a way to connect an artery and vein inside the arm, a procedure called an arteriovenous fistula.
Dialysis volunteers span generations

When asked what they like about volunteering in the PeaceHealth Dialysis Center at PeaceHealth’s Broadway Campus, Ed Bruce and Natalie Byman say it’s a great reward to help the patients.

Going strong In September 2005, Ed Bruce became the first person in the community to volunteer in the Dialysis Center. He was already familiar with the staff and many of the daily activities because he had spent four and a half years going with his late wife, Yvonne, for her treatments.

Bruce volunteers three days a week and clocked more than 1,099 hours last year—more than any St. John volunteer in 2008. He quips, “When you get to my age—80—you have to do something. You can’t stay at home. I knew what I could do and where I could help out.”

And help out he does. This seasoned volunteer does everything from helping patients get up to holding the site fistulas in their arms. He likes to help people and has high praise for the dialysis techs and nurses. “They never tell [you what to do]; they ask,” he says. “They are wonderful.”

Over the years, he’s become close to the staff. The granddaughter of one of the techs that cared for his wife delivered a handmade card to Bruce to show her thanks for his help.

Building for the future Natalie Byman, CNA, has been a St. John volunteer since February 2008, and started volunteering in dialysis last December. A Mark Morris High School senior, she plans to get her bachelor’s degree in nursing. Byman feels the education she’s receiving as a dialysis volunteer is valuable.

Ed Bruce is her volunteer trainer, and, as Byman says, “He’s a good one. He knows everything about it. I can ask him any question.”

She’s able to observe what the dialysis nurses do up close and gain a better understanding of the patients’ needs, several of whom she also works with in her job on the rehabilitation floor at Northwest Continuum.

Byman says volunteering in dialysis has changed her views about the treatment. “People think it’s a sad place, but there’s such a great atmosphere. The staff members keep it positive and truly care about their patients,” she says. “Ever since I started volunteering, I’ve learned that putting a little time in can help so many people. It feels like one of the most worthwhile things I’ve ever done!”

Interested in volunteering? We have many opportunities available. Call St. John Medical Center’s volunteer program at (360) 636-4126 or visit us at www.peacehealth.org/lowercolumbia/volunteerservices.

For a dialysis-friendly recipe you can try at home, turn to the calendar on page 11.

Congress passes a law to supply funds for treatment for many dialysis patients. This helps dialysis patients continue to work and also helps outpatient dialysis and technology grow.

Nephrologist Dr. Glenn Gee plays an important role in the creation of the PeaceHealth Dialysis Center. Dr. Gee, along with patients, families, and...
Local organization makes a difference in healthcare

We have all passed by the building with the large F.O.E. sign on the outside. You find these in nearly every town. What you may not know is that inside are people working to make a difference in the communities that they serve.

F.O.E. stands for “Fraternal Order of Eagles.” But you might think it really stands for “Full of Energy!” They are people helping people with a passion that lifts the spirit.

For nearly a century, the Fraternal Order of Eagles has promoted the values of home, family, and community. They will do whatever it takes to raise money for a project that is near and dear to their hearts. They live and breathe their mission to unite in the spirit of liberty, truth, justice, and equality; to make human life more desirable by lessening its ills; and to promote peace, prosperity, gladness, and hope.

Over the years, the Longview Aerie #2116, Kelso Aerie #1555, Castle Rock Aerie #556, Rainier Aerie #4022, and Ocean Beach Aerie #3602 Eagles have given generously to St. John Medical Center. They have given a combined total of over $60,000 to projects such as those for cardiology, radiation oncology, dialysis, and cancer.

When asked why they choose to give to St. John, they say they want the money to stay local—to help their friends, families, and neighbors. Our thanks and gratitude go to the Eagles for their commitment and support of our local hospital.

To learn more about how you can make a contribution to the PeaceHealth Dialysis Center or any other program on behalf of our patients, call the St. John Foundation at (360) 414-7900 or visit www.peacehealth.org/lowercolumbia/foundation.

members of the community support group KINDS (Kidneys in Need of Dialysis), are instrumental in the Certificate of Need process for the Dialysis Unit.

The PeaceHealth Dialysis Center has a 22-chair hemodialysis unit and a highly trained staff. According to the U.S. Centers for Medicare & Medicaid Services, our patients show a survival rate significantly greater than the national average.
For years, the healthcare teams at St. John Medical Center have been meeting the behavioral health needs of the community.

In 1997, St. John opened A Child’s Place. The clinic serves children and teens who need professional help with behavioral and emotional problems. Adults with serious, long-term behavioral health problems have also been able to get care for many years at St. John.

But over time, demand for adult services has increased. As a result, St. John has opened Peace of Mind, a new outpatient adult behavioral health clinic.

“Peace of Mind allows us to provide even better...
New St. John adult clinic joins children’s center in providing community behavioral health services to patients of all ages

behavioral health services to the community,” says Kyle Rahn, MS, PeaceHealth Regional Director of Behavioral Health Services. “We are confident that we can meet all the healthcare needs of community members, both young and old.”

A Child’s Place has a full-time child psychiatrist, Anca Balasu, MD, on staff. Tate and psychiatric nurse practitioner Susan Mejo, ARNP, PsyD, are also on hand to work with children and their families.

The clinic offers patients an array of services, including psychiatric evaluations, individual and family counseling, parent education, intensive case management, medication management, and other support programs.

Tate says you should consider getting help at A Child’s Place if your child:
- Cries easily.
- Is noticeably more irritable or anxious.
- Has a negative view of his or her world.
- Has difficulty concentrating.
- Has distinct changes in eating or sleeping patterns.
- Has a significant change in school performance.
- Bullies or is bullied.
- Tries to hurt himself or herself or has thoughts of suicide.

“If you see any of these things impacting your child’s ability to go to school and function successfully, you should seek help,” Tate says. “Our goal is to help children and adolescents do what they need to do to be successful.”

If you have concerns about the behavioral health needs of yourself or a loved one, call the Peace of Mind clinic at (360) 414-2235 or A Child’s Place at (360) 414-2222.

From left, Peace of Mind providers Susan Mejo, ARNP, PsyD; Brent Francisco, MN, ARNP, PMNP; Robert Axelrod, MD; Julie Dickson, MD; and Pam McGill, ARNP
Hand surgery
Randall Espinosa, MD
Certification: American Board of Orthopaedic Surgery
Degree: University of Colorado School of Medicine, Denver
Internship: General surgery, William Beaumont Army Medical Center, El Paso, Texas
Residency: Orthopedic surgery, William Beaumont Army Medical Center, El Paso, Texas
Fellowship: Hand surgery, Walter Reed Army Medical Center, Washington, D.C.

Dr. Espinosa was a military surgeon in the Army for 30 years. He served in places such as Iraq and Afghanistan, where he performed emergency surgery for injured soldiers and civilians.

Dr. Espinosa is a recently retired Army colonel and joined PeaceHealth Medical Group at the InMotion Clinic last fall. He brings a wealth of experience and specialized skills in orthopedic hand surgery to our community.

Get back InMotion!
Give us a call today at (360) 414-2700 to learn how we can help.

Foot surgery
Natalie Mesnier, MD
Certification: American Board of Orthopaedic Surgery
Degree: University of Northwest
Internship: Surgery, University of Pittsburgh
Residency: Orthopedic surgery, University of Pittsburgh
Fellowship: Foot and ankle surgery, Institute for Foot and Ankle Reconstruction, Baltimore

Dr. Mesnier joined PeaceHealth Medical Group at the InMotion Clinic after completing her fellowship. Her skills in orthopedic surgery and her subspecialty of foot and ankle surgery are valuable resources for our community.

Pain intervention
Annette Stephens, MD
Certification: Anesthesia and pain medicine, American Board of Anesthesiology

Credentials: American Board of Pain Medicine
Degree: University of Texas at Houston
Residency: Anesthesia, Emory University, Atlanta
Fellowship: Pain, Sloan Kettering Cancer Center and affiliated programs at New York Presbyterian Hospital/Weill Cornell Medical Center and the Hospital for Special Surgeries

Dr. Stephens treats a wide range of painful medical conditions and specializes in interventional injection therapy. Conditions that respond to interventional techniques include acute and chronic pain of the back, neck, hips, and legs; headaches; peripheral neuropathies; and some forms of spinal cord injury. Treatments include epidural steroid injections, radiofrequency (RF) and pulsed RF therapy, advanced implantable devices, and medication management.

Physician assistant
Christine Matthews, PA-C
Certification: Physician assistant, Albany Medical College, New York; surgical residency, Yale University, Norwalk, Conn.

Degrees: Bachelor’s in biology, State University of New York; associate’s in science, Hudson Community College, New York
Membership: American Academy of Physician Assistants

Matthews joined Longview Surgical Group in 1994 and began work at InMotion Orthopedic in March 2009. Please join us in welcoming her as an orthopedic physician assistant.

SERVICES TO KEEP YOU INMOTION
• Chiropractic care
• Health psychology
• Orthopedic surgery, including hand, foot, and joint replacement
• Pain management
• Physical medicine and rehabilitation
• Physical therapy
• Rheumatology
• Sports medicine

Want to know more about InMotion services or the InMotion team? Visit www.peacehealth.org/inmotion or call us at (360) 414-2700.
Hurt at work?

Have you ever hurt yourself at work and wondered what to do next? Where would you go if you needed medical attention? What about all that paperwork?

At Workplace Wellness Services, PeaceHealth’s Occupational Medicine Clinic, we specialize in workplace injuries and can help you with the worker’s compensation system.

**Helping you make sense of it.** From your first office visit, our friendly staff helps you make sense of the forms you need to file your claim. We provide quality care and work with your employer to get you back to your job as quickly and safely as possible.

Only a block away from St. John’s main campus, Workplace Wellness coordinates your care with other medical center departments. If needed, our helpful staff can manage imaging services and specialist referrals for you. We can also help if your injury care begins in the emergency room.

**What happens next.** Please come to your first visit prepared, and bring an accurate job description. You may be able to get one from the Human Resources or Safety Management departments where you work. This is very helpful for our providers and helps them make decisions about modifying your job tasks or removing you from your job for a while, if needed.

If you get injured at work, let Workplace Wellness Services help you get back on your feet. We’re here for you.

**James Joubert, MD,** evaluates a patient’s injured arm.

To learn more about Workplace Wellness, visit [www.peacehealth.org/lowercolumbia/workplacewellness](http://www.peacehealth.org/lowercolumbia/workplacewellness).

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**WORKING TOWARD WELLNESS: MEET TWO OF OUR PROVIDERS**

Workplace Wellness Services is pleased to announce that two new providers have joined our team.

**James Joubert, MD,** received his bachelor’s degree from Pennsylvania State University in University Park in 1990 and his medical degree from Louisiana State University School of Medicine in New Orleans in 2004.

Dr. Joubert completed his psychiatry internship and his neurology residency at the Medical University of South Carolina in Charleston. In addition to his neurology training, Dr. Joubert was previously a physician assistant in civilian family medicine and in the Louisiana Army National Guard.

His background in neurology and primary care will complement his practice of occupational medicine in Workplace Wellness Services.

**Shelly Norman, ARNP, PhD,** has worked for more than seven years with the injured workers and employers of Southwest Washington and Northwest Oregon. She’s known for providing quality care and helping patients recover quickly so they can return to work. She understands the Labor and Industries Workman’s Compensation process and the effect it can have on employers and workers.

Norman has a master’s degree with a focus on case management from Pacific Lutheran University in Tacoma, Wash. She received nurse practitioner training and a master’s degree from Saint Martin’s University in Lacey, Wash., and is double board-certified in family medicine.

She is also a member of the Civil Air Patrol and the U.S. Air Force Auxiliary, and she participates in Air Search and Rescue.
classes for your health

PeaceHealth offers a variety of health education classes that are open to the public. Fees vary—and some are even offered at no cost.

**Wellness Services**

Enhanced External Counter Pulsation (EECP)
Do you have angina but no longer find relief from medications? EECP may be right for you. To find out, call (360) 636-4846 or contact your provider. A physician referral is required.

Cardiac Rehabilitation Program
Mondays, Tuesdays, Thursdays
Reclaim your health after a cardiac event. This three-phase program offers support, education, and monitored exercise. Call (360) 414-7384.

Kidney Disease Education
Third Tuesday and Friday mornings of every other month, May, July, September, November
PeaceHealth Broadway Campus
Learn about dialysis for kidney failure. Family and friends are welcome. Call (360) 414-2268 to register or check class availability. See page 3 for related story.

Learning to Live With Cancer Series
A six-week course for people with cancer, their family, and friends. Call (360) 414-7968 for the next schedule.

**CELEBRATING SURVIVORSHIP**

Radiation Oncology staff proudly wear survivor T-shirts to celebrate survivorship. From left are (back row) Summer Bonner-Davenport, Nikki Breen-Ely, Bev Eaton, and Julian Tran; and (front row) Jeri Espejo, Lacy King, and Michelle Vedders.

This year’s National Cancer Survivors Day Picnic is June 7. Patients of PeaceHealth Radiation Oncology and Medical Oncology will receive a special invitation to this event in their honor. All providers and staff will join the celebration. For more information, call Radiation Oncology at (360) 636-4841.

**Childbirth Education**

Childbirth Education
All classes are held in the Women’s Health Pavilion, 1660 Delaware St., Longview (corner of Delaware and 17th Avenue). Call (360) 501-3700.

Preparing for Delivery, Labor, and Birth
$60 per couple (state medical coupon accepted)
New parents prepare for labor and birth, breastfeeding, and baby care. Call for a schedule.

**Community Events**

Call (360) 501-3700 for more information.

March for Babies
Saturday, April 25, 8 a.m. registration, 9 a.m. walk
Join us for this year’s March of Dimes fundraiser, beginning and finishing at the Women’s Health Pavilion. To register for the March of Babies walk around Lake Sacajawea or for more information, visit www.marchofdimes.com.

**CONGRATS, DR. PETERSON!**

Patricia “P. J.” Peterson, MD, FACP, is a newly elected Fellow of the American College of Physicians (ACP). ACP Fellows are recognized by their peers for personal integrity, superior competence in internal medicine, professional accomplishment, and demonstrated scholarship.

As a Fellow, Dr. Peterson can serve on ACP committees that work to overcome the challenges facing internal medicine professionals, hold office in the ACP, and mentor future internists. She was also selected as an overseas Fellow in the Royal Society of Medicine in London.

PeaceHealth is proud to celebrate and honor Dr. Peterson. She currently practices at PeaceHealth Medical Group’s Internal Medicine Team B, serves on PeaceHealth’s Regional Governing Board, and has served as a Chief Medical Officer for PeaceHealth in the Lower Columbia Region.

Visit the class calendar on the Women’s Health Pavilion web site, www.peacehealth.org/healthinfo/women, for more information for women.
GOLDEN LAB

St. John Medical Center’s laboratory received the gold standard for laboratory accreditation by the College of American Pathologists (CAP). To be accredited by CAP, labs are required to have an unannounced inspection every two years, maintain excellent quality control, do a self-inspection, and inspect a laboratory at another facility.

Support Groups

Cancer Support Group
First and third Mondays, 5:30 to 7 p.m., free
Lower Columbia Regional Cancer Center
Registration not required. Call Susan Schwarz at (360) 414-7968 for information.

Cardiac Support Group
Second Thursdays, 1:30 to 2:30 p.m., free
Cardiac Rehabilitation Exercise Center
For cardiac patients, their families, and caregivers to discuss exercise, coping with heart disease, stress management, nutrition, and more. Call (360) 414-7384 or (360) 636-4839.

I Understand: Breast Cancer Support Group
Mondays, April 27, May 18, June 22, 6:30 p.m.
Women’s Health Pavilion Resource Center, 1660 Delaware St., Longview
Call Ruth Melvin at (360) 414-2707.

LaLeche League of Cowlitz County
Second Wednesdays, 10 a.m. to Noon, free
Women’s Health Pavilion
Support and education for breastfeeding mothers. Children are welcome. Call (360) 636-3284 or visit www.lllusa.org/web/longviewwa.html. No registration required.

Reach to Recovery
Women’s Health Pavilion
Support for women being treated for cancer, including wigs from the American Cancer Society. Referral to a Reach to Recovery volunteer required.

Correction: In the last edition of HouseCall the Physical Therapist Assistant in this photo was identified as Judi. She is actually Jody Brand, PTA, shown assisting a patient with physical therapy at Columbia Rehab.

CHERRY CREAM CHEESE MINI-TARTS

Try this dialysis-friendly recipe the next time you want something sweet.

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs (or 1 egg plus 2 egg whites)</td>
<td>2</td>
</tr>
<tr>
<td>24 vanilla wafers</td>
<td>1</td>
</tr>
<tr>
<td>1 can cherry pie filling</td>
<td>1</td>
</tr>
<tr>
<td>Paper cupcake holders</td>
<td>1</td>
</tr>
<tr>
<td>Regular-size cupcake tin</td>
<td>1</td>
</tr>
<tr>
<td>2 8-ounce packages cream cheese</td>
<td>8</td>
</tr>
<tr>
<td>¾ cup granulated sugar or Splenda granular no calorie sweetener</td>
<td>¾</td>
</tr>
<tr>
<td>1 teaspoon lemon juice</td>
<td>1</td>
</tr>
<tr>
<td>1 teaspoon vanilla flavoring</td>
<td>1</td>
</tr>
</tbody>
</table>

Preparation

- Preheat oven to 350° F
- Place the cream cheese, sugar or Splenda, lemon juice, and vanilla in a large bowl. Blend with an electric mixer.
- Add the eggs, and beat until fluffy.
- Line a cupcake tin with paper holders. Place one vanilla wafer into the bottom of each cup.
- Fill cups ⅔ full with the cream cheese mixture and bake for 20 minutes.
- Remove from oven and cool 1 hour.
- Top each tart with a cherry and 1 teaspoon of pie filling.

Helpful hints

- If Splenda is used, calories are reduced to 96 and carbohydrate is reduced to 6 grams per tart (½ carbohydrate choice).
- Try low-fat or fat-free cream cheese to reduce the fat content.
- Do not overbeat mixture.
- Do not overbake—tarts may appear soft and moist but will firm up after cooling.

Portions: 24 (2 dozen) • Serving size: 1 tart

Nutrients per serving: calories, 114; protein, 2g; carbohydrate,11g; fat, 7g; cholesterol, 28mg; sodium, 75mg; potassium, 39mg; phosphorus, 20mg; calcium, 2mg; fiber, 0.1g

Renal and renal diabetic food choices: ½ starch; ½ fruit, low potassium; 1 fat • Carbohydrate choices: 1

Recipe from DaVita’s web site. Find more recipes from DaVita at www.davita.com/recipes.
Varicose veins should be treated when they cause pain, swelling, foot and ankle ulcers, clotting, or bleeding. This procedure is also performed for cosmetic reasons.

The VNUS Closure treatment at Longview Surgical Group is a simple, noninvasive procedure. A flexible instrument is threaded through the varicose vein and used to shrink it so that it ultimately closes and blood is rerouted to healthy veins.

For most patients, this is a brief outpatient procedure that does not require a hospital stay. Most people are able to return to work within a few days and quickly resume normal activities. More than 95 percent of people treated have long-lasting relief from their symptoms.

This procedure causes little or no pain and is performed by the board-certified vascular surgeons at Longview Surgical Group. It is covered by most insurance plans. For more information about VNUS Closure, call (360) 501-3500.