LAKE CHELAN COMMUNITY
HOSPITAL & CLINICS

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Family Fun with Max

Free Family Fun Run in Manson Saturday, Sept. 26 at 9 AM. For all ages. Prizes. Partnership with Manson xcountry program. Pre-register at www.LakeChelanHospital.com. Sponsored by Chelan Fresh and LCCH Foundation.

CHELAN FRESH

OUR MISSION IS TO PROVIDE PATIENT-CENTERED, QUALITY HEALTH CARE WITH COMPASSION AND RESPECT.

PUBLISHED BY LAKE CHELAN COMMUNITY HOSPITAL

ADDICTION AND BEHAVIORAL CARE SERVICES

KEVIN ABEL, CEO | 509-682-3300 | KABEL@LCCH.NET

Lake Chelan Community Hospital's inpatient chemical dependency unit recently received praise from the Washington State Department of Social and Health Services, with the surveyor stating all components of the program were "outstanding." Now, more than ever, the hospital's inpatient treatment facility is needed. There continues to be a large treatment gap in this country, according to the National Institute on Drug Abuse. In 2013, they said 8.6 percent of Americans needed treatment for a problem related to drugs or alcohol, but less than one percent received treatment at a specialty facility. Our hospital also offers outpatient services through our mental health team led by psychiatrist Bill Cagle. **We are here to help if you or a loved one has questions concerning mental health or substance abuse.** Call 682-3300 for an appointment or consultation.

Members of chemical dependency treatment team

HOW CAN I VOLUNTEER AT OUR COMMUNITY HOSPITAL?

There are several **volunteer opportunities** available at Lake Chelan Community Hospital. By becoming a volunteer, you 'll make a difference in the lives of our patients and their families. Volunteers assist in many ways, and we try to accommodate your interests and talents. If interested in volunteering at the hospital, please call Agustin Benegas at 682-8525 or e-mail abenegas@lcch.net.

A decade ago, leaders at Lake Chelan Community Hospital boldly invested in information technology (IT). Continued efforts recently earned the hospital its sixth **Most Wired or Most Wired - Small and Rural** designation, which recognizes excellence in IT implementation and innovation.

LAKE CHELAN COMMUNITY HOSPITAL & CLINICS

Summer 2015

Dedicated to those who protected our valley

Malissa Reynolds, RN
Surgical Recovery Room

House Calls

TAKING CARE AFTER THE WILDFIRES: WHAT DO I DO NOW?

by Dr. John Arnold, LCCH psychologist

Even in an area where fires are expected every summer, when something of the enormity of this year's event happens, it can't help but create a sense of shock and dismay. It only takes talking to people about what they've been through to appreciate the immensity of what occurred and how the fires impacted lives. The sense of security, stability, comfort and safety we normally strive for has been dramatically disrupted for many. What we take for granted has abruptly changed.

The personal impact can be varied, but problems with sleep and appetite are common after a disaster, as are headaches and other physical concerns. People become nervous, jumpy and irritable. It can be hard to focus. Children often respond with uncharacteristic anxiety and worry. All these are reactions that normally accompany what we've lived through, and they'll naturally dissipate over time. To help recovery:

Seek out needed services to assure access to food and shelter

Go out of your way to care for yourself - get enough rest and eat well. Avoid alcohol or unprescribed mood-altering drugs that get in the way of actively coping

Accept and acknowledge the range of emotions you may experience, positive and negative

Establish and reestablish routines as possible, such as meals, sleep, family time and spiritual practices

Use support of family, friends and community - share experiences, concerns and hopes for the future

Learn and practice skills to reduce anxiety and stress, such as relaxation skills, exercise or yoga

Allow yourself time to adjust to what happened, give yourself some downtime, limit expectations you may have for yourself, make small daily decisions and avoid making major life decisions

If you continue to experience nervousness, distressing memories or low mood that do not seem to abate with time, seek consultation with your doctor and/or seek the assistance of a behavioral health professional

Paul Cossette, respiratory therapist
Helping you find a breath of air

BREATHING EASIER...

Short of breath? Talk to your family physician. He or she may refer you to Paul Cossette, hospital respiratory therapist. Paul, who has worked at LCCH since 2007, provides patients with breathing function tests like treadmill and spirometry. These simple evaluations help diagnose and treat illnesses like asthma, COPD and pneumonia. In smoky conditions, watch air quality reports. If unhealthy, limit time outdoors or wear a N95 respirator mask. If you are experiencing chest tightness, wheezing or coughing, call Lake Chelan Clinic at 682-2511. **Walk-in hours for urgent care at the clinic on Johnson Avenue are Monday - Friday from 8 AM to 6 PM and Saturdays 9 - 11:30 AM.** (Clinic opens at 10 AM second Tuesday of each month) For severe breathing problems go to the hospital ER or call 9-1-1 for emergency services.

NEW HOSPITAL ENDOSCOPY SYSTEM FACILITATES EARLIER DIGESTIVE DISEASE DETECTION AND TREATMENT

Lake Chelan Community Hospital (LCCH) recently acquired the Olympus EVIS EXERA III video endoscopy system. Endoscopy systems, through the collaborative use of a video processor, light source, endoscope and monitor, let physicians peer inside the human body to diagnose, detect and treat gastrointestinal (GI) diseases and other conditions. The advanced imaging in the new system will help LCCH physicians detect GI diseases like colorectal cancer at an earlier stage when treatments are most successful. The new system boasts enhanced image quality, added brightness and several key technologies such as HDTV for superior clarity. Physicians can switch the depth of field from normal focus to near focus for more detailed observation of suspected lesions. "The clarity on the new Olympus EVIS EXERA III system is exceptional, helping me to more clearly detect abnormalities, even at their earliest stages," says Dr. Tobe Harberd, family physician at Lake Chelan Clinic.

Early detection can improve treatment outcomes, reduce overall healthcare costs and improve the quality of life for patients. To aid in early detection, the **American Cancer Society recommends that beginning at age 50, both men and women at average risk for developing colorectal cancer should be screened for colorectal cancer and polyps.** Those with personal or family risk factors should be tested even earlier.

The new colonoscopes in the EVIS EXERA III system also improve comfort for patients. Technologies such as Passive Bending (for following contours in the colon), High Force Transmission (for improved sensitivity to a physician's movements), Variable Stiffness (to meet the unique anatomical needs of the patient), and ScopeGuide (for visualizing the scope's position inside the patient's body) deliver better control to the physician and help improve comfort for the patient.

HOW CAN I LOWER MY RISK OF COLORECTAL CANCER?

Colorectal Cancer is one of the most commonly diagnosed cancers in the United States. Yet it is also one of the most preventable forms of cancer. Regular colorectal cancer screening can, in many cases, prevent colorectal cancer altogether. This is because polyps, or growths, can be detected and removed before they have the chance to turn into cancer. Screening can also result in finding colorectal cancer early, when it is highly curable. To lower your risk:

- Get regular colorectal screening tests beginning at age 50, unless you have risk factors.
- Know the symptoms of colorectal cancer, regardless of your age, as it is easier to treat when detected early.
- Eat a diet rich in fruits, vegetables and whole grains.
- Eat a low-fat diet.
- Eat foods with folate such as green, leafy vegetables. A daily multivitamin containing .4 mg of folic acid may also be helpful.
- If you use alcohol, drink only in moderation. Alcohol and tobacco in combination are linked to colorectal and other gastrointestinal cancers. If you use tobacco, quit. If you don't use tobacco, don't start.
- Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking or biking may help reduce your risk.

"It was my first colonoscopy, and I felt some trepidation, but everyone was very professional, friendly and welcoming. They made me feel very comfortable and took all of my fear away. It wasn't a bad experience. They answered all of my questions and talked me through the whole thing." Linda Bayless, Mansfield

"I was well taken care of by everybody when I had my colonoscopy. They were kind, helpful and even funny." Linda Liles, Chelan

" I was very terrified of having such a procedure, but when I came in I was surprised at the attention to detail and comfort that I received from the nurse Malissa and everyone involved in my care" Josefina Garcia, Chelan