



CareFactor

Tobacco and Lung Cancer

Could Your Dreams **Go Up in Smoke?**

Lung cancer is the No. 1 cancer killer of men and women, and more Americans die each year from lung cancer than from breast, prostate and colorectal cancers combined.

Sadly, the majority of these deaths could have been prevented, because nearly 90% of lung cancers are tobacco related.*

Who's at Risk?

It's no surprise that smokers are at greatest risk of developing lung cancer, but nonsmokers can get lung cancer, too, especially those who are exposed to secondhand smoke. The American Cancer Society estimates about 162,460 people died from lung cancer in 2006. And the American Lung Association reports that 3,400 lung cancer deaths are caused by secondhand smoke each year. Other people at risk include those who are exposed to radon gas, asbestos and other cancer-causing agents such as vinyl chloride and coal products.

Playing with Fire

Cigarettes and secondhand smoke contain a number of chemicals known to be toxic or carcinogenic (cancer-causing), including carbon monoxide, arsenic, ammonia and formaldehyde. According to the Centers for Disease Control and Prevention, smoking harms nearly every organ in the body and reduces the health of smokers in general.

Smoking contributes to a range of health problems, including respiratory tract infections, heart disease, stroke, infertility and low bone density. In addition to lung cancer, smokers are more likely to have cancer of the bladder, oral cavity, pharynx, larynx, esophagus, kidney, pancreas and stomach.

Signs of lung cancer include:

- ❖ A cough that does not go away
- ❖ Chest pain
- ❖ Trouble breathing
- ❖ Coughing up bloody mucus
- ❖ Hoarseness
- ❖ Many lung infections, such as pneumonia
- ❖ Weight loss
- ❖ Loss of appetite

Is Lung Cancer Treatable?

Lung cancer has a high death rate because it typically does not produce symptoms until the cancer is advanced and more difficult to treat. Nearly 60% of people diagnosed with lung cancer die within one year of their diagnosis.** Treatment options depend on the type of cancer and if it has spread. Surgery, radiation therapy and/or chemotherapy may be used for treatment.

Tobacco-Free Campus 
At MHCC

Memorial Hospital of Converse County is making a big statement on this year's Great American Smoke Out, Nov. 15, 2007. From that day forward, Memorial Hospital of Converse County will be tobacco-free – inside and out!

MHCC is a health leader that cares about its patients and employees, and wishes to provide a healthy, healing environment. Therefore, we have joined the ranks of many hospitals across the nation in becoming a tobacco-free campus.

Being a tobacco-free campus means there will be no tobacco use allowed on any owned or leased property of MHCC.

MHCC is helping employees and patients with tobacco cessation classes. Call the Wellness Department at **(307) 358-3947** for more information.

Never smoking and avoiding secondhand smoke are the best ways to protect yourself and your loved ones from developing lung cancer. If you smoke, quit. It may be difficult, but there are resources to help you. Talk to your doctor about smoking cessation programs or visit www.smokefree.gov or the American Cancer Society at www.cancer.org for educational information and support to help you quit for good.***

* Source: American Cancer Society, www.cancer.org.

** Source: American Academy of Family Physicians, www.familydoctor.org.

*** Web sites provided for information only. An endorsement is not implied.



Pink Flamingo Party!

*Save the Date! Oct. 6, 2007, at 6 p.m.,
Fort Reno Building at the Wyoming
State Fair Park in Douglas.*

That's right girls, book the sitter, get your pink outfit, gather your friends, buy your party pass and be ready for a night of fun and laughter.

Every Pink Flamingo Party is different from the last but right now all we can tell you is that it is sure to be a magical evening!

As in the past, the Pink Flamingo is a joint effort of the Converse County Breast Cancer Awareness Task Force and Memorial Hospital of Converse County. The goal is to provide women with a fun night while reminding them to take care of their health and be proactive about early detection of breast cancer!

Get your party passes at the reception desk at Memorial Hospital of Converse County! If you have questions, please call Amy at **(307) 358-2122**.



Mammography technicians Carol Bickmore, Clarice Forgey, Tanda Martin and Alys Young

World-Class **Breast Cancer Detection**

Memorial Hospital of Converse County has made a big commitment to accurate breast cancer detection.

In order to provide patients with optimal breast imaging and comfort with lower doses of X-rays, MHCC has installed a state-of-the-art mammography machine. The goal of each mammogram is to provide women with the best possible exam. At MHCC, this means capturing the detailed images at one appointment and reducing the need to be called back for more views of the breast. MHCC uses a Siemens mammography machine that produces digital images. These digital images are superior to the films of the past and provide radiologist Dennis Yutani, MD, and ordering physicians with greater detail.

MHCC's breast diagnostic capabilities do not stop with mammography. If there are suspicious areas, Dr. Yutani and the ordering physician may have a breast ultrasound or a breast MRI performed.

Breast MRI is most commonly used after a breast cancer diagnosis has been made. MRI provides enormous detail and is used to determine if the cancer has spread. General surgeons Dr. William White and Dr. Jonathan Grosdidier appreciate the information provided by the MRI. "Our goal is to remove all cancer with one surgery," says Dr. Grosdidier. "The MRI shows if the cancer is contained within a tumor or if it has spread to additional breast tissue in the same breast or even the other breast."

Memorial Hospital of Converse County and Dr. Yutani view mammography as an essential component to women's health. It is relatively rare for a rural hospital to have state-of-the-art breast imaging technology available, but MHCC is committed to offering mammography and a full realm of breast cancer diagnostic tools.



Help Prevent Teens from Lighting Up

One-third of all smokers had their first cigarette by the age of 14, and 90% of all smokers begin before age 21. Teens are vulnerable because they want to impress peers or rebel against their parents. In many cases, teens who start smoking have a best friend or parents who smoke, which may give them easy access to cigarettes. The more years someone smokes, the greater the chance of getting addicted, having difficulty quitting and suffering health problems. In fact, Mayo Clinic reports one out of three smokers can expect to die of a disease caused by cigarettes.

As a parent, you play an important role in helping your children stay away from cigarettes. Not smoking is one of the best ways to set a good example. Tell your children about the dangers of smoking when they are in grade school. Keep reminding them as they get older, and mention how smoking may have affected the health of friends and relatives.

Memorial Hospital Opens “Coag” Clinic

For people who are prescribed blood thinners, or anticoagulants, such as Coumadin®/warfarin, life becomes a balancing act.

If the blood becomes too thin, trimming a toenail too close can mean a visit to the ER. If the blood is too thick, clots can form, causing serious medical problems such as heart attacks and strokes. To help manage the delicate balance, MHCC now offers an anticoagulant or “Coag” Clinic.

This walk-in clinic, located in the Wellness Department on the 4th floor of the hospital, is available to patients Mondays, Wednesdays and Thursdays, 8 a.m. to 1:30 p.m.

Anticoagulation Therapy

Blood thinners are often prescribed for patients with atrial fibrillation (an irregular heart rhythm), pulmonary embolism and after artificial heart valve surgery or

orthopedic procedures. They are prescribed because the body may be making blood clots, or the patient’s medical condition promotes unwanted blood clots.

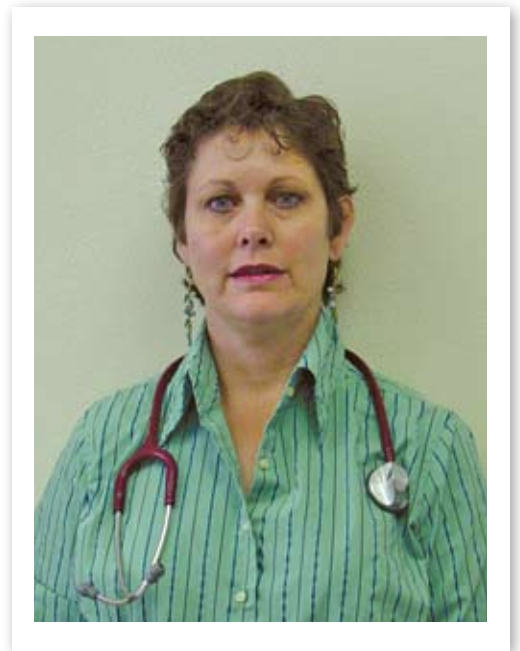
“The goal of anticoagulation therapy is to achieve the proper INR (international normalized ratio) levels for the patient’s condition through careful administration of blood thinner,” explains Marge Wilson, RN, who supervises MHCC’s Coag Clinic. She explains that patients with different diagnoses have different INR levels.

Many things can cause blood levels to go out of the INR range, from interactions with food and over-the-counter medications to missed doses. Achieving and maintaining therapeutic blood levels requires careful monitoring by a trained professional.

Prior to the opening of the Coag Clinic, most oral anticoagulation therapy was managed by the patient’s physician. The patient would have their blood drawn at the lab and when the tests were completed the lab would forward the results to the physician. The physician would make a decision about changing the medication or leaving it the same, then the physician’s nurse would contact the patient with the doctor’s decision.

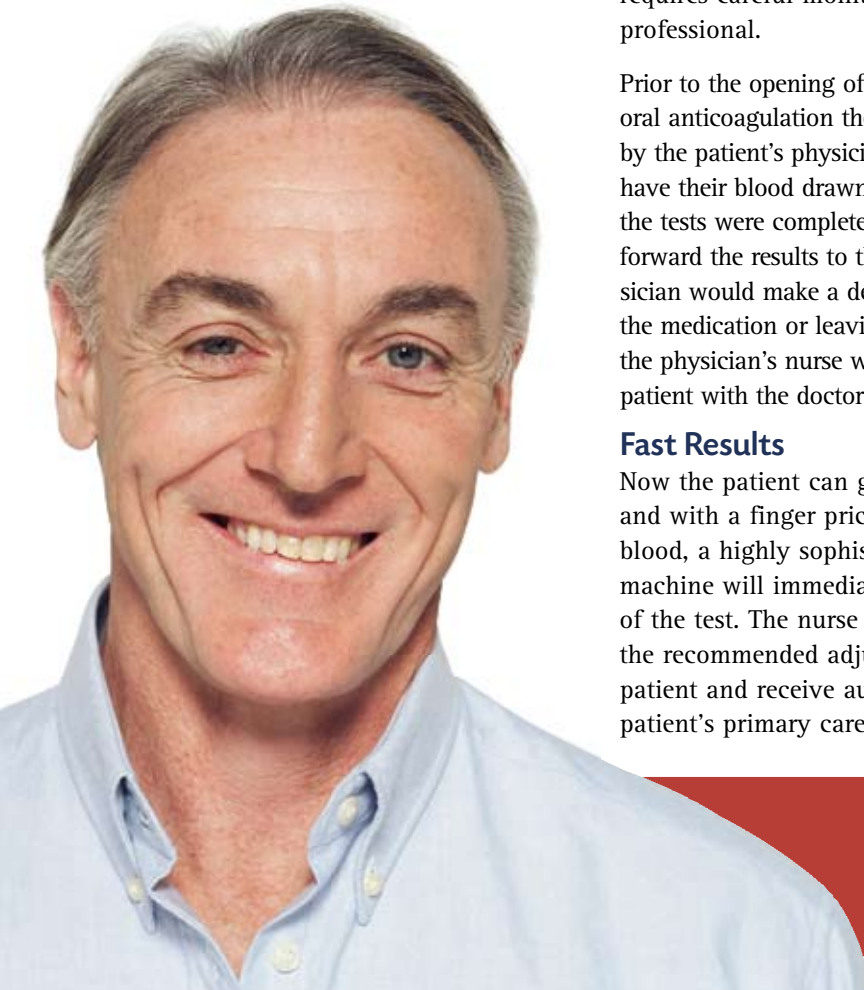
Fast Results

Now the patient can go to the Coag Clinic, and with a finger prick and a few drops of blood, a highly sophisticated yet compact machine will immediately give the results of the test. The nurse on duty will discuss the recommended adjustments with the patient and receive authorization from the patient’s primary care physician.



Marge Wilson, BSN, RN
Wellness Department Manager

The Coag Clinic, located in the Wellness Department on the 4th floor of the hospital, is available to patients Mondays, Wednesdays and Thursdays, 8 a.m. to 1:30 p.m.



For more information about this new service, please call the Wellness Department at (307) 358-3947.

Lusk Native Opens **Family Medicine Practice at MHCC**



Deeanne Engle, MD
Family Medicine and Obstetrics
(307) 358-7376

Deeanne Engle, MD, will begin seeing patients at Memorial Hospital of Converse County on Sept. 13.

A Familiar Face

Dr. Engle was raised on a ranch in the Lusk area. She decided early in life that she wanted to be a doctor. She enjoyed taking care of sick animals on the ranch, but liked the idea that people can actually tell you what is wrong. Being a people person, she decided to pursue a medical degree instead of a veterinarian degree.

She chose family medicine because she enjoys the variety of patients that a family medicine physician sees on a daily basis. Dr. Engle says, "I like taking care of kids, babies, adults and the elderly."

"Women's health is very important to me. I enjoy working with women as they reach other milestones in their lives."

Education and Background

Dr. Engle is a University of Wyoming alumna, graduating with a degree in biology. Dr. Engle attained her doctor of medicine degree from the University of Washington.

Dr. Engle completed her residency training at Rapid City Regional Hospital Family Medicine Program. "Training at Rapid City reinforced that I had made the correct decision to become a family medicine physician and practice in a rural area. I really enjoyed the program," she says. In addition to the variety of cases she was able to play a part in, she delivered more than 200 babies during her residency.

Dr. Engle was able to get a sneak peek at MHCC when she completed a Rural Rotation with Dr. Kara Underwood. While she spent most of the rotation shadowing Dr. Underwood, she was able to spend a day or half day with each of the MHCC medical staff members.

MHCC: A Welcome Place

Several factors influenced her decision to practice at Memorial Hospital of Converse County. MHCC is conveniently located close to both her family and husband Kurt's family. Dr. Engle heard many positive comments from people who have used the services of the hospital, and the medical staff members are well-trained and tops in their fields.

Open House Introducing New Doctors

Memorial Hospital of Converse County invites you to an open house to meet Dr. Kraig White and Dr. Deeanne Engle.

Thursday, Sept. 20
Hospital Lobby
5 - 7 p.m.

In addition to family medicine, Dr. Engle also offers obstetrical services. "Women's health is very important to me. Not only do I enjoy working with women in their childbearing years, but also as they reach other milestones in their lives and deal with menopause and health concerns that come with age," Dr. Engle says.

When away from the hospital, she enjoys spending time with her husband and 1-year-old daughter, playing the piano, helping out on the family ranch, reading mysteries and taking part in winter sports.

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