



Let's Knock Out Breast Cancer!

Seventy-four-year-old Myrna Bensing has been driving from Grandview, Mo., to Butler for years for her medical care. "I receive such good treatment, and the people are so caring. It's worth the drive," she says.

So when she felt a lump in her right breast recently, Myrna knew exactly where she needed to go for her mammogram. As luck would have it, Bates County Memorial Hospital (BCMh) had just invested in the latest 3-D screening mammography technology, and Myrna was one of the hospital's first patients to undergo the examination.

"The test itself was much less stressful and more comfortable than previous mammograms I have had," Myrna says. When the 3-D mammogram confirmed the lump was suspicious, the hospital's radiology team immediately went to work, performing a breast ultrasound, then biopsy.

Unfortunately, test results found that Myrna has breast cancer, and she is now in treatment, but she's thankful she came to BCMh. "The staff made what could have been a nerve-racking time a comfortable experience," Myrna says. "They were caring and concerned about me as a person."

Why BCMh is Bringing 3-D Mammography to the Community

BCMh is committed to providing the same high level of care that Myrna received to every patient. "It is our responsibility to offer the gold standard of care for our patients," says Christi Pope, Director of Imaging Services. "Breast tomosynthesis, or 3-D mammography, is that gold standard of care."



▲ Christi Pope, Director of Imaging Services, left, and Tammy Bledsoe, Mammography Technologist, display the hospital's new 3-D screening mammography equipment.

A 3-D screening mammogram is performed in conjunction with the traditional 2-D digital mammogram. During the 3-D part of the examination, the X-ray arm sweeps in a slight arc over the breast, taking multiple images to produce a 3-D image of the breast tissue. This provides greater detail for the radiologist to examine.

Mammograms are performed in the hospital's recently redesigned Women's Center, where bone densitometry and breast ultrasound also are available. Board-certified radiologists with special training in 3-D mammography



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interpret exams performed at the center. The facility is accredited by the American College of Radiology and is certified by the Mammography Quality Standards Act.

“With 3-D mammography, we can catch breast cancer earlier, when it’s most treatable,” says Corey Chopra, M.D., BCMH radiologist. “Eventually, 3-D mammography will become the standard of care across the country, but we have everything we need at Bates County right now to deliver that care.”

Additional Costs

- 3-D mammography, (DBT, Digital Breast Tomosynthesis) is an optional addition to traditional 2-D digital mammography. Patients still may request a 2-D mammogram if they prefer.
- Even though 3-D mammography is FDA approved, most insurance companies are not yet reimbursing for this procedure. Patients who choose to have 3-D imaging at BCMH will be asked to pay a **\$30 fee** at check in. You will receive an additional bill from the radiologist for interpretation

of the 3-D mammogram for \$30. The remaining costs associated with 2-D mammography will be billed to insurance. (Any outstanding balance from the 2-D exam will be billed to the patient once insurance has paid).



Extended Women’s Center hours

are available to accommodate patients’ busy schedules. In addition to offering mammograms during normal business hours, mammograms can be scheduled Thursdays until 7 p.m., and the last Saturday of the month from 8 a.m. to noon.

Myrna adds a word of advice to anyone who might be putting their mammogram off. “I probably hadn’t had a mammogram for five years or more,” she says. “I had red flags that something might be wrong, but I ignored them. Don’t do what I did. Get your mammogram!”

To schedule a mammogram, call 660-200-2370.

Benefits of 3-D Mammography

▶ Earlier and easier detection

With conventional mammography, the radiologist is viewing the breast tissue in a flat image. Sometimes this tissue appears overlapped, making it difficult to see all the individual breast structures. 3-D mammography allows the doctor to better see the different structures as well as the location, size and shape of any abnormal tissue, such as small cancers.

▶ Fewer callbacks

If the radiologist sees an area that is questionable, the patient is usually called back to return for additional imaging. By being able to see the breast tissue in smaller, thinner sections utilized with 3-D mammography, the “second look” call back may not be necessary.

▶ Lower radiation risks

A very low X-ray energy (dose) is used during the mammography exam. The amount of radiation is below the recommended guidelines of the American College of Radiology. Digital Breast Tomosynthesis (DBT) is approved for use by the Federal Drug Administration (FDA).

Screening Mammograms Lead to Early Detection



Early detection of breast cancer could save your life. If you have no signs or symptoms of breast abnormalities, BCMH radiologists suggest you schedule a screening mammogram according to the American Cancer Society’s recommendations:

- Women 40 years of age and older should have routine mammograms every year. Women who are at high risk for being diagnosed with breast cancer should talk with their health care providers.

- If you experience any changes in your breasts, contact your primary health care provider as soon as possible for an evaluation. These changes include:
 - Development of a lump
 - Swelling
 - Skin irritation
 - Nipple pain
 - Nipple retraction
 - Redness or cracking of the nipple or breast skin
 - Any discharge other than milk, especially if spontaneous.

Butler High Raises Funds for ImPACT Program

In 2014 James Miller, D.O., approached the Bates County Community Health Foundation to partially fund the cost of the ImPACT program for Bates County high schools. The ImPACT program aids in the diagnosis and treatment of student athletes who receive head injuries and concussions.

The annual cost to Bates County Memorial Hospital (BCMh) for the program is approximately \$6,000. The Foundation has funded 50 percent of the program for the past two years. Students at area high schools, including the Butler High School

Interact Club, recognize the importance of the ImPACT program and have shown their appreciation by raising funds to support the initiative for athletes at their school.

This is the second year for the Interact Club fundraiser, with the students donating \$700 to the Foundation to support the ImPACT program.

Popular fundraisers included “hat and sunglass day,” music in the cafeteria, song requests and an auction allowing students

to “bid” on teacher parking spots. The highest bidder earned the opportunity to “kick” a staff member out of their parking spot for a week. Teachers also could make \$10 donations to the program, which allowed them to wear jeans to work all week.



Butler High School students organizing this year's fundraising activities to benefit the ImPACT program included, left to right: McKenzie Wheatley, Makenna Hannah, Robin Colburn, faculty sponsor and Jacob Beckley.

Butler Students Dance for a Cause

The Butler Junior High Student Council recently sponsored **Dance for a Cause**. As students entered the dance, they placed their admission fee in the container designated for the cause they wanted to support. Through the proceeds from the dance, **\$117.50** was collected to go toward **supporting breast cancer awareness** at Bates County Memorial Hospital.

Pictured, left to right are Student Council officers: Makenna Stephens, secretary; Hayes Gustin, vice president; Lilli Colburn, president; and Maciah Bosch, treasurer.





Get the Picture!

Nuclear Medicine a Permanent Service at BCMH



If your doctor has ever wanted to know how well your heart is pumping, your thyroid is working, or if you have an infection in your bones called osteomyelitis, you may have had a nuclear imaging scan.

“Previously, we had an off-site nuclear imaging service at Bates County Memorial Hospital (BCM) that performed studies three times per week,” explains Christi Pope, Director of Imaging Services.

“But to meet the community’s increasing need for nuclear medicine testing, the hospital recently invested in permanent state-of-the-art nuclear imaging equipment and has hired a full-time nuclear medicine technologist to conduct these procedures,” Christi says.

The new nuclear technology features a dual-head camera from Siemens. Tests take less time to perform and produce much better images.

Conducting nuclear imaging studies at BCMH is Doneda Swenson, RT, R (N), CNMT, nuclear medicine technologist. Doneda has more than 30 years of experience in the field.

During a nuclear medicine study, Doneda administers a radioactive material to the patient called a radiopharmaceutical. The radioactive material concentrates in a specific organ or organ system. The nuclear cameras can detect the radiation emitted by the radiopharmaceutical concentrated in the organ. The camera then produces a computer image of the organ.

The images allow the radiologist to study the structure, measure the function of the organ and to identify tumors, areas of infection or other disorders. The radiation dose is small, and the patient experiences little or no discomfort during the procedure.

“We believe strongly that it is our responsibility to provide the highest standard of care at BCMH so our patients can receive their care here, without leaving the community,” Christi adds.

A physician referral is required for a nuclear medicine study.

▲ Doneda Swenson, Nuclear Medicine Technologist, conducts nuclear imaging scans using the hospital's new dual-head camera.



Nuclear imaging studies often ordered at BCMH are checking for:

- ▶ Heart function
- ▶ Thyroid and parathyroid function
- ▶ Gallbladder/liver function
- ▶ Bone cancer spread
- ▶ Kidney function
- ▶ Bone infection

BCMh Offers Diabetes Empowerment Education Program

Diabetes is a chronic health concern. Data from both the Centers for Disease Control and the Missouri Department of Health reveal rates between 10 to 12 percent among Bates County residents. This rate well exceeds the national rate of just over 9 percent.

At Bates County Memorial Hospital (BCMh), Candy Williams, R.N., ACSM certified exercise physiologist, says that diabetes has far-reaching health consequences. “Uncontrolled diabetes can cause severe damage to the eyes, kidneys, heart and nerves. In severe cases, uncontrolled diabetes can lead to amputations.”

As a nurse in Cardiac Rehabilitation at BCMh, Candy has seen the increasing frequency of diabetes among patients with heart disease. “According to the American Heart Association, heart disease is two to four times more likely among those with diabetes,” she says.

The good news is that a new workshop called the Diabetes Empowerment Education Program (DEEP) has been launched by the Centers for Medicare and Medicaid Services as a response to the alarming incidence of diabetes across the nation.

DEEP, which is offered free at BCMh, is for individuals with diabetes, pre-diabetes, and those who care for someone with diabetes. The workshop focuses on empowering people to take charge of this condition, avoid complications, and improve self-management skills.

Candy facilitates the DEEP workshop and says, “Our community needs ongoing diabetes education and this

program is one way to bring needed assistance. Our goal here at BCMh is to develop a program that not only provides ongoing community workshops, but assists in many other ways.”

BCMh is developing a collaborative Diabetes Self-Management Education Program, which involves an advisory board and a medical director. “Dr. John Bustle has graciously accepted the role of medical director and brings a genuine interest in this subject,

as well as his medical background,” Candy adds.

The DEEP workshop is free and lasts six weeks from 10:30 to 12:30 p.m. in the hospital’s Education Center. Topics include: Understanding the Human Body, Risk Factors, Monitoring Your Body, Physical Activity, Health Management through Meal Planning, Complications of Diabetes, Medication Information, and Mobilizing Family and Friends. Healthy snacks and drinks are provided.

To find out when the next DEEP workshop series begins, or to register, call 660-200-7007.



BCMh also offers a monthly support group for individuals diagnosed with diabetes and their caregivers.

Living Well with Diabetes Support Group

Third Thursday of the month, 2 p.m.
(April 21, May 19, June 16, July 21,
Aug. 18, Sept. 15, Oct. 20, and Nov. 17)

Meeting Room A/B
Candy Williams, Facilitator

**Call 660-200-7007
for more information.**

◀ During the DEEP workshop, Candy Williams uses a muscle diacell model to explain how insulin interacts with cells in the body.



What BCMH Patients Are Saying...

At Bates County Memorial Hospital (BCMH), we pride ourselves on providing the highest quality patient care in a compassionate and healing environment. Recently, several patients have shared their experiences with us.

“The care my friend received at BCMH was exceptional and the kindness I was shown as a visitor was outstanding. The nurses were great and went out of their way to meet my friend’s needs. All of the staff were very professional.”

“All of the staff were excellent during my stay. They went above and beyond to make us comfortable as a patient and family.”

“It would be too hard to pick one employee over another. We both had great care at BCMH. We appreciate and love all of you. It is good to know we have a great hospital close by when we need one. Keep up the good work!”

“I would like to express my appreciation for the care I received at BCMH while having surgery. I would not hesitate to recommend your facility to anyone who had need of the services you offer.”

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, MSN, APRN, FNP-C
- **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

BCMHS 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
Jim 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

Cosmo Caruso, M.D.	660-200-7006
Patrick Perkins, M.D.	660-200-7006
Timothy Smith, M.D.	660-200-7006

Urology

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

For more information visit www.bcmhospital.com.



Mark Your Calendar!

You can support the BCMH Auxiliary's fundraising efforts when you purchase items in the hospital Gift Shop, or at one of these upcoming events:

- **Scrub Sale**, Tuesday, May 3, Education Center, 7 a.m. to 4 p.m.
- **Jewelry Sale**, Wednesday, June 22, Hospital Front Lobby, 7 a.m. to 4 p.m.
- **Scrub Sale**, Thursday, Sept. 15, Education Center, 7 a.m. to 4 p.m.
- **Book and Gift Sales**, Wednesday, Oct. 12, Hospital Front Lobby, 9 a.m. to 5 p.m.; and Thursday, Oct. 13, 7 a.m. to 4 p.m.
- **Jewelry Sale**, Wednesday, Nov. 9, Hospital Front Lobby, 7 a.m. to 4 p.m.
- **Thanksgiving Bake Sale**, Tuesday, Nov. 22, Hospital Dining Room, 7 a.m. until sold out.
- **Gift Shop Christmas Sale**, Tuesday, Dec. 6, Gift Shop and Front Lobby, 6:30 a.m. to 5:30 p.m.

BCMHAuxiliary Makes \$15,000 Donation to Hospital

Each year, the Bates County Memorial Hospital (BCMHAuxiliary) funds special requests to enhance and improve patient care at the hospital.

“This year, we asked for recommendations that will make patient stays more comfortable,” explains Melinda Jackson, BCMH Human Resources Director.

Their response was a request to upgrade televisions in patient rooms with flat screen TVs, and new recliners for patient rooms in Med/Surg. “One of the most frequent requests we hear from nurses is the need for recliners in patients’ rooms so patients who can get out of bed have a comfortable recliner to sit in. Many of the current recliners

need to be replaced with heavy duty hospital-grade recliners. Four of these recliners will have bariatric capacity for patients weighing up to 500 pounds,” Melinda says.

The BCMH Auxiliary raised the \$15,000 to purchase these new room furnishings via events such as a variety of fundraisers, a bake sale, and other special projects. Hospital volunteers also share a few hours each week performing a wide range of duties. They work in the Gift Shop, staff the Information Desk and assist in various hospital departments.



You can support the BCMH Auxiliary by joining and volunteering at the hospital. Call 660-200-7044, or pick up an application at the hospital Information Desk in the front lobby.

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Edward J. Hannon, Chief Executive Officer

Please direct any comments or suggestions to our editor:

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VitalSigns



Knock Out Breast Cancer!

3-D Mammography

Now at Bates County Memorial Hospital

See story on page 1 for more information.

To schedule an appointment for a mammogram, call 660-200-2370.