

A REPORT TO THE COMMUNITY ON THE MISSION OF CASSIA REGIONAL HOSPITAL

HEALING *for* LIFE[®]



SUMMER 2016 IN THIS EDITION

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Improve the amount and quality of your sleep

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SLEEP LAB AND HOME SLEEP STUDIES

MINI-CASSIA SLEEP LAB
1501 Hiland Ave, Burley, Idaho (208) 677-6488

When you wake up, do you still feel sleepy? Is the feeling of tiredness following you throughout the day? Even if you are getting the correct number of hours, there are a number of issues that can ruin your chances of getting a good night's rest. The number of Americans suffering from sleep disorders is on the rise; the good news is that you can come to Cassia Regional Hospital for a sleep study. We will be able to determine what is happening and figure out ways to improve the amount of restful sleep you are getting.

Your Sleep is Worth It

When you go to sleep, your body is able to relax, repair itself and rejuvenate. Hormones that are used up during the

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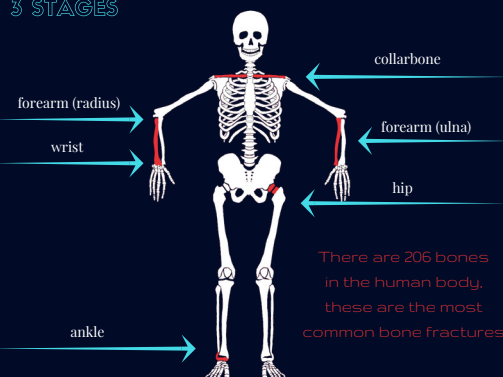
all about

Orthopedics

Did you know?

BONES HEAL IN 3 STAGES

- 1 reactive
- 2 repair
- 3 remodel



record for most broken bones in a lifetime

433

held by Evel Knievel



30 minutes

of exercise a day can reduce the risk of bone and joint injury

Did you know?

Bones can bend under strain. They break when the pressure is too much.

There are 8 main shapes or kinds of bone fractures.

In a year, the total estimate for musculoskeletal injuries cost Americans a total of

\$254 billion

216.5 million work days

lost in a year due to musculoskeletal injuries in the United States



Sources: <http://www.providence.org/>, <http://www.medicinenet.com/>, <https://askartology.asu.edu/>, <http://www.guinnessworldrecords.com/>, <http://www.boneandjointburden.org/>

SLEEP LAB AND HOME SLEEP STUDIES --- continued

day can be replaced at night. Your mind is able to download all the days' information and has time to process. If you are not getting a good sleep, these functions are not performed efficiently. Without restful sleep, your stress, irritability and anxiety can increase. You will also notice a decrease in your daily energy levels and sex drive. Left untreated, you can experience an increase in your weight and blood pressure, have irregular heartbeats, and increase your risk of a heart attack. There are also a myriad of mental issues that can arise when you do not get a good rest from your sleep.

The Sleep Study

You do not need to be nervous about a sleep study. When you come to Cassia Regional Hospital, your needs are our priority. We will sit down with you and determine if you can have an in-home sleep study. In home sleep studies are nice, because you are sleeping in a familiar environment. In home sleep studies are not the answer for everything; sometimes we need more information. If that is the case, our sleep lab is designed to give us the results needed to identify the problems and work toward a solution. Our goal is to get you the type of restful sleep that will make you feel great.

TOBACCO AWARENESS PREVENTION

Respiratory program provides tobacco prevention awareness to students through lung dissection & other hands-on activities

Respiratory therapists at Cassia Regional Hospital in Burley, ID, recognized the value of teaching health promotion and disease prevention to students in their community. When the Utah Society for Respiratory Care offered to share their Breathe-zy after school program, the Idaho RTs took them up on the offer. A community partnership with Intermountain Healthcare that continues due to the corporation's generous funding, Breathe-zy is a free, three-hour, interactive course aimed at providing elementary, middle, and high school students with an opportunity to enhance their knowledge of lung health and tobacco/e-cigarette prevention.

Interactive Program

The program was developed by a Utah respiratory therapist (RT) in 1995 and has been offered to over 10,000 students in Utah, Washington, the U.S. Air Force, Title VII Native American schools, and now, Idaho! A science teacher at Canyon Ridge High School in nearby Twin Falls asked the RTs from Cassia Regional Hospital to present the program to her class and invited several other classes to participate as well. Program activities are centered around interactive skits about saying "no" to commercial tobacco use, as well as key terms of respiration and the creation of a chest and lungs from two-liter soda bottles.

To learn the mechanisms of an asthma attack, students don shirts representing airway mucous, inflammation, and oxygen molecules in normal versus reactive states. The course culminates with pig and/or cow lungs dissections.

Students are surveyed at the beginning and end of the course to verify that they are retaining key knowledge. Teachers for the course include volunteer college students such as RTs, nurses, and pre-medical students; RT professionals; and high school students who are mentored in the program and the process of data outcome entry, analysis, and reporting. Benefits include: Early awareness of the importance of general lung health and avoidance of lung disease-causing exposures such as tobacco, e-cigarettes, air pollution, and other particulates; Professional community education and leadership mentoring of students and other volunteers; Awareness of respiratory therapy as a profession; College respiratory therapy program credits to encourage community volunteering and stewardship.

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RESPIRATORY PROGRAM --- continued**Changing Communities**

The impact of community partnerships on health promotion and commercial tobacco/e-cigarette avoidance cannot be understated. The RTs at Cassia Regional Hospital wish to express their sincere appreciation for Intermountain Healthcare's dedication to community stewardship. If you are interested in scheduling this free program for your child's school, after-school program, or church group, contact Stuart Young at (208) 677-6544.

**MEET OUR NEW PROVIDERS****DEVIN HIGGINS, DO, BOARD CERTIFIED FAMILY PHYSICIAN**

CASSIA FAMILY MEDICINE CLINIC
1501 Hiland Ave, Suite A. Burley, Idaho, 208.677.6091
Now accepting patients, Se habla Español

"I chose family medicine for the breadth of its scope. I love talking to people. I enjoy taking care of the whole person, and enjoy taking care of all members of a family.

I was born in Twin Falls when my dad was working for Judge Granata in Burley, so I started my life here. My family has strong ties to the area; my grandmother grew up in Burley. Her father was Ray G. Mitchell, sheriff of Cassia County from 1964-1985. When not working, I enjoy time outdoors, hiking, camping, skiing, gardening, reading, and spending time with my family."

STEWART NORTH, DO, BOARD CERTIFIED FAMILY PHYSICIAN

CASSIA FAMILY MEDICINE CLINIC
1501 Hiland Ave, Suite A. Burley, Idaho, 208.677.6091
Now accepting patients

"I was born and raised in South East Idaho. My wife and I met at Idaho State University. We have lived in West Virginia and Wyoming for different stages of my training and we are happy to be back home now. We have chosen to settle down in Burley because it feels like a safe, family-friendly place. The Snake River and the mountains nearby are beautiful.

I chose family medicine because I love people; old, young, happy, sad, healthy and sick. I appreciate patients who take initiative for their own health. I view my role as an advisor to help you keep yourself healthy and happy. I have training in osteopathic medicine (think chiropractic) and I enjoy using those modalities when appropriate. I would love to take care of you and your family!"

TANYA CRYSTAL, FNP-C

SPRING CREEK WOMEN'S HEALTH
1408 Pomerelle Suite H, Burley, Idaho, 208.677.6170
Now accepting patients

"The human body has always fascinated me. The course of my education led me down the path of nursing. I love teaching and connecting with individuals and families by providing one-on-one care. Women's health is an area of nursing I consider one of my passions. My experiences in women's health nursing include being a labor and delivery nurse, a lactation consultant, and teaching expecting and new parents. I am thrilled to be able to interact with patients in my role as a nurse practitioner. I feel that becoming a nurse practitioner is not just another job. It is an opportunity to serve the community I have lived in for the past ten years."



DEVIN TRACY, PA-C

CASSIA ORTHOPEDIC CLINIC
1501 Hiland Ave, Burley, Idaho, 208.677.6080
Now accepting patients

“I moved to Mini-Cassia so I could be involved in a tight knit rural community and help those who are literally my neighbors. I enjoy helping patients to be more physically active whether it’s achieving milestones and goals, or simply getting back to performing necessary daily activities.

Outside of work I enjoy spending time with my family and friends. We like to be outside at the park and we enjoy going on walks and hikes.”

BACK TO SCHOOL IMMUNIZATIONS

School is almost back in session. Whether you are jumping for joy, or sincerely sorrowful to see your kids leave home, you will still need to get them immunized before school begins. There are two big immunization times in Burley. The first series is when your child first enters preschool, and the second is right before the start of seventh grade. You might as well make a stop at the Cassia Regional Hospital, because we have all of the immunizations your children need.

To Be Immunized

The nice thing about immunizations is that they use your body’s own defense mechanisms. When exposed to an illness, your immune system begins trying to identify the bacteria or virus. Once it is identified, your body begins to produce antibodies that are designed to fight the specific illness. The nice thing about immunizations is you are injected with a weakened or dead version of the illness. Your body is able to create the antibodies without you getting sick. The antibody recipe is then stored in your immune system so that if you are ever exposed to the illness again, your body is able to eradicate it without any problem.

The Schedule

If your children are entering preschool, they are going to need the following immunizations; Diphtheria, Tetanus, Pertussis, Measles, Mumps, Rubella, Polio, Hepatitis B, Chickenpox, and Hepatitis A. Before the start of seventh grade your child will need Tetanus, Diphtheria, Pertussis and Meningococcal. Remember that many of these immunizations are a series. That means there is no way that your children will be able to get all of the immunizations in one day. Make certain that you start getting the immunizations completed long before the start of the next school year. If you have any questions about the immunizations, or scheduling the immunizations, stop in or give us a call.



NICHOLAS KNIGHTON, DO, PEDIATRICS AND INTERNAL MEDICINE
1501 Hiland Ave Suite G., Burley, ID (208) 677-6212

SAVE THE DATE!

Heartsaver First Aid/CPR/AED class will be Aug. 29 from 1-5 PM. Cost is \$65 which includes textbook and two year certification from American Heart Association. To register (or for questions) call 677-6437.

Free Cancer Support Group. If you are living with cancer, you are not alone. There is a whole support community behind you. This group focuses on education and emotional support for individuals and their families who are being treated for, or have completed treatment for cancer. We discuss topics in a safe, confidential environment. Held quarterly on Tuesdays from 1 – 2 PM in the Boardroom at Cassia Regional Hospital. Please contact us at 677-6581 to pre-register.

Childbirth Education is a six week series of classes held on Tues. evenings from 7-9 PM. Topics covered are what to expect during pregnancy, managing labor and delivery, as well as after delivery care. Infant feeding and care, CPR, and car seat safety are also covered during the series of classes. Cost is \$50 which includes the textbook and all necessary materials for the expectant mother and her birthing coach. It is recommended that expectant mothers start the class at about 20 weeks or 5 months along in their pregnancy. The next series starts on Sept. 13. To register (or for questions) call 677-6437.