

# THE PULSE

A NEWSLETTER FOR THE DONORS & FRIENDS OF THE MADISON VALLEY MEDICAL CENTER



## Update from the Madison Valley Medical Center CEO



**JOHN BISHOP,**  
Chief Executive Officer

As the healthcare system undergoes massive changes, from new payment and service delivery models to new policies and regulations under the Affordable Care Act, rural critical access hospitals face a unique set of new challenges. Soon Madison Valley Medical Center will be reimbursed on how “well” patients are staying healthy versus the care the Medical Center provides once a patient is ill. This payment approach is known as “value-based purchasing” and has been widely adopted with the aim of improving the quality of healthcare in communities.

“Value-based purchasing” is an umbrella term for initiatives aimed at improving the quality, efficiency, and overall value of healthcare. These arrangements offer financial incentives to hospitals, physicians, and other healthcare providers to carry out such improvements. This shift from volume-based care (fee for service) to a value-based reimbursement structure (fee for value) with a population health approach supports a more holistic view of patient care. Value-based payment models encourage healthcare providers to deliver the best care at the lowest cost. In turn,

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Update from Pg. 1

patients receive a higher quality of care at a better value. As healthcare delivery moves toward value-based reimbursement, the business model and the care model become increasingly intertwined.

At Madison Valley Medical Center we have embraced this model ahead of the industry. We have many programs currently in place that focus on proactive wellness. We are working with Ennis elementary children and within our own walls by providing activity wellness trackers to encourage physical fitness over sedentary activity. Our investment in new mammography and colonoscopy equipment is an investment in the health and wellness of our community by providing "preventive" screenings which are the best defense against cancer or identifying cancer in its early stages to increase survivor rates. In addition, we have joined the National Rural Health Association's Transforming Clinical Practice Initiative which focuses on preventative medicine and proactive management of disease and

screenings in order to maintain a healthier population. Another significant accomplishment, which is coming to your Medical Center, is cardiac rehabilitation, a professionally supervised program to help people recover from heart attacks, heart surgery, stenting, angioplasty, and now can be

used in a preventative role with patients who have been diagnosed with Congestive Heart Failure (CHF). Cardiac rehabilitation programs provide education and counseling services to help heart patients increase physical fitness, reduce cardiac symptoms, improve health and reduce the risk of future heart problems, including heart attack.

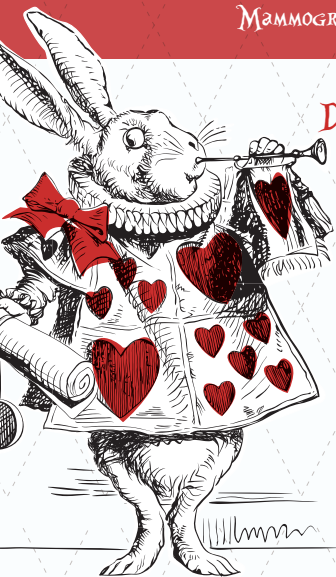
In closing, I thank you for your enduring support.

We have come a long way in the delivery of healthcare programs for our community and recognize that this would not be possible without your confidence and support. As always, if you have questions please call me directly at 406-682-6615.

Thank you for your  
enduring support

## A MAD HATTER'S LUNCHEON & TEA PARTY FUNDRAISER

TO RAISE MONEY FOR MADISON VALLEY  
MEDICAL CENTER WOMEN'S HEALTH  
MAMMOGRAPHY PROGRAM



DON'T BE LATE OR IT'S OFF  
WITH YOUR HEADS!

WEDNESDAY, JULY 20TH  
AT 12:00P.M.

DOWN THE RABBIT HOLE TO:  
WELLS FARGO STEAKHOUSE,  
VIRGINIA CITY, MT

FEEL FREE TO  
WEAR YOUR  
MADDEST HAT!

TICKETS: \$100 PER PERSON

SEATING LIMITED TO  
75 ATTENDEES

TO PURCHASE YOUR  
TICKET CONTACT:

CHRISTIE TRAPP

(406) 682-6630

MADISON VALLEY MEDICAL  
CENTER FOUNDATION.



## Mammography- A Best Defense Against Breast Cancer

Every year about 246,000 new cases of invasive breast cancer are diagnosed and about 40,000 women die from breast cancer. Breast cancer is about 100 times less common among men than among women, but it still occurs in men. There are 2,600 new cases of invasive breast cancer that are diagnosed in men and about 440 men will die from breast cancer.

While not all of those deaths in men and women are preventable, mammography does allow us to diagnose some cases of breast cancer at earlier stages which can lead to life saving treatment. About 1 in 8 women will develop invasive breast cancer in their lifetime, and it is estimated that in the US there are 28 million women either living with breast cancer or in remission. Interestingly, 85% of all cases of breast cancer occur in women with no family history.

Recommendations for breast cancer screening have changed dramatically over the past several years, and it is important to talk with your health care provider to determine at what age you should start screening, and the appropriate screening interval. Here at Madison Valley Medical Center we now offer state-of-the-art breast cancer screening with our new Hologic® 3D mammography machine which detects 41% more invasive breast

cancers and reduces false positives by up to 40%. Our technologists have more than 40 years of combined experience in mammography, and mammograms are read by experienced radiologists at Advanced Medical Imaging. By providing local service, the Madison Valley Medical Center has been able to reach out to women in the Valley who have not previously had access to breast cancer screening. For those women who are already receiving regular mammograms, we offer convenience and high quality care in a local setting.

Please feel free to stop in any time to view our new mammography suite. We are really proud of all the hard work and dedication that has gone into making breast cancer screening a reality at Madison Valley Medical Center and we would like to thank everyone who has helped to bring mammography services to the Madison Valley community.

-Dr. Maura Davenport

This fundraiser is fully underwritten.  
All proceeds go to the Mammography Program!





## DOC TALK

With Dr. R.D. Marks,  
Chief of Staff

# Are you sleeping your life away?

Do you awaken in the night regularly with a... Ha? Has anyone told you that you stop breathing when you sleep? Are you a loud snorer? Are you excessively drowsy, fatigued, or quick tempered during the day? If so, you may have sleep apnea (AP-ne-ah).

Sleep apnea is a common disorder with four to six percent of the population over 50 years of age suffering from this disease process. Sleep apnea is where you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. The main types of sleep apnea are:

- Obstructive sleep apnea, the more common form that occurs when throat muscles relax. When the muscles relax, your airway narrows or closes as you breathe in, and you can't get an adequate breath in. This may lower the level of oxygen in your blood. Your brain senses this inability to breathe and briefly rouses you from sleep so that you can reopen your airway. This awakening is usually so brief that you don't remember it. Many people with obstructive sleep apnea may not be aware that their sleep was interrupted. In fact, some people with this type of sleep apnea think they sleep well all night!
- Central sleep apnea is a less common form of sleep apnea that occurs when your brain fails to transmit signals to your breathing muscles. This means you make no effort to breathe for a short period of time. You may awaken with shortness of breath or have a difficult time getting to sleep or staying asleep.
- Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, occurs when someone has both obstructive sleep apnea and central sleep apnea.

Certain factors increase your risk of sleep apnea. Sleep apnea can be caused by an underlying lung

disease, abnormal anatomy of the airway, age, smoking, the use of alcohol, sedatives or tranquilizers, and obesity. Left untreated, sleep apnea causes systemic hypertension, pulmonary artery hypertension, congestive heart failure, an increased risk of stroke, and an overall slowdown of metabolism which causes progressive fatigue and weight gain...and with the weight gain the apnea worsens, causing a very vicious cycle with each, causing the other to worsen.

Fortunately sleep apnea can be diagnosed with history, exam and sleep studies. If the history sounds convincing, overnight oxygen monitoring with a simple finger monitor device is conducted. If it is normal, there is no significant apnea. If it is abnormal, then a formal sleep study is needed where many parameters such as heart rate, blood pressure, respiratory rate, and oxygen levels are monitored more in depth.

Treatment for sleep apnea is usually with some type of device that delivers air pressure through a mask placed over your nose that assists with getting enough deep breaths while sleeping. CPAP (continuous positive airway pressure), BiPAP (bilevel positive airway pressure) are the usual first line treatments. These require some time and effort to get the correct setting and fit, but are usually well tolerated. Sometimes surgery by an ear, nose and throat doctor is indicated if there is obstructive anatomy in the airway. Central sleep apnea may require a referral for an evaluation by a cardiologist or a neurologist to look for causes.

When people with sleep apnea get adequately treated they have an improved quality of life and the medical consequences of the disease are minimized. If you have concerns that you may have sleep apnea, contact the providers at Madison Valley Medical Center at 406-682-4223, so they can facilitate an evaluation and treatment. Don't lose another night of restful sleep!

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The Madison Valley Medical Center

*Foundation*  
Supporting high quality health care with  
modern services and qualified professionals

**Madison Valley  
Medical Center Foundation**

PO Box 993  
305 N. Main  
Ennis, MT 59729  
(406) 682-6641

**E-Mail:**

foundation@mvmcf.org

**www.mvmcf.org**

**Executive Director**  
Christie Trapp

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**Madison Valley  
Medical Center**

305 N. Main  
Ennis, MT 59729  
(406) 682-6862  
www.mvmedcenter.org

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A special thank-you to all the families and friends who donated in memory of or in honor of a friend or loved one. Their legacy is with us and supports quality healthcare in the Madison Valley.

*Memorial and Honorary names are from donations received from 7/1/2015 - 6/30/16.*

## Honorariums

Robert and Shirley Bailey  
Dr. David Ban  
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Jean Bolt  
Don Bowen  
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Dr. Andy Thomas' Mother  
Gene Walsh  
Lois Walsh  
Mick Welton

**Engraved bricks  
purchased for the  
Memorial Wall  
located at the end of  
the South Parking  
lot of the Medical  
Center are installed  
once a year in July.**

*We thank John Dochnahl  
for his hard work and  
for his time to install the  
engraved bricks each year.*