Treatha Brown-Foster

Giving cancer the one-two punch

...because your life matters

Hidden hazard
Prevent tip-over tragedies

Breathing easier
COPD patients benefit from new program
At left, Jeff Korsmo is pictured with Jennifer Rodgers, ARNP, and Jennifer Jackson, MD, who help break down barriers to care through Via Christi's Community Cares program. At right, Bishop Carl A. Kemme greets Joy Scott and Sheryl Beaud, MD, during his Aug. 6 visit to Via Christi Hospital St. Francis.

Chat with the CEO

Dear readers:

Just as Jesus Christ cured the sick and helped the vulnerable, we are blessed at Via Christi to carry out this healing mission every day in serving our patients, their families and our senior care residents.

That was the message our physicians, nurses and other caregivers heard from Bishop Carl A. Kemme when he recently made his first official visit to Via Christi since he was ordained as the 11th bishop of the Catholic Diocese of Wichita.

As a Catholic health care organization, Via Christi is a healing ministry of the Church and Bishop Kemme stressed how important that is when he blessed more than 200 clinicians, patients and their families during his visit to Via Christi Hospital St. Francis on Aug. 6.

“Jesus healed the body, mind and spirit,” Bishop Kemme said. “He restored people to the way God created them.” Health care providers embody that mission every day in their work, he said.

Bishop Kemme noted how physicians, nurses and other clinicians often comfort patients with a simple touch on the hand or shoulder, affirming the person’s dignity. “Never underestimate the touch of a hand,” he said. “That’s how we can imitate the wonderful healing power of Jesus.”

Our work as a healing ministry resonates in every issue of Via Christi Life magazine. In this issue, the story about our new Community Cares program illustrates our commitment to helping the vulnerable.

Community Cares is helping nearly 50 patients suffering from chronic lung disease, many on fixed incomes and without insurance, avoid expensive hospital visits by providing care in their homes.

“It’s such a reassurance that someone is looking after us,” said Lyn Lack, whose husband Mike is no longer homebound thanks to the program.

For me, Mike’s words of thanks embody what Bishop Kemme said about why we serve in Via Christi. “I think I’ll live longer.”

Sincerely,

Jeff Korsmo
President and CEO, Via Christi Health
T

Treatha Brown-Foster has never been one to throw in the towel. “I worked too hard in the ’60s for my rights to give up on anything without a fight,” says the 69-year-old community activist who, with her husband, William, also raised four sons.

Even after her retirement as a bank examiner and later as a financial services representative, Treatha continued to advocate for safer neighborhoods, better schools and other community improvements.

But in 2009, as she was getting ready for bed one night, her whirlwind of committee and board activities came to a crashing halt. “Just like that — I had no air,” says Josephine Lewis, a retired nurse, who rushed her to Via Christi Hospital St. Francis. There Treatha was diagnosed with heart failure — the same chronic disease that already had claimed the life of her father, two of her brothers and a sister. Treatha’s near-death experience led to lifestyle changes, such as eating a healthier diet and exercising. It also led to regular physician visits, which three years later resulted in the discovery of a cancerous lump in her right breast.

An unexpected fight

Treatha wasn’t worried when her primary care doctor, Richa Sharma, MD, an internal medicine specialist at Via Christi Clinic, scheduled her annual mammogram in May 2012. “I expected it to come back normal because I have no family history of cancer whatsoever,” Treatha says. So when her mammogram showed a suspicious spot that a biopsy confirmed as stage I breast cancer, Treatha was beside herself.

Patty Tenofsky, MD, a breast care specialist at Via Christi Clinic, helped her sort out her options. “She and her nurse, Terri Leschuk, really took their time with me, drawing out diagrams and explaining everything,” says Treatha, who ultimately decided to have the cancerous breast removed.

During her surgery at St. Francis, Richard Delpinter, MD, a plastic surgeon with Via Christi Clinic, worked with Dr. Tenofsky to prevent keloid scarring, a tough, raised scar that would have prevented Treatha from wearing a prosthetic bra. She then underwent radiation therapy at Via Christi Cancer Center.

“Everyone — from the receptionist to Dr. Jon Anders, who was my radiation oncologist — was so good to me, holding and hugging me when I needed it,” says Treatha. “I was never a number to any of them. I was a human being. I can’t tell you how much that helped.”

Another round

In December 2013, a spot on Treatha’s right lung that her oncologist, Shaker Dakhil, MD, of the Cancer Center of Kansas, had been closely monitoring since summer, suddenly showed signs of cancer activity.

Dr. Dakhil referred her to Richard Claiborne, MD, a pulmonologist at Via Christi Clinic, who ordered a biopsy to confirm what he suspected — Treatha, who quit smoking the moment she was diagnosed with heart failure, had stage I lung cancer.

Once again, she says, she was blessed in that it was detected early.

After weighing her options, Treatha chose to take aggressive action. In February, she was admitted to St. Francis, where Thomas Estep, MD, a thoracic surgeon with Wichita Surgical Specialists, removed the cancerous portion of her lung.

Going the distance

While she’s still recovering both physically and mentally from her most recent bout with cancer, she’s already back to championing causes dear to her heart.

Treatha, who joined the Wichita Public Library board of directors in 2012, continues to advocate for a new downtown library. She’s also serving as the chair of the Ashley N. Brown Sickle Cell Scholarship Fund event, named for her niece, who in 2010 lost her life to the hereditary disease that also claimed the lives of three of Treatha’s siblings.

And while Treatha is hopeful that her bouts with cancer are behind her, and is taking part in a five-year clinical trial so that others might benefit from her experience, she’s prepared to put up a fight should there be another round.

“I pray that there isn’t one, but if there is, I know that my family, my church and Via Christi will be there for me.”
Land the first punch

Early detection saves lives.

Via Christi Health offers digital mammography, the most advanced imaging technology available for early detection of breast cancer.

Schedule your mammogram today

Anatomi Imaging
316-462-2000
3636 N. Ridge Road, Wichita
2754 N. Woodlawn, Wichita

Via Christi Clinic
316-689-9532
3311 E. Murdock, Wichita
18213 W. 21st St. N., Wichita
720 Medical Center Drive, Newton

Via Christi Hospital St. Joseph
316-689-6213
3600 E. Harry, Wichita

Via Christi Hospital
620-232-0447
1 Mt. Carmel Way, Pittsburg

Motivated by his memory

Daniel Fowler was just 23 years old when his father, Ken, first became ill in July 2012.

“When Dad, who never missed a day of work, called in sick two days in a row, we knew something was seriously wrong,” says Fowler, who only months earlier had moved back into the family’s Wakefield, Kansas, home for the summer, after completing his first year of graduate school at Oklahoma State University.

Ken grew weaker with each hospitalization — and had no definitive diagnosis until August, when the family’s fears were confirmed. He had renal cell carcinoma, or kidney cancer.

So Fowler, who was working toward a master’s degree in exercise science, chose to finish his studies at Wichita State University, which was closer to home and allowed him to complete some of his course work remotely so that he could help care for his father.

Helping others

As he was learning how to help others improve their health through exercise, he also began researching ways to help his father improve his daily quality of life.

In May 2013, Fowler received his master’s degree. Less than a month later, his father, whose cancer was no longer responding to treatment, died.

But Fowler’s dream of helping people live with cancer — whether for two weeks, two years or two decades — did not die. He went on to earn specialist certification in cancer exercise and today is the board-certified exercise physiologist who helped develop and now leads Via Christi’s Cancer Wellness Program.

Fowler and two exercise specialists at the Via Christi Cancer Institute work with patients who don’t require physical or occupational therapy but could benefit from daily activity and wellness coaching.

“Here, I get up every day, go to work and get to do exactly what I feel called to do — to do for others what I wish I could still be doing for my dad.”

— Daniel Fowler

Did you know?

• Cause of death: Cancer is the No. 2 killer of African-American women — second to heart disease.
• Most common cancer: More African-American women is 57 — five years younger than for Caucasian women.
• Age of diagnosis: The median age of breast cancer diagnosis for African-American women is 45 and under with breast cancer is higher than for their Caucasian peers.
• Mortality: The mortality rate for African-American women have more factors associated with poor outcomes, such as higher grade, advanced stage or negative hormone receptor status, than Caucasian women.

Source: Centers for Disease Control and Prevention and the American Cancer Society.

Motivated by his memory

After father’s passing, physiologist develops wellness program to lessen cancer’s burden

OFFERED BY VIA CHRISTI LIFE MATTERS

Oct. 16 • Noon
Via Christi Cancer Wellness Program & current clinical trials

Oct. 23 • Noon
Breast cancer prevention, diagnosis & treatment

Motivated by his memory

Did you know?

• Cause of death: Cancer is the No. 2 killer of African-American women — second to heart disease.
• Most common cancer: More African-American women is 57 — five years younger than for Caucasian women.
• Age of diagnosis: The median age of breast cancer diagnosis for African-American women is 45 and under with breast cancer is higher than for their Caucasian peers.
• Mortality: The mortality rate for African-American women have more factors associated with poor outcomes, such as higher grade, advanced stage or negative hormone receptor status, than Caucasian women.

Source: Centers for Disease Control and Prevention and the American Cancer Society.

Motivated by his memory

After father’s passing, physiologist develops wellness program to lessen cancer’s burden

OFFERED BY VIA CHRISTI LIFE MATTERS

Oct. 16 • Noon
Via Christi Cancer Wellness Program & current clinical trials

Oct. 23 • Noon
Breast cancer prevention, diagnosis & treatment

Motivated by his memory

Did you know?

• Cause of death: Cancer is the No. 2 killer of African-American women — second to heart disease.
• Most common cancer: More African-American women is 57 — five years younger than for Caucasian women.
• Age of diagnosis: The median age of breast cancer diagnosis for African-American women is 45 and under with breast cancer is higher than for their Caucasian peers.
• Mortality: The mortality rate for African-American women have more factors associated with poor outcomes, such as higher grade, advanced stage or negative hormone receptor status, than Caucasian women.

Source: Centers for Disease Control and Prevention and the American Cancer Society.
The following month, the Cancer Wellness program was launched.

“Suddenly, everyone was out of their rooms walking the halls. That’s been great because physical activity helps your attitude, appetite and outlook,” says Roger.

“Plus, Darrell’s just a real gentleman.” Helping patients like Roger keeps Fowler going, too.

“After my dad died, I initially had no motivation to pursue my board certification,” Fowler says. But his mother talked him into it, saying, “God has a greater purpose for you.” Fowler, who in memory of his father often wears a kelly green shirt — the color for kidney cancer, says he has found that purpose serving at Via Christi.

“Here, I get up every day, go to work and get to do exactly what I feel called to do — to do for others what I wish I could still be doing for my dad.”

Back to life This fall, Via Christi plans to add an outpatient Cancer Wellness Program at the Via Christi Cancer Center.

Cancer Transitions™ is a free six-week workshop designed to help cancer survivors transition from active treatment to post-treatment care. Sessions are held Tuesday afternoons in the Via Christi Cancer Center, 817 N. Emporia, Wichita. A new workshop begins every six weeks. For more information or to register, call 316-689-5700.

CANCER SURVIVORS

Moving beyond treatment

To view videos about Via Christi’s Cancer Wellness Program and cancer navigators, visit viachristi.org/cancer-wichita.

HOW TO HELP

Click + Learn

To view videos about Via Christi’s Cancer Wellness Program and cancer navigators, visit viachristi.org/cancer-wichita.

Chet Sweet, a male survivor of breast cancer, enjoys spending time with his 5-year-old granddaughter, Giselle.

Male breast cancer survivor an active advocate

On a spring evening in April 2009, Chet Sweet was watching television at his Girard, Kansas, home when he had an itch. He scratched it and felt a lump.

“I was trying not to drop my jaw when I felt it,” Susan says. “I tried to push on it to get it to move, but it felt firm.”

He called his wife, Susan, and asked her to feel it. Susan had worked as a lab technician in a doctor’s office for nearly 30 years.

“A terrible word” Chet underwent a biopsy in early May and later that month, Chet and Susan met with the surgeon. They were told that the mass was spiculated, a cluster of tissue that has spikes or points on the surface and is a main indicator of cancer.

Chet Sweet, a male survivor of breast cancer, enjoys spending time with his 5-year-old granddaughter, Giselle.
“Spiculated is a terrible word on any report of cancer,” Susan says.

The surgeon, Dwane Beckenhauer, MD, wanted to perform the surgery immediately.

“The nurse asked, ‘Next week?’ and Dr. Beckenhauer said, ‘No, Friday,’” Chet says. “The nurse reminded him that he had a dental appointment that Friday, and he said he’d reschedule it so he could take out the lump. He put my need ahead of his plans.”

Chet’s mastectomy was performed that Friday at Via Christi Hospital in Pittsburg. The surgeon also removed four of Chet’s lymph nodes. Several months of chemotherapy and a bout of infection that led to a hospital stay followed.

Chet’s chemotherapy treatments ended in September.

A rare diagnosis

While about one in eight women will develop breast cancer over their lifetime, the breast cancer rate for men is about one in 1,000.

Since his bout with breast cancer, Chet has adopted a role as an advocate for men, even having business cards made up that he shares liberally. If there is another man out there with breast cancer who needs someone to talk to, Chet will listen.

Chet says when he talks to people about being a man and a survivor of breast cancer, people often pause and then say, “Oh, I guess men can get it.”

In fact, Chet even went so far one year as to dye his hair and beard bright pink in honor of breast cancer awareness.

Great care

But five years after his cancer treatments ended, Chet is still grateful for the care he received. He says the people at the Via Christi Cancer Center took good care of him, especially the students.

“I had a lot of the girls who are students in the nursing program at Pitt State, and they were some of the best caretakers I had,” Chet says.

How common is breast cancer in men?

Breast cancer is about **100 times less common** among men than among women.

For men, the lifetime risk of getting breast cancer is about 1 in 1,000. The number of breast cancer cases in men relative to the population has been fairly stable over the last 30 years.

- **2,360 new cases of invasive breast cancer will be diagnosed in men**
- **430 men will die from breast cancer**

**American Cancer Society estimates for the United States for 2014**

Go to [viachristi.org/cancer](http://viachristi.org/cancer) to learn more about our cancer care services in Pittsburg, Manhattan and Wichita.
Dr. Chehab had successfully made mitral valve repairs using a minimally invasive MitraClip surgical procedure, which doesn’t require opening the chest. St. Francis already had the approvals needed for him to perform the procedure in its hybrid operating room, a place that combines the high-tech imaging equipment needed for such minimally invasive procedures with the sterile environment of an OR, should it be needed.

And Jo was a good candidate for the procedure, the Via Christi Heart Valve Clinic team determined during her inpatient evaluation in late April.

‘God’s plan for me’

On June 9, Jo returned to St. Francis to become the first patient in south-central Kansas to undergo a MitraClip procedure. In addition to Dr. Chehab, her surgical team included interventional cardiologist Aziz Maksoud, cardiothoracic surgeon Brett Grizzell and anesthesiologist David Havey.

A metal alloy clip was delivered to Jo’s left atrium through a vein in her leg and implanted on the center of her mitral valve, significantly reducing the backflow of blood while still allowing it to pass from chamber to chamber.

“Afterward, I was amazed at how good I felt,” says Jo, who likes to fish, play bridge, dance and spend time with her two daughters, three grandchildren and seven great-grandchildren.

Jo felt so good, in fact, that she was back home in Howard less than 30 hours later, without any supplemental oxygen. And within three weeks she even went shopping at the mall, something she says she couldn’t possibly have done prior to her surgery.

“It was clearly God’s plan for me to come to Via Christi,” she says, adding with a laugh, “God wasn’t ready for me yet — and the devil was afraid I’d take over!”

Recipient of minimally invasive heart-valve repair amazed by result

By the time Marilyn “Jo” McDonald was referred to Via Christi Hospital St. Francis, she’d been having trouble breathing for more than a decade.

“It just got steadily worse until I couldn’t walk around the block without having to stop and rest,” says the 84-year-old retired Howard, Kansas, hairdresser, who ultimately required round-the-clock supplemental oxygen.

A heart attack waiting to happen

But it wasn’t her lungs that were failing — it was her heart. “Your oxygen levels are so low that you’re a heart attack waiting to happen,” her family doctor told her when she went to see him in April.

Uncertain as to why, she referred her to structural heart specialist Bassem Chehab, MD, in Wichita for further evaluation.

“You can’t breathe because you have a severe leak in your mitral valve,” Dr. Chehab told Jo. That leak was allowing a large amount of blood to flow back into the left atrium and strain her heart’s ability to keep blood flowing through her body.

“It’s going to have to be fixed,” he said. But Jo, whose husband, Fred, died just a year after his open-heart surgery in Texas, was adamant that she would not undergo an open procedure. “I told Dr. Chehab, ‘I’m not going to have open heart surgery. I’ll just live with whatever I’ve got.”

Fortunately, she didn’t have to do either.

A minimally invasive solution

Prior to coming to Wichita to lead Via Christi’s structural heart program,
Within four hours of waking up and not being able to breathe, Mike Lack was on a respirator.

Doctors told his wife, Lyn, that Mike had been living with COPD, or chronic obstructive pulmonary disease, for years without symptoms. There is no cure for COPD, which refers to a group of debilitating lung conditions, including emphysema and chronic bronchitis.

Mike went from working full time and being an active golfer and birdhouse builder who had dug their large backyard koi pond by hand to barely being able to get from the bedroom to the kitchen table.

From January 2013 to March 2014, Mike had eight emergency room visits and eight hospital stays. Recovery times were becoming more difficult and longer, causing even more stress for the couple.

COPD was taking over the Lacks’ lives—until they got a call in April from Jennifer Rodgers, an advance practice registered nurse and assistant chief nursing officer at Via Christi Hospital St. Francis.

She asked if Mike would like to participate in Community Cares, a new program she helps lead, which helps COPD patients better manage their disease and improve their quality of life with fewer ER visits and hospitalizations.

Mike went from working full time and being an active golfer and birdhouse builder who had dug their large backyard koi pond by hand to barely being able to get from the bedroom to the kitchen table.

From January 2013 to March 2014, Mike had eight emergency room visits and eight hospital stays. Recovery times were becoming more difficult and longer, causing even more stress for the couple.

COPD was taking over the Lacks’ lives—until they got a call in April from Jennifer Rodgers, an advance practice registered nurse and assistant chief nursing officer at Via Christi Hospital St. Francis.

She asked if Mike would like to participate in Community Cares, a new program she helps lead, which helps COPD patients better manage their disease and improve their quality of life with fewer ER visits and hospitalizations.

The program is already having great outcomes.

According to Rodgers, the program’s initial 40 patients were hospitalized 61 times in the month before the program launched. In the second month, the number of hospital stays among the group dropped to five.

Pam Gonzalez had been in and out of ERs and hospitals because she couldn’t afford her $3,000 monthly prescription bill. After the Community Cares team visited with Pam and reviewed her medication plan, they helped her tap into benefits and other resources to lower her out-of-pocket medication bill to $40. Now that she can afford her

Making house calls

Community Cares is basically a return to the old-fashioned house call.

An assigned health care professional makes consistent home visits to COPD patients to monitor their well-being and find ways for them to afford medications to maintain their treatment plans.

The health care professional is a liaison to a Via Christi care team involving APRNs, social workers and other resources. In addition to having 24/7 phone access, patients with computers and mobile technology can have software installed for virtual visits.

Nearly 50 patients—not many of them older adults on fixed incomes, uninsured or underinsured—are in the program, funded by a $408,000 start-up grant from Ascension Health, of which Via Christi is a member.

“This program helps break down the barriers to access and gives patients an alternative to an emergency room visit or a hospital stay.”

— Jennifer Jackson, MD
Follow-up to recovery
Follow-up care after a hospital stay is important for a patient’s recovery. So now, every patient who leaves a Via Christi hospital in Wichita has an option to get that care.

With the Transitions Clinic, patients can be seen in that critical seven to 14 days after being discharged if they can’t get in to see their primary care doctor or don’t have a primary care provider.

More than 40 percent of patients hospitalized at Via Christi don’t have a primary care doctor, says Jennifer Jackson, MD, medical director of the service.

“Before we used to send them home with a bunch of information,” Dr. Jackson says. Now, hospital staff will ensure the patient has a follow-up appointment already scheduled and a team of health care staff they can call with questions or concerns.

The ‘most amazing thing’
Community Cares “has been just the most amazing thing for us,” says Lyn Lack, Mike’s wife.
Mike is no longer homebound and can go on “walks” with his scooter and even accompany Lyn to the grocery store.
“It’s such a reassurance that someone is looking after us,” Lyn says.
Mike adds: “I think I’ll live longer.”

Via Christi’s Community Cares program helps Mike Lack manage his COPD — and enjoy life at home with his wife, Lyn.

The next step
Care in the hospital
Follow-up phone calls

Follow up to recovery

Ways oxygen is delivered for COPD patients

Oxygen concentrator: Requires electricity to operate but is an easier option to use since it extracts the oxygen from the air

Tanks: Come in various sizes, are portable and rechargeable

Care at home
Continuum of care

Community Cares, a program that helps COPD patients stay out of the hospital, is led by Jennifer Rodgers, APRN, and Jennifer Jackson, MD, seated.

Via Christi’s new Community Cares program, which helps COPD patients better manage their debilitating lung conditions, works closely with Via Christi Home Care to ensure those patients get the equipment and medical expertise they need.

About 30 percent of the patients in Community Cares, including Mike, were already getting Home Care services, according to Jennifer Rodgers, APRN, and nursing leader of the program.

For some COPD patients, like Mike Lack, getting oxygen treatment helps them breathe better.
Via Christi’s new Community Cares program, which helps COPD patients stay out of the hospital, is led by Jennifer Rodgers, APRN, and Jennifer Jackson, MD, seated.

“The nurse practitioner has also helped me learn ways to manage my anxiety when I get short of breath,” Pam says.

The ‘most amazing thing’
Community Cares “has been just the most amazing thing for us,” says Lyn Lack, Mike’s wife.
Mike is no longer homebound and can go on “walks” with his scooter and even accompany Lyn to the grocery store.
“It’s such a reassurance that someone is looking after us,” Lyn says.
Mike adds: “I think I’ll live longer.”

Community Cares, a program that helps COPD patients stay out of the hospital, is led by Jennifer Rodgers, APRN, and Jennifer Jackson, MD, seated.

Via Christi’s new Community Cares program, which helps COPD patients better manage their debilitating lung conditions, works closely with Via Christi Home Care to ensure those patients get the equipment and medical expertise they need.

About 30 percent of the patients in Community Cares, including Mike, were already getting Home Care services, according to Jennifer Rodgers, APRN, and nursing leader of the program.

For some COPD patients, like Mike Lack, getting oxygen treatment helps them breathe better.
Via Christi’s new Community Cares program, which helps COPD patients better manage their debilitating lung conditions, works closely with Via Christi Home Care to ensure those patients get the equipment and medical expertise they need.

About 30 percent of the patients in Community Cares, including Mike, were already getting Home Care services, according to Jennifer Rodgers, APRN, and nursing leader of the program.
Larry Bradt (sounds like “brought”) and his wife, Lanora, are avid travelers. Since retiring 14 years ago, they have towed their fifth-wheel trailer to destinations as distant as Nova Scotia and Alaska, although they typically stay a little closer to home. Each summer Larry and Lanora spend several weeks in the mountains of Colorado, off-roading in their Jeep and exploring the area. But last summer, shortly after returning from their annual trip, Larry woke up with his left foot incredibly painful and swollen to double its normal size.

After undergoing a number of tests and an exploratory surgery, Larry finally was referred to Praveena Gorantla, MD, a Via Christi Clinic physician who specializes in rheumatology. Larry was diagnosed with rheumatoid arthritis (RA), and he tried several oral medications, none of which worked for him. Eventually, he was started on an infusion treatment that is working and Larry is seeing significant improvement.

No easy battle
The Bradts were surprised at the RA diagnosis. It came seemingly out of nowhere, but that is not unusual for RA. Many of Larry’s other symptoms were not typical for RA. As they have learned more about RA, Larry and Lanora have looked for ways to stay strong as Larry deals with the disease.

“It isn’t an easy battle,” Larry says, “but you just keep fighting. It’s good we caught it early so maybe it won’t be so bad.”

RA is a disease that can affect internal organs also, unlike osteoarthritis (OA), which is localized in the affected joint.

“Osteoarthritis is nothing compared to rheumatoid arthritis,” Lanora says. “You have to be strong when you see someone who was so strong one day and the next day he can’t even get out of bed without crutches.”

Finding strength
Lanora keeps this saying, based on James 5:16, in her notebook: “What God does not deliver you from, he will take you through.”

Larry has found strength and help in the support of others. A friend of Lanora’s has had RA for 30 years, and she and...
The latest treatments
Life-changing care

Weakness … shortness of breath … chest discomfort.
These are a few ways heart valve disease can limit the lives of older adults like Jene Hanes. Without proper treatment, it can be life-threatening.

Via Christi’s leading-edge cardiac treatments offer new possibilities for previously untreatable patients. With a new, non-surgical procedure, Jene had her heart valve replaced without the risk of traditional open heart surgery.

Within three months, Jene no longer needed a cane or walker and was caring for herself and her home.

To learn more, visit viachristi.org/heart
316.268.8650

“... save my mother’s life and they enhanced the quality of her life.”
— Sam Hanes

Heart care at Via Christi Health

Larry and Lanora are avid travelers since they both retired. After Lanora retired from teaching elementary school, the couple took a road trip to Alaska.

Osteoporosis is a disease of “old women”
False. Osteoporosis is a condition characterized by gradual loss of bone mass. This increases the risk of fractures. Although it is more common in women who have reached menopause, older men can also be affected. Also, it is more common in people with heart disease, diabetes, obesity or high cholesterol.

Arthritis is “just a joint disease”
False. Certain types of arthritis called inflammatory arthritis, such as rheumatoid arthritis and psoriatic arthritis, can involve other organ systems including the lungs, nervous system, skin and others. In addition, these types of arthritis have been found to increase the risk of certain types of heart disease, especially coronary artery disease.

Gout is a disease of “old men”
False. Although gout is more common in men, women, especially after menopause, also can be affected. Also, it is more common in people with heart disease, diabetes, obesity or high cholesterol.

To schedule an appointment with a Via Christi Clinic rheumatologist, call 316-689-9188.

NADIA GIBSON, MD
Rheumatologist
Via Christi Clinic on Murdock and in Newton

PREETHI KURAKULA, MD
Rheumatologist
Via Christi Clinic on Murdock and in Newton

PRAVEENA GORANTLA, MD
Rheumatologist
Via Christi Clinic on Murdock and in Newton

Via Christi Clinic
20 Via Christi Life
Via Christi Health | viachristi.org | FALL 2014
Imagine your young child is in a bedroom playing alone. He sees something he wants on a bookshelf next to the TV, but he can’t reach it — not without help. Instead of calling for you, he decides to climb the shelf. As he tries to gain his footing, the television wobbles and the bookshelf leans forward. They all fall and crash to the floor.

According to the United States Consumer Product Safety Commission, preventable tip-over accidents kill one child every two weeks. They happen mostly in the home, many involving children 5 years old or younger. And they are so commonplace, a child visits the emergency room because of one every 45 minutes.

“This is one of those hazards hidden in plain sight — parents don’t often think about securing their television or bookshelf to the wall,” says Ronda Lusk, coordinator for community health and Safe Kids Wichita Area Coalition. “When something happens, like a TV tip-over, it’s tragic.”

Safe Kids Worldwide reports the number of tip-over-related injuries and deaths among children increased from 9,800 in 2002 to 12,800 in 2011 — or 31 percent over 10 years.

Amy Biggs, a registered nurse who works in the pediatric intensive care unit at Via Christi Hospital St. Francis, has witnessed the aftermath of these accidents.

“We’ve seen children come in because they were climbing on an entertainment center or dresser and had a television topple over onto them,” Biggs says. “For most of these children and their families, the outcome was not good.”

Lusk says that most accidents can be prevented by anchoring large pieces of furniture, like bookshelves and dressers, and mounting flat-screen televisions to the wall. She also suggests recycling old, bulky TVs, which can be hazards when placed on unstable furniture.

“The good news is these types of injuries are preventable,” Lusk says. “As parents, we need to be aware of our child’s environment and do what we can to keep children safe from these devastating injuries.”

Help your kids to be street smart

Nationwide, pedestrian injury is one of the leading causes of injury-related death for children ages 5 to 14. That’s why Via Christi Health, with the support of a grant from Kohl’s Cares®, established Kohl’s Safety Town, a community-based interactive pedestrian and bicycle safety education program for kids.

Kohl’s Safety Town will be traveling to family-friendly locations throughout the year to provide hands-on safety lessons to children as they navigate their way through the obstacle course.

“Our goal is to reduce the number of bicycle- and pedestrian-related injuries we see each year in our community,” says Ronda Lusk, community health coordinator for Via Christi’s Wichita hospitals.

Since 2005, Kohl’s has donated $613,877 to Via Christi initiatives. Funding is made possible through sales of Kohl’s Cares cause merchandise: 100 percent of the net profits from these $5 books and plush toys goes to children’s health and education programs like Via Christi’s.

Visit viachristi.org/kohls for more information.

Tip-over prevention tips

Safe Kids offers several tips to prevent furniture and TV tip-over accidents.

Make your home safer by:

1. Mounting flat screen televisions to the wall
2. Putting large, heavy TVs on low, stable furniture
3. Pushing TVs against the wall if mounting is not possible
4. Safely recycling unwanted, old TVs — go to greenergadgets.org to find the nearest recycler
5. Securing top-heavy or unstable furniture to the wall with brackets, braces or straps
6. Installing stops on dresser drawers to prevent them from being pulled out all the way
7. Keeping heavier items in lower drawers or shelves
8. Not tempting children to reach or climb by placing items, including controls, toys or food items, up high

Go to viachristi.org/tip-overs to download a tip sheet and watch a shareable video about how to prevent furniture and tip-over accidents in your home.

Anchor your furniture to prevent avoidable tragedy
Burn survivor delivers message of hope, healing

In 2005, Jared Estes was severely burned and his wife, Paige, was killed when their car burst into flames after being struck from behind by a drunk driver. Jared, who suffered burns on more than 50 percent of his body, spent the next several years recovering from his life-threatening injuries with the help of staff at Via Christi’s burn center and rehabilitation hospital.

In 2010, he ran the inaugural Prairie Fire Marathon — his first marathon — alongside Mike Reynolds, a Via Christi occupational therapist who worked with him during his recovery.

Inspired by Jared’s story, the Greater Wichita Area Sports Commission, organizer of the Prairie Fire race series, has donated a portion of the proceeds from every race since fall 2011 to the Via Christi Regional Burn Center.

This year, Jared is running his fourth full marathon as one of the nine Prairie Fire “Local Joes” chosen to share their experience training for and running the 26.2-mile course, which starts at Wichita’s WaterWalk and winds its way through east Wichita and back.

“It’s my way of rebelling against my circumstances,” says Jared, who today devotes his time to speaking about his recovery, running, raising money for positive causes and delivering his message of hope and healing.

He’s hoping for a larger-than-ever field of runners, volunteers and spectators at the Oct. 12 race series, which includes a full and half marathon, Mayor’s 5K, and one-mile fun run and walk.

“We all face struggles in our daily lives and running is a great way to fire back,” says Jared, who’ll be at the Prairie Fire Fit For Life Expo at Century II on Saturday, Oct. 11, as well as at the pasta dinner at the Hyatt Regency Wichita that evening.

To learn more about Jared’s story, go to jaredestes.com or prairiefiremarathon.com for more about the Via Christi-sponsored Prairie Fire Marathon.
SLOW COOKER
Chicken and Vegetable Stew

Low fat, low salt, low calorie and chock full of healthy vegetables, this simple, hearty dish is guaranteed to please at tailgate parties and serve-yourself holiday and family gatherings.

**Serves** 4-6

1 medium onion, finely chopped
1 package (8 ounces) sliced mushrooms
1 package (8 ounces) baby carrots
2-3 medium red potatoes cut into chunks
1 large stalk of celery, sliced
1 pound boneless, skinless chicken thighs
1 15-ounce can crushed tomatoes
½ cup fat-free, low-sodium chicken broth
½ cup dry vermouth or dry white wine (optional)
10 whole peppercorns
1 teaspoon minced garlic (or 2 cloves garlic, crushed)

**Bouquet garni:**
Bay leaf
Sprig of fresh thyme
Sprig of fresh rosemary

Spray the bottom and sides of a 4-quart slow cooker with nonstick cooking spray. Place vegetables in the pot. Trim chicken thighs of excess fat and cut into bite-sized pieces. Add chicken to the pot, followed by crushed tomatoes, chicken broth, peppercorns and garlic, along with optional vermouth or wine.

Using butcher’s twine, tie together the bay leaf, thyme and rosemary in a small square of cheese cloth to make a bouquet garni, then add to pot. (Bouquet garni should be removed before serving.)

Cover and cook stew on low for 7-9 hours, or until potatoes are done.

**Nutritional Information (per serving):** 270 CALORIES, 5 G TOTAL FAT, 1.1 G SATURATED FAT, 94 MG CHOLESTEROL, 163 MG SODIUM, 29.4 G CARBOHYDRATE, 6 G FIBER, 26.9 G PROTEIN

[For more healthy recipes, visit viachristi.org/life and select the “Healthy eating” blog category.]
Whether your doctor visit is for a yearly checkup or because you have a health concern, it’s important to have a good relationship with your physician. He or she should be someone who listens to your concerns, is easy to talk to about sensitive personal issues, and takes time to explain complex medical information in understandable terms.

Also key to having a good relationship with your doctor is being well-prepared for your office visit. That can improve the experience for both you and your physician.

These Via Christi Clinic doctors offer their best advice for ways you can make the most of your office visit.

Do your research

Health-related information found online and even in the news media can be confusing at times. Bring that sort of information to your appointment so your physician can look it over and explain the pros and cons of what it says.

Via Christi Clinic on East 21st
316-609-4501

Ask questions

Don’t be afraid to ask questions. Physicians are so used to talking about complex medical conditions that they sometimes forget what might be all-new to the patient. It’s also important to tell your doctor if you don’t understand what they’re telling you. Sometimes recommend that patients bring someone with them to an appointment if they think complex issues will be discussed, such as a care plan for a new diagnosis.

Via Christi Clinic on George Washington
316-615-5800

Make a list

Make a list of what you hope to accomplish during a visit. This way all your concerns are discussed and questions answered. If it’s too much to accomplish during one office visit, we can address what is most important and make a follow-up appointment to discuss the rest.

Via Christi Clinic on East 21st
316-609-4501

Know your history

It’s helpful to have a good understanding of your medical history and to know what medications you’re on. Along with that, general knowledge of your family history, especially of immediate family members, is important and helps me in getting to know a new patient.

Via Christi Clinic on Andover Road
316-613-4976

Kansas Academy of Family Physicians recognizes Via Christi Clinic doctors

The Kansas Academy of Family Physicians has named Kevin Hoppock, MD, its 2014 Physician of the Year. Dr. Hoppock practices at Via Christi Clinic on East 21st in Wichita and has been a family medicine physician for 22 years. He is a member and past president of the Medical Society of Sedgwick County, and a past president of the Kansas Medical Society. He currently serves as legislative committee chair for MSSC and KMS.

Dr. Timler, MD

David Timler, MD

Sara Purdy, DO

Sara Purdy, DO

Denise Huskey, MD

Tara Katz, DO

Looking for a physician? The newly redesigned viachristi.org has a find-a-doctor feature that helps you find a physician that best suits your needs.

Dr. Goering

KAFP also recognized Randall Goering, MD, with its 2014 Kansas Exemplary Teaching Award, in the volunteer category. Dr. Goering is a family medicine physician at Via Christi Clinic in Newton and a volunteer clinical assistant professor in the Department of Family and Community Medicine at the University of Kansas School of Medicine-Wichita.
Mom overcomes shattered bones to become champion archer.

For Christina Jones, it’s a miracle to once again be able to do little things: open a jar, put her hair into a ponytail or pick up “one of my kiddos.” And it’s a miracle, adds the 34-year-old mother of three, that she became a state archery champion less than a year after being told she wouldn’t have the flexibility to pick up a bow.

But it took Via Christi orthopedic surgeons a series of 12 surgeries — including the region’s first wrist joint replacement — to mend her seriously broken arm and deliver those miracles, she says.

Christina and her family were living in Yuma, Arizona, when she slipped and fell, shattering “everything from the elbow down” on her left arm. The doctors at her rural community hospital weren’t used to seeing such serious fractures. They immobilized her arm, hoping it would fuse together properly. It did heal, but with seriously limited flexibility.

Repairing the old injury
Two years after her accident, Christina and her family moved near Wichita. Her new co-workers at what is now Via Christi Clinic, suggested she consult with the group’s expert orthopedic surgeons.

The team began tackling her injuries one by one, resetting her broken bones, replacing the shattered parts with steel implants, and using cadaver tendons and bone to stabilize her elbow. Still, she suffered from ongoing pain and limited movement in her arm.

The archery challenge
Despite her injury, Christina accepted her daughter’s challenge to take up archery. Sixteen-year-old Alex, who has mild autism, finds the sport to be calming while it helps with her focus and coordination.

“Alex kept telling me, ‘Come on, Mom, you can do this!’” says Christina. “Finally, about a year ago, I tried it, and she was right.

“Knowing the hurdles she’s overcome to be an archer, how could I not do it, too?” she adds about the sport she’s grown to love. “I wasn’t going to let my injury be a crutch.”

A final option
While years of repairs helped improve the effects of her injury, they also caused her forearm bones to press painfully against her wrist, limiting use of her arm and hand. Her surgeon suggested one final surgical option: wrist joint replacement.

“I had one question for my doctor,” says Christina. “Will I still be able to hold my bow?”

Her doctor assured her she could, and she had the surgery in late February 2014. Two months of difficult rehabilitation followed, but her pain was relieved and her flexibility, while not perfect, was much improved.

Best of all, she was able to return to her much-loved sport of archery. This past June, she won the Kansas State Archery Association’s outdoor women’s freestyle compound bow championship.

“I was able to do that because my Via Christi doctors took the time to research this new procedure and suggested it because they genuinely wanted to do the best thing for me,” she adds. “That patient first” commitment is why I always recommend Via Christi orthopedic services to my friends.”

Years of surgeries to repair her shattered arm, including the region’s first wrist joint replacement, helped Christina Jones become a state archery champion.

A healing center for joint replacement patients
If you’re planning elective hip or knee replacement surgery, the Joint Replacement Center at Via Christi Hospital St. Francis, offers exceptional care with an emphasis on wellness:

- A pre-surgery class to learn what to expect before, during and after your procedure
- Streamlined pre-admissions testing
- Comfortable hospital rooms where you wear your own clothes — not hospital gowns
- A specialized care team, for the best possible patient experience, from the operating room to recovery and beyond
- A program coordinator to oversee your care and answer your questions after you go home
- Group physical therapy and opportunities to socialize with fellow patients
- A comprehensive, focused therapy regimen to help you get back home sooner

For more information, contact Shannon Wilson, Joint Replacement Center program coordinator, at 316-268-8274.
The perfect fit

For Dick and Jodi Stiles, Shepherd’s Crossing was the answer to everything they had been praying about. It allowed the Houston newlyweds to return to their Kansas roots and be closer to family, and to be active and involved in a safe, supportive community. It’s just a short walk to visit Jodi’s mother, who resides in an assisted living apartment at the Center. And, says Dick, “the price was right.”

But what really sold them was the people. They knew staff from visits to see Jodi’s mother and they’d always felt Catholic Care Center was the place they’d want to be if they needed care.

“We wanted to make the move while we could still make our own decisions about our future,” Jodi says.

The Stiles and Dr. Barba say their new homes provide peace of mind — for them and for their families.

“Shepherd’s Crossing allows seniors to embrace this chapter of life, pursue new opportunities, discover new talents and make new friends in a vibrant community,” says Sanders.

Resident treasures spiritual surroundings and trouble-free living at Shepherd’s Crossing

Inspired independence

Tony Barba, MD, anticipated moving to a retirement community some day in the future. But after a visit to Shepherd’s Crossing, Via Christi Villages’ newest independent living community, he knew he had found his new home and made plans to move there as soon as possible.

The Master’s plan

“The moment I saw this place, I felt like God was leading me here right now,” says the vibrant 80-year-old retired obstetrician about his spacious patio home located on the Catholic Life Campus, northeast of Woodlawn and North 45th Street. “Living here is the greatest blessing of my life.”

In every direction he looks, the devout Christian sees a house of worship within walking distance, including the golden dome of the Catholic Care Center’s Chapel of Mercy.

“I go to church every day; it’s the most precious thing to me,” Dr. Barba says. Relief from the responsibilities of home ownership gives him time to focus on what’s most important in life, he says: “Preparing for the next life.”

Comprehensive comfort and care

Shepherd’s Crossing is part of a unique continuing care retirement community that offers seniors maintenance-free living in a quiet neighborhood setting. Large homes feature attached two-car garages, personal storm shelters and luxurious, accessible kitchens and baths.

As the independent living component of the Catholic Care Center, Shepherd’s Crossing residents have priority for all other campus services, including home health, assisted living, adult day care, memory care and skilled nursing.

“They know staff from visits to see Jodi’s mother and they’d always felt Catholic Care Center was the place they’d want to be if they needed care.

“We wanted to make the move while we could still make our own decisions about our future,” Jodi says.

The Stiles and Dr. Barba say their new homes provide peace of mind — for them and for their families.

“Shepherd’s Crossing allows seniors to embrace this chapter of life, pursue new opportunities, discover new talents and make new friends in a vibrant community,” says Sanders.

“With the wide range of services available in independent living, many residents find they may never need to make another move,” says Jennifer Sanders, marketing director for Catholic Care Center. Dr. Barba enjoys the tight-knit community and says residents and staff “have become like brothers and sisters” to him. His cozy, peaceful home is ideal for prayer and meditation and has plenty of room to host his five daughters, grandchildren and the wealth of friends he has made during his 38 years in Wichita. He’s grateful for the opportunity to do the things he loves — being a chaplain volunteer and a lector for campus Masses and playing his beloved accordion for residents and patients.

“Shepherd’s Crossing allows seniors to embrace this chapter of life, pursue new opportunities, discover new talents and make new friends in a vibrant community,” says Sanders.

For more information and to view a video about Shepherd’s Crossing visit viachristi.org/catholic-care-center or to schedule a tour, call 316-425-5095.
To prevent fall injuries:

• Exercise regularly, for strength and balance
• Ask your doctor how to manage dizziness caused by certain medications
• Keep your eyeglass prescription up to date
• Remove throw rugs and keep floors clutter-free
• Add grab bars to the shower and by the toilet
• Get screened and treated for osteoporosis

— Centers for Disease Control and Prevention

Visit viachristi.org/50plus for a full list of program benefits, including:

- discounted health screenings
- social outings
- field trips
- free monthly luncheons

Membership is open to anyone age 50 or better for just $25 a year or $40 per couple.

To prevent fall injuries:

• Exercise regularly, for strength and balance
• Ask your doctor how to manage dizziness caused by certain medications
• Keep your eyeglass prescription up to date
• Remove throw rugs and keep floors clutter-free
• Add grab bars to the shower and by the toilet
• Get screened and treated for osteoporosis

— Centers for Disease Control and Prevention

I had been so depressed and it was wonderful to have someone walk in the room who really cares.

— Sue Friedel

Sue Friedel practices her two-step with Dancing in Paradise owner, Steve Trent.

She starts to tear up as she recalls getting several hospital visits from Via Christi 50+ program coordinator Tanya Merritt, in addition to her family and friends.

“I had been so depressed and it was wonderful to have someone walk in the room who really cares.”

Sue’s relationship with Merritt is just one of the many benefits she’s gotten from her membership in the 50+ group, she says. Sue invites as many of her friends as she can to go to both Via Christi’s 50+ and Women’s Connection monthly meetings, often arranging carpooling for friends.

The luncheons are a great way to meet up with friends, have a healthy meal and get trusted information on a variety of topics, from vitamins and supplements to dealing with Alzheimer’s, Sue says.

After recovering from a fall, Sue Friedel’s calendar — and dance card — are full again with friends and family — is filling up her calendar again, too.

Besides dancing, her activities have included traveling to Colorado, working local elections, planning birthday parties, babysitting grandchildren and inviting friends to join her at two monthly Via Christi luncheon groups.

‘Such good care’

Recalling the difficulty she had healing from a previous fall during the Walnut Valley Festival in Winfield, Kansas, Sue worried about her recovery.

“I was so upset thinking I might not walk or dance again,” says Sue, who has osteoporosis. Following her treatment plan and doing her exercises allows her to do both.

After surgery at Via Christi Hospital St. Francis, Sue received inpatient therapy at Via Christi Rehabilitation Hospital since she had no full-time caregiver at home.

“They took such good care of me,” says Sue, noting in particular occupational therapist Brittany George and physical therapist Emily Schlosser.

She starts to tear up as she recalls getting several hospital visits from Via Christi 50+ program coordinator Tanya Merritt, in addition to her family and friends.

“I had been so depressed and it was wonderful to have someone walk in the room who really cares.”

Sue’s relationship with Merritt is just one of the many benefits she’s gotten from her membership in the 50+ group, she says. Sue invites as many of her friends as she can to go to both Via Christi’s 50+ and Women’s Connection monthly meetings, often arranging carpooling for friends.

The luncheons are a great way to meet up with friends, have a healthy meal and get trusted information on a variety of topics, from vitamins and supplements to dealing with Alzheimer’s, Sue says.

I had been so depressed and it was wonderful to have someone walk in the room who really cares.

— Sue Friedel

Sue Friedel practices her two-step with Dancing in Paradise owner, Steve Trent.

Sue Friedel practices her two-step with Dancing in Paradise owner, Steve Trent.
Lunch will be served. Space is limited, so register early.

Cost: Free to Via Christi 50+ members; All others $5 cash/check at the door, with the exception of the Christmas celebration which is $10

Time: 11 a.m.-12:30 p.m. (Doors open at 10:45 a.m., program begins at 11:30)

Where: Botanica: The Wichita Gardens, 701 N. Amidon, Wichita

OCT 15
Bone health: An orthopedic perspective
How to get and keep your skeleton healthy. We’ll discuss common “fragility” fractures, surgical management of these injuries and state-of-the-art treatments available at Via Christi. Presented by Bradley R. Dart, MD, Advanced Orthopaedic Associates. Register: 316-689-5700 by Oct. 10

NOV 20
Sound for seniors: Hearing loss & what you can do about it
At least one in three people over age 65 has hearing loss, which untreated can cause isolation, frustration, embarrassment and depression. Learn the signs and symptoms of hearing loss, how hearing is tested, and the treatment options. Hearing aids and their benefits will be discussed, along with the latest Bluetooth technology that improves hearing when using cell phones and watching television. Presented by Via Christi audiologist Susie Ternes, AuD. Register: 316-689-5700 by Nov. 14

DEC 18
Christmas celebration
50+ members will enjoy a musical celebration, great food and games for prizes. Friends and family of 50+ members, age 18 and over, are welcome at a cost of $30 each at the door. Register: 316-689-5700 by Dec. 15

Ladies Luncheons

Cost: $5
Time: Doors open at 11 a.m. Networking/lunch: 11:30 a.m. Presentation: Noon

See topics and dates on the right. Space is limited, so register early.

As key decision-makers for their families, women need a reliable source for health information. Via Christi Women’s Connection brings women together for monthly luncheon lectures presented by local medical experts.
Car seat safety class
Learn guidelines and state law for car seat installation. Bring car seat to class.
Register: 316-689-5700 or online at viachristi.org/events
Cost: $15
Dates: Monthly, call for details
Time: 7-9 p.m.
Where: Via Christi Hospital St. Joseph 3600 E. Harry, 3rd Floor

Via Christi semiannual blood screening
Screening for more than 40 blood levels, including blood sugar, cholesterol and thyroid disease. Open to all, ages 18 or older. Call 316-719-3354 for details.
Hurry! Sept. 24-27.

Do I have a sleep problem?
Sleep apnea, its symptoms and effects on health.
Register: 316-689-5700
Cost: Free
Dates: Oct. 21, Nov. 18 or Dec. 16
Time: 6-7 p.m.
Where: Via Christi Rehabilitation Hospital, 1515 N. Rock Road

You’ve got a lot to gain by losing weight
Learn about the HMB™ Program for Medical Weight Management.
Register: 316-689-6082
Cost: Free orientation session
Dates: Oct. 24 or Dec. 18
Time: 6-7 p.m.
Where: Via Christi Life, 3311 E. Murdock, 4th Floor, Endocrinology

Surgical weight loss session
Learn ways to treat severe obesity, including surgical options available through Via Christi.
Register: 316-689-6082
Cost: Free information session
Dates: Oct. 14, Nov. 11 or Dec. 9
Time: Check in: 5:30 p.m. Class: 6 p.m.
Where: Via Christi Clinic, Family Medicine, 707 N. Emporia (Enter south side of building)

Cardiac nutrition
Attend one or all sessions.
Register: 316-689-5700
Cost: $15 per person/per class
Time: 11:30 a.m.-12:30 p.m.
Where: Via Christi Hospital St. Francis 929 N. St. Francis
Nutrition: Understanding cholesterol, fiber and healthy oils.
Date: Oct. 1
Where: 2nd Floor, Room 2039
Date: Dec. 3
Where: 2nd Floor, Room 2304
Salt: Flavorful lower-sodium options and a better understanding of food labels.
Date: Oct. 8 or Dec. 10
Where: 2nd Floor, Holt Conf. Room
Low-fat cooking tips, techniques and substitutions. Cookbook available for $6.
Date: Oct. 15
Where: 2nd Floor, Room 2039
Date: Dec. 17
Where: 2nd Floor, Holt Conf. Room
Dining out: Make the best choices for your heart when eating at restaurants.
Date: Oct. 22
Where: 2nd Floor, Room 2039

Look good … feel better™
This American Cancer Society program is for women dealing with hair loss and skin changes from chemotherapy and radiation. Includes a makeup package valued at $200.
Register: 316-689-9899
Cost: Call for information.
When: Oct. 6, 13 & 20 or Nov. 3, 10 or 17 Dec. 1, 8, 15 or 22
Time: 6-8 a.m.
Where: Via Christi Clinic 3311 E. Murdock, 4th Floor, Endocrinology

Diabetes class
Learn how to improve your health while living with diabetes. Class meets for eight hours on Monday and eight hours on Thursday.
Register: 316-689-9899
Cost: Call for information. (Costs usually covered by insurance.)
When: Oct. 6, 13 & 20 or Nov. 3, 10 or 17 Dec. 1, 8, 15 or 22
Time: 6-8 a.m.
Where: Via Christi Clinic 3311 E. Murdock, 4th Floor, Endocrinology

Moving beyond treatment: Cancer Transitions™
A six-week workshop to help cancer survivors move from active treatment to post-treatment care. Physicians, nutritionists and fitness experts will discuss exercise tailored to each participant’s abilities, with training in relaxation and stress management and tips for nutritious eating. This is a program of the Cancer Support Community and LIVESTRONG™.
Register: 316-689-5700
Cost: At least two days ahead of event
Free
Dates: New six-week sessions begin Oct. 7 or Nov. 18
Time: 2-3:30 p.m.
Where: Via Christi Cancer Resource Center, 817 N. Emporia

Yoga for cancer survivors
Four-week beginning-level yoga class to help cancer survivors improve flexibility, reduce stress, improve sleep and feel good again. Classes meet on Thursdays.
Register: 316-689-5700
Cost: $6 per class or $24 for four sessions
Dates: Oct. 2, 9, 16 & 23
Times: 2-3:30 p.m.
Times: 4:30-5:30 p.m. or 6-7:30 p.m.
Where: Via Christi Cancer Institute at Via Christi Hospital St. Francis 929 N. St. Francis, 7th Floor, Yoga Room

Don’t see what you’re looking for?
Our classes and events are listed online at viachristi.org/events

Support groups
Via Christi Rehabilitation Hospital 1515 N. Rock Road
For more info: 316-634-3400
2nd Tuesday, bimonthly
Oct. 14 and Dec. 9 6:30-7 p.m.
1st Thursday, monthly
Oct. 2, Nov. 6 and Dec. 4 4-6 p.m.
1st Tuesday, bimonthly
Nov. 4 and Jan. 6 4-5:30 p.m.

Advance directives
Learn to complete documents on durable power of attorney for health care, living will and do not resuscitate.
Register: 316-689-5700
Cost: Free
Dates: Nov. 12, 3:30-4 p.m.
Where: Via Christi Cancer Resource Center, 817 N. Emporia

Via Christi Life viachrrehab.org | FALL 2014 fall 2014 Via Christi Life
myVia Christi
PATIENT PORTAL

a new way to manage your family’s health online

Email your doctor
View lab results
Request prescription refills
Request appointments ... and more

If you’re a Via Christi patient, you now have a way to manage your family’s health online. myViaChristi connects you to all of your providers, giving you convenient access to your family’s medical records — including doctor’s notes, prescriptions, test results, appointment history and more.

Already a patient?

To get started, drop by your doctor’s office and ask to sign up for myViaChristi — no appointment necessary.

Not a Via Christi patient or need a family physician?

Find expert care that is close to home at viachristiclinic.com/doctors