Sounding the alarm

Wichita’s only Comprehensive Stroke Center to the rescue

Taking off
Boy thrives following intricate hand surgery

Never lose heart
Living a quality life with heart failure
Chat with the CEO

Dear Neighbor,

For a number of years, Via Christi has been working on transitioning from a model of care focused on caring for you when you are ill to a model built around helping families stay healthy and at home, at school or on the job.

We believe that your needs are better served by having access to a network like Healthier You, which we established five years ago initially to care for our own associates.

First, we assembled a group of top-notch healthcare providers and services ranging from family and specialty doctors to hospitals, immediate care clinics, therapy centers and home care — all connected by their commitment to following best practices in quality care.

Next, we created new positions, such as our nurse navigators, whose primary role is to partner with you and your physician to make it easier to find your way around an increasingly complex healthcare environment.

We then formalized this group, which includes both Via Christi and community providers, into a network committed to helping improve the quality of care you receive, while at the same time helping reduce overall healthcare costs.

Inside this issue, you’ll find a story about how a Healthier You nurse navigator has helped improve the quality of life of a retiree living with multiple chronic conditions. Within that story, you’ll also learn how our transition to a smart, coordinated network designed to maximize your health led to Wichita’s largest private employer choosing Healthier You as its preferred network as of July 1.

Additionally, you’ll find stories about the life-changing care our hospitals continue to provide as the region’s leader in advanced heart, stroke and cancer care — services we hope you’ll never need, but that we are uniquely equipped to provide as we continue to bring leading-edge care close to home.

Here’s to your good health!

Sincerely,

Mike Mullins
CEO and Ministry Market Executive, Via Christi Health

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On the cover: Quick recognition by his fellow firefighters and rapid response by Via Christi’s Comprehensive Stroke Center team were key in Sedgwick County Fire Department Capt. Kelby Harrison’s recovery. See page 6.

Questions or comments: 316-719-3349 or communications@viachristi.org

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Like her mother before her, Ruby Wright earned her nursing degree. For nearly four decades, she used what she’d learned to take great care of herself, her family and her patients. So when shortness of breath in December 2010 led to a diagnosis of heart disease, she was genuinely taken aback.

She was even more so when a pre-operative X-ray captured a suspicious mass and further diagnostic testing revealed the presence of colon cancer. “I never thought that I would be the one to have problems,” says Ruby, who always has followed her own advice about making good food choices, maintaining a healthy weight and staying active.

However, the Wichita native took the news in stride. “I was surprised, but I didn’t really get upset — they presented it to me and I just did what I needed to do,” says Ruby. She had a stent placed in her heart, followed by surgery to remove the orange-sized cancerous mass in her colon.

While still in the recovery room, Ruby had a sudden-death episode. She was revived, but the life-saving CPR destroyed her new stent and it had to be redone. “The doctors told me that my being in good shape was what saved my life,” says Ruby, who in October 2011 had a defibrillator implanted to help maintain a normal heart rhythm.

For Ruby, that means working out at the YMCA with John and volunteering her nursing skills at her church, neighborhood recreation center and through the Black Nurses Association. Says John: “She’s always been a busy bee and she still is today.”

“They are wonderful, wonderful, wonderful,” says Ruby, adding that when you’re having difficulty breathing or your heart is palpitating, “it’s comforting to have someone you can call who knows you personally for advice.

“They know me, my medications and what I need to do to stay out of the hospital,” she says. “Best of all, they are really good listeners.” Lisa Koch, the nurse practitioner who serves as Ruby’s care provider at the clinic, says she loves helping patients help themselves improve their quality of life.

“It’s their bodies and their health,” says Koch. “We simply provide support and direction so they can keep doing the things they love.”

For Ruby, that means working out at the YMCA with John and volunteering her nursing skills at her church, neighborhood recreation center and through the Black Nurses Association.

While the Wichita native took the news in stride, Ruby Wright credits being in good shape for saving her life — and the team at Via Christi’s Heart Failure Clinic for helping her continue to enjoy it.

“FIVE THINGS EVERY HEART FAILURE PATIENT SHOULD DO DAILY

1. Weigh yourself each morning — before breakfast, but after you’ve used the bathroom — and keep a daily log.
2. Take your medicine as instructed.
3. Watch for swelling in your feet, ankles, legs or stomach.
4. Eat low-salt food and watch how much fluid you drink.
5. Balance your activity and rest.

To learn how to assess whether you’re in the clear, need to consult your physician or take immediate action, go to viachristi.org/heart-action-plan\n
While her healthy vegetarian lifestyle and lack of family history didn’t keep her from developing heart disease, Ruby Wright credits being in good shape for saving her life — and the team at Via Christi’s Heart Failure Clinic for helping her continue to enjoy it. Ruby and her husband, John, share a laugh at Whole Foods Market in Wichita.

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Quick recognition by colleagues, rapid response by stroke team key to firefighter’s recovery

It was a typical trip to the YMCA for Sedgwick County Fire Department Capt. Kelby Harrison and his station mates: work out, then play a quick game of hoops. But everything changed as they walked back to their truck to return to the station. “That’s when it hit me,” says the 51-year-old Kelby. “I kind of fell against the wall. My right side went numb and I couldn’t speak right.” His fellow firefighters — Cole Anderson and Jordan McKenzie — recognized the symptoms immediately. Kelby was having a stroke.

While one stayed with Kelby, the other radioed for an ambulance. At Via Christi Hospital St. Francis in Wichita, the Comprehensive Stroke Center’s team was awaiting his arrival. There, the team immediately arranged a CT scan of his brain, and within 30 minutes Kelby received the “clot-busting” drug tPA to dissolve it. When tPA is given within 4½ hours of the first stroke symptoms, it can restore blood flow and reduce the risk of permanent brain damage. But in Kelby’s case, tPA wasn’t enough. His sizeable clot would require surgical removal.

Kelby’s wife, Sharon, learned of his stroke from a fire department representative, who picked her up from home in Newton and drove her to the hospital. There, she said, “The doctors and hospital staff patiently prepared us for the worst-case scenario: that Kelby might have extensive brain damage. But they also said that every patient is different and that only time would tell.”

Treatment in the nick of time
Kumar Reddy, MD, medical director of neurovascular and interventional radiology, carefully threaded a catheter through an artery in Kelby’s leg directly to the blockage in his brain. He was then able to break up and remove the clot. Patients are kept awake and calm during the painless procedure to better monitor their condition.

They saw results quickly. Despite some residual weakness and difficulty speaking, Kelby was able to move his previously paralyzed side. “The next morning, the first thing he said to me was, ‘I got this,’” says Sharon of the physical recovery that lay ahead. Kelby had been a two-time high school state wrestling champion with a reputation as “the guy who couldn’t be taken down.”

Once the brain has been damaged, little can be done to repair it, says James Walker, MD, medical director of Via Christi’s neurocritical ICU. “That is why our goal is timely treatment to minimize the damage done, followed by early therapy to promote recovery and reduce disability,” Dr. Walker says.

Kelby was out of the hospital in just two days, followed by several weeks of outpatient speech and physical therapy. Seven weeks after his stroke, he returned to work, “pretty much back to normal,” he says.

Kelby continues his follow-up care with Saad Kanaan, MD, medical director of Via Christi Comprehensive Stroke Center. Dr. Kanaan diagnosed Kelby’s stroke as an inherited tendency toward “thick” blood that clots easily. Kelby now takes a blood thinner to prevent future strokes.

But Kelby and Sharon don’t worry about what’s ahead. They just feel blessed. “He got the care he needed in time. And with a stroke, timing is everything,” says Sharon. “Everything fell right into place, just the way God wanted it to.”

Cut Your Risk

Some causes of stroke can’t be changed, like your age or heredity, but with your doctor’s guidance, you can control these risk factors:

- High blood pressure and high cholesterol
- Uncontrolled diabetes or heart conditions
- Physical inactivity, obesity and poor nutrition
- Use of oral contraception or hormone replacement therapy
- Excessive alcohol or drug use
- Unmanaged stress

Know the Signs of Stroke

Numbness and/ or weakness of an arm, leg or face
Confusion and difficulty speaking and/ or understanding
Difficulty seeing from one or both eyes
Trouble walking, dizziness, loss of balance or coordination
Severe headache with no known cause

Learn more about Via Christi’s certified Comprehensive Stroke Center, with south-central Kansas’ only dedicated Neurocritical Care Unit, at viachristi.org/strokecenter
Patton, Asa’s dad. “We were dreading it and we had so many questions.”

Ty and his wife, Chelsea, assumed they would have to drive to a far-away city with a major children’s hospital, such as Kansas City, for Asa’s fingers to be separated and his extra finger removed.

But then Asa’s pediatrician told the Pattons about Joshua Linnell, MD, a hand surgeon who joined Via Christi Clinic in Wichita in 2015. Dr. Linnell had participated in more than 20 surgeries to correct polysyndactyly during a fellowship at Texas Children’s Hospital in Dallas, and had done two since starting his practice in Wichita.

“We were so excited that someone could do it here,” Chelsea says.

Says Ty: “It was a home run, finding Dr. Linnell. Not only was he local, but he had done his tour of duty with a children’s hospital and had done the surgery before.”

Experienced surgeon, close to home

Dr. Linnell explained the process of separating the fingers, removing the extra bones in the right hand and using skin from the extra finger — along with skin grafts — to cover the exposed areas.

“We try to create a rapport and trust with the parents and be open with them,” Dr. Linnell says, acknowledging that he takes the responsibility of operating on a child very seriously.

Asa was 9 months old when he had the surgery in December 2015. Dr. Linnell says that is an ideal age because the child’s fingers are larger than at birth, and there are lower risks for children on anesthesia by that age. Also, 9 months is around the time when children are beginning to use their fingers independently, so putting the surgery off until later could delay development of fine motor skills.

The surgery went flawlessly, and Asa’s arms were placed in casts for two weeks to ensure the skin grafts could heal.

‘The best outcome…’

“We were blown away when they took the casts off,” Chelsea says. “It was unbelievable. He had these little fingers.”

Having the surgery in Wichita meant the family could keep their normal routine at home in nearby Benton, an easy 30-minute drive from the hospital, until the day of surgery, then return home the next day.

And Asa’s grandparents were there along the way to provide support.

After a few months of outpatient occupational therapy, Asa is an active 2-year-old. He likes Thomas the Tank Engine, playing outdoors and reading books.

The best part: No follow-up surgery will be necessary.

“As soon as we met him, the concern was out there — the unknown of when he would have surgery, and would there be follow-up surgeries,” says Ty.

Asa’s parents are relieved to have the process complete — and that they could do it all in Wichita.

“Being on the other side of it,” Ty says, “this is the best outcome we could have hoped for.”

His childhood is taking off

Orthopedic surgery creates new worlds of opportunity for boy with rare finger deformity

Visit viachristi.org/dr-linnell for more information.
Combine spiraled zucchini with veggies to create healthier lo mein dish.

Zoodles — or thinly sliced “noodles” of fresh zucchini — are a low-carb, low-calorie, healthy substitute for spaghetti, lo mein noodles or other pasta.

“Noodles made from zucchini or other vegetables have more health benefits than traditional pasta,” says Helen Ramsey, a registered dietitian with Via Christi Weight Management in Wichita. “They not only contain important vitamins, but they also provide fiber and antioxidants to protect and improve our health.”

Compared to lo mein noodles, zoodles have 80 percent less carbohydrates and 50 percent more fiber, she says.

“For a healthy diet, we need to eat a rainbow of colors of fruits and vegetables,” she adds. “The more colors and kinds we eat, the greater chance we will get the variety of nutrients we need.”

Making zoodles is quick and easy. For this recipe, a tabletop spiral vegetable cutter was used. Many hand-held cutters produce the same result. Or, you can buy packaged spiralized zucchini from your grocer.

This flavorful lo mein dish is packed with so many veggies you won’t even miss the pasta.

Directions

Place the spiral blade onto the spiralizer to cut zucchini into spaghetti-like threads. Spiralize each zucchini into a large bowl and reserve.

Cut threads into 6- or 8-inch pieces, if preferred.

Into a large nonstick pan or wok, add oil and warm over high heat. Add chicken and sauté 1 to 2 minutes, stirring frequently.

Add thawed stir-fry vegetables and all other ingredients except zucchini. Stir together until cornstarch is dissolved. Add salt to taste. Stir constantly until chicken and vegetables are fully cooked and the liquid is reduced, around 6 to 8 minutes.

Add half the zucchini, using tongs to stir constantly until zucchini is somewhat wilted, about 1 to 2 minutes. Using tongs, stir in remaining zucchini, and cook until sauce is absorbed and all the zucchini is tender, about 2 more minutes.

Remove from heat and serve.

NUTRITION (APPROXIMATE, PER 1 CUP SERVING): 319 CALORIES; 1 G SATURATED FAT; 20 G CARBOHYDRATES; 42 G PROTEIN; 5 G FIBER; 564 MG SODIUM; 565 MG POTASSIUM; 137 PERCENT OF DAILY VALUE OF VITAMIN C

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Nutrition comparison:

<table>
<thead>
<tr>
<th>Noodle</th>
<th>Zucchini</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>442 calories</td>
<td>58 calories</td>
</tr>
<tr>
<td>86 g carbs</td>
<td>14 g carbs</td>
</tr>
<tr>
<td>122 g potassium</td>
<td>910 g potassium</td>
</tr>
</tbody>
</table>

Serves 4

4 medium zucchini (or 12 cups packaged spiralized zucchini)
3 teaspoons olive oil
1 ½ pounds skinless, boneless chicken breast, cut into thin, 1-inch strips
1 (14.4-ounce) bag frozen stir-fry vegetables with broccoli, thawed
2 teaspoons garlic powder
2 teaspoons ground ginger
¼ teaspoon ground black pepper

½ teaspoon red pepper flakes, optional
1 ½ teaspoons sesame seeds
½ cup chopped green onion
1 tablespoon corn starch
2 tablespoons low-sodium soy sauce
1 ¼ cup low-sodium chicken broth
2 cups fresh bean sprouts
g ¼ teaspoon salt
Making sure everyone can access needed healthcare services is a challenging undertaking, even for the largest provider of healthcare services in Kansas. Fortunately, it’s a mission Via Christi doesn’t have to shoulder alone, as community-minded individuals continue to step forward with donations. Here are a few of their stories.

Sisters in action

When Debbie Hernandez Mitchell was diagnosed with stage 4 colon cancer at age 42, her family was speechless. “The doctor deemed it treatable, but not curable,” says her sister, J.J. Hernandez Sorochty. “Her prognosis of 18 months to three years simply took my breath away.” That was nearly eight years ago.

Today, Debbie is in her second year as a Sedgwick County district court judge. While regular testing has shown no evidence of cancer since her last surgery nearly six years ago, Debbie and J.J. have made it their mission to raise awareness about colon cancer. It’s the nation’s second-leading cause of cancer deaths but the most preventable and treatable of all cancers when detected early.

“Not having a family history or any risk factors doesn’t matter because Debbie is living proof that colon cancer doesn’t discriminate,” says J.J., who in 2011 organized Wichita’s first Get Your Rear in Gear 5K Run/Walk to benefit colon cancer awareness. She also serves on the Via Christi Oncology Patient and Family Advisory Council.

Last year, the sisters donated $20,000 in race proceeds to the Via Christi Cancer Outreach and Risk Assessment program to pay for colonoscopies for patients who need further testing, but can’t afford it. “Hopefully, this will help others get diagnosed earlier,” Debbie says. “I had no symptoms until that night I went to the Emergency Room,” says Debbie, who will run in the fundraising race for a fourth time this year.

A ‘little extra’

Nursing director Missy Hampel, RN, and Sue Willey, director of Inpatient Rehabilitation, have donated every year for the past 29 years to One Community, an annual associate campaign that raises funds for Via Christi programs, its patient and employee assistance funds, and the United Way. The contributions of Via Christi associates collectively amounted to more than $525,000 last year.

“It’s my small way of contributing a little extra to what we do every day,” says Hampel. Adds Willey, a pediatric physical therapist who has served at Via Christi for 33 years: “Through my job, I see the need and how, through Children’s Miracle Network Hospitals, my gift can benefit children and their families.” “That was what got me started giving and why I continue to give today,” says Willey.

A legacy of service

During the more than three decades that Carol “Elaine” Grabner Tole served as a Via Christi oncology nurse, she earned a reputation for putting her patients’ needs first. After her death in July 2015, her former teammates were not surprised to learn that she had made an estate gift of nearly $300,000 to support cancer care at Via Christi.

“Elaine was passionate about ensuring that every cancer patient received the best possible care,” says Maggie Ward, RN, who leads the Cancer Outreach and Risk Assessment program. “Her gift clearly was born out of a dedication to patients that never wavered.”

DONORS SUPPORT VIA CHRISTI’S MISSION IN THEIR OWN UNIQUE WAYS

Click to learn

Go to viachristi.org/giving for information about how you can support patient care, education and programs at Via Christi in Manhattan, Pittsburg and Wichita.

At left: Debbie Hernandez Mitchell, left, and her sister, J.J. Hernandez Sorochty, have made it their mission to raise awareness about colon cancer.
“The staff here, they treated me well and helped me get my life back together,” he says.

Help navigating the obstacles
Via Christi rehab social worker Ashley Eldredge “worked magic,” Scott says, in getting him an apartment that was wheelchair-accessible for when he’d eventually return home.

One of the biggest obstacles was that without a photo ID, he couldn’t receive disability checks. And without a Social Security card, it’s difficult to get a birth certificate, which is needed to obtain a driver’s license. She navigated through various agencies for him.

“There was a lot of fear and uncertainty, and they took that off my plate so that all I had to do was concentrate on me, on my body and getting well,” he says.

Occupational therapist Chrissy Naccarato contributed to helping him gain the skills and strength he needed to once again be independent, he says.

And he good-naturedly refers to physical therapy assistant Lee Ann Luebber as a “drill sergeant, but in a good way.” She worked with Scott on range of motion, balance, core stability, making transfers, safety and wheelchair mobility to prepare him to live independently.

Via Christi staff’s caring didn’t stop with his therapy needs. They surprised him with a pizza party and a housewarming shower of items they’d purchased for his new home, from paper towels to a laundry basket.

“And after all they’d done for me already,” he says.

Scott has continued to do rehabilitation exercises at home each day, he says. Staff believe he will be a good candidate for a prosthetic leg soon, followed by more rehab work as an outpatient to become proficient at using it.

“We’re eager for that day when he walks in here on both legs to greet us,” Luebber says. “We have no doubt he will.”

Behind-the-scenes support
Via Christi Case Management social workers quietly work behind the scenes to address their patients’ special needs:

- Arranging for supplies, such as oxygen or other medical equipment
- Securing community resources, such as home health, nursing care or hospice
- Visiting with patients to ensure their needs will be met after discharge

Most of all, they advocate for patients to improve access to care, says director Carrie Amershak — especially for the young, elderly and those in poverty or who are suffering.
Hope. That’s all Mark McCaslin was looking for.

When Mark came to Via Christi Rehabilitation Hospital in Wichita in May 2016, he had been in another hospital for a month, unable to stand because of a rare neurological condition. He wanted a sign that he might walk again — or even return to his job as a police captain in Arkansas City.

One meeting with his therapy team was all he needed.

“The enthusiasm and knowledge they showed me gave me the confidence to know I was going to be all right,” Mark says.

Sudden onset

Mark’s journey began in April 2016, at a time when he was in the best shape of his life. He recently had returned from a 10-week police training course at the FBI headquarters in Quantico, Virginia.

But over the course of a few days, Mark’s eyes began twitching from side to side. Then he lost control of his legs and couldn’t walk.

“I went from the pinnacle of my physical ability to not being able to lift my head off the pillow,” the 47-year-old recalls.

The eventual diagnosis was opsoclonus myoclonus, a rare neurological condition believed to affect as few as one in 10 million people. It is characterized by rapid eye movements and muscle spasms. In adults, it is often caused by a brain tumor — though Mark has shown no signs of a tumor.

Big goals

After doctors stabilized his neurological condition, it was time for Mark to start regaining muscle control and strength. He chose Via Christi Rehabilitation Hospital, where Mark — 60 pounds lighter than before his hospital stay — set a clear goal.

“He looked at me that first day,” physical therapist Kim Lamendola recalls, “and he said, ‘My goal is to walk out of here.’”

Therapists treated Mark’s symptoms similarly to how they would treat a patient who suffered a stroke or brain injury. They even incorporated some of Mark’s FBI training exercises.

“He actually asked for homework — things he could do in between therapy sessions in his room,” says Jana Rombeck, an occupational therapist. “When someone is that motivated and driven, you can tell he really wants to get back to his life.”

With his wife, April, at his side, Mark made steady progress in his strength and ability to stand up and, then, to walk.

‘Miracle’ day

After three weeks, Rehabilitation Hospital staff members cheered while Mark and April walked hand-in-hand out the front doors.

“It’s hard to find words to even describe it, all the miracles that happened to get us there,” April says.

Add.s Mark: “It had a family feel the whole time I was there. If it wasn’t for them, I’d be looking at a different outcome. There was no doubt I came to the right place.”

Mark, a 24-year veteran of the Arkansas City Police Department, returned to work part time in June and was back to full duty by mid-October.

He’s glad to be back serving a community that prayed for him and supported his family through bake sales, pancake feeds and other fundraisers.

“All I wanted to do was no different than anybody else,” Mark says. “I wanted to get back to my life. And now I’m there.”

Arkansas City Police Capt. Mark McCaslin is back on the job after battling the effects of a rare neurological condition that left him unable to walk.

Rehab returns one of Ark City’s finest to full duty after debilitating neurological condition

Mark, a 24-year veteran of the Arkansas City Police Department, returned to work part time in June and was back to full duty by mid-October.

Family, the Ark City community and fellow police officers and staff supported Mark during his recovery.

Visit viachristi.org/rehab to learn about inpatient rehab in Wichita; in Manhattan, visit viachristi.org/manhattan-rehab; and in Pittsburg, visit viachristi.org/pittsburg-rehab.

GOOD CANDIDATES FOR INPATIENT REHABILITATION MUST:

- Have a condition or disability in one of the following medical categories: stroke, spinal cord injury, congenital deformity, amputation, major medical trauma, femur fracture, brain injury, neurological disorder, burn or other appropriate diagnoses, all of which require intensive therapy services.

- Have the physical and cognitive ability and the desire to actively participate in three hours of therapy five days a week.

- Be medically stable and free of communicable diseases.

- Require 24-hour medical services by registered nurses and close supervision by a physiatrist.

Visit viachristi.org/rehab to learn about inpatient rehab in Wichita; in Manhattan, visit viachristi.org/manhattan-rehab; and in Pittsburg, visit viachristi.org/pittsburg-rehab.
Urologists answer questions about two common but distressing conditions

Urological disorders or conditions can occur in men, women and children of all ages and can affect many areas of their lives. Urologists Rami Indudhara, MD, and Alosh Madala, MD, with Via Christi Clinic on Murdock in Wichita, discuss two common areas of concern.

Screening for prostate cancer

Prostate cancer is the most common non-skin cancer found in American men, and is second only to lung cancer in male cancer deaths. However, with screening improvements in recent decades, there is now a 10-year survival rate for this slow-growing cancer.

What are the screening tests? Primary care doctors will conduct a two-part screening:

1. Digital rectal exam of the prostate
2. PSA screening (blood test) to measure the prostate-specific antigen, an enzyme made in the prostate — those with a higher than normal PSA have a 30 percent chance of prostate cancer

When should men start PSA screenings?

The American Cancer Society recommends men have their first baseline screening at age 50. If your PSA is low — less than 4 ng/mL (nanograms per milliliter) — and you are at normal risk, screenings can be done every two to four years.

Who is at higher risk?

You are considered at higher risk for prostate cancer and should have annual screenings starting between age 40 and 45 if:

- Your father or a brother has had prostate cancer
- You are African-American
- You have had an abnormal digital rectal exam

What is a high PSA screening level mean?

Seventy percent of the time, levels between 4 and 10 do not mean you have cancer. There are several reasons for a higher-than-normal PSA, including a normal rise in PSA as men age. For further evaluation, consult a urologist — they have additional tools to refine the diagnosis prior to a biopsy. Visit viachristi.org/psa-consult for more from Dr. Indudhara on PSA screening.

What does urinary incontinence mean?

Urinary incontinence is the leakage of urine due to activities such as coughing, sneezing, straining and exertion. It can be classified by its symptoms such as stress urinary incontinence (SUI), urge urinary incontinence (UUI) or a mixture of both, called mixed urinary incontinence.

What are the differences?

SUI is the leakage of urine during activities that increase abdominal pressure, such as coughing, sneezing, straining and exertion.

UUI is a sudden desire to urinate with leakage of urine. This can be due to an overactive bladder, which is a sudden and frequent urge to urinate, sometimes awakening in the night to do so.

What can be done?

To determine whether you have SUI or UUI, diagnostic steps include a medical history, physical exam and lab tests to rule out a urinary tract infection.

Advice for those living with incontinence?

This is not simply a sign of aging and you don’t have to endure it. Talk to your doctor about possible treatments. Visit viachristi.org/incontinence-therapy for more about physical therapy treatments.

Treatment of SUI includes:

1. Non-invasive conservative therapies such as behavior modification, medication and devices like urinary catheter placement
2. Minimally invasive options, such as collagen injections
3. Surgical options

Treatment of UUI includes:

1. Non-invasive therapies such as behavior modification, diet modification (avoiding caffeine, alcohol, spicy and acidic foods), practicing more frequent scheduled urination, smoking cessation, physical therapy and medications
2. Minimally invasive options, such as Botox® injections
3. Surgical options

Visit viachristi.org/urologists for more about Via Christi’s urologists and to read additional urology articles. For an appointment, call 316-274-8185.
Dr. Malburg is accepting new patients at Via Christi Pain Management Clinic in Manhattan. Call 785-323-6300 or visit viachristi.org/manhattan-pain for more information.

The majority of my patients have pain related to the spine — neck pain, headaches, back pain and pain that radiates down into the legs or arms. In the case of degenerative conditions, the disorder doesn’t improve on its own.

What is the most common ailment you see?

The majority of my patients have pain related to the spine — neck pain, headaches, back pain and pain that radiates down into the legs or arms. In the case of degenerative conditions, the disorder doesn’t improve on its own.

What is neurostimulation therapy?

It involves surgically placing an electrode in the epidural space near your spine. An implanted device provides electrical signals that decrease pain messages sent to your brain.

How do you treat pain?

Treatments can include epidurals, implants for neurostimulation therapy, and even medications commonly used for seizure disorders and depression. Other options include physical or psychological therapy, exercise and healthy lifestyle behaviors. For example, tobacco use leads to poor circulation and inhibits healing, so quitting can also help reduce pain over time.

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What should potential patients expect?

My goal is to help patients significantly reduce their pain and improve function so they can enjoy daily life. I encourage patients to be committed to their treatment plan for better pain management results.

“Chronic pain is defined as pain that persists after the normal healing process has occurred — usually six months after an injury or surgery,” says Ian Malburg, MD, Via Christi Clinic’s new interventional pain management physician in Manhattan.

Specialists like Dr. Malburg examine patients’ individual needs to determine the best pain management plan, which may include implants, surgery, injections, lifestyle changes, medication or a combination of treatments.

Interventional pain medicine specialist Dr. Malburg is the newest physician to join the Via Christi Hospital team in Manhattan.

Certification: Dual board certified in Anesthesiology and Pain Medicine

Hometown: Kansas City, Missouri

Hidden talent: Played flute and alto saxophone in high school

Favorite sport: Soccer

Free time: I love traveling

Pets: I’m a dog lover — I grew up with a mini schnauzer

What led me to Via Christi:
The opportunity to run a clinic in Manhattan
Preventing kidney stones

Kidney stones are painful, but they’re often preventable. Wichita urologist Alosh Madala, MD, offers seven tips for avoiding them.

viachristi.org/kidney-stones

Our health and wellness broadcast features Via Christi experts discussing topics that matter to you and your family. Visit viachristi.org/lifematters for the full archive.

Expanding care to all ages

The November episode covers the importance of expanding Medicaid through KanCare, the state’s assistance program for low-income families; the new kid-friendly ER at Via Christi Hospital St. Teresa; and a healthy vegetable recipe from Shawn Horseman, an executive chef at Via Christi.

A better quality of life

The December episode discusses how palliative care helps improve the quality of life for seriously ill people; new treatments for varicose veins; and features a healthy main course recipe from Chef Horseman.
Nurse navigator Lisa Thomas, RN, reviews notes at her office workstation in northeast Wichita as she prepares for a virtual visit with her next patient. She checks the webcam, inserts earphones and with a few clicks of the computer mouse, John Gedraitis appears on her monitor.

“Hello John, how are you?”
“I’m fine, thank you,” answers her 73-year-old patient from his home 8 miles away. “Ginger has been waiting to talk to you,” he tells her. “They have Craisins and I have peanuts.”

... another advocate

Now retired, John spent 17 years working for the University of Kansas School of Medicine-Wichita, writing about complex medical topics. Even so, as a patient it was difficult for him to chart a clear course through the sometimes overwhelming healthcare system.

“Left to my devices, if I was given a suggestion to call and set up a consultation, I would find some excuse not to,” says John, who welcomes and follows Thomas’ advice. “It’s been a marvelous relationship because I trust her.”

Joyce, John’s wife of 50 years, appreciates Thomas’ warm smile and her ability to answer questions, broach a discussion and provide suggestions.

“She’s wonderful support — a great go-between,” says Joyce. “John knows Lisa is another advocate for him.”

Transforming care

Complex care navigation is just one of the innovative healthcare models Via Christi is using to provide more personalized care.

“We’ve developed a smart, coordinated network of physicians, hospitals, outpatient facilities and other healthcare providers who work together to provide patients higher-quality, better-coordinated care at an affordable cost,” says Ed Hett, MD, Via Christi’s medical director for New Models of Care. “It’s a patient-centered wellness model of care versus the hospital-centric sick care model — and it has really proved beneficial for patients and their families.”

In January 2014, Via Christi launched an accountable care organization to serve Medicare beneficiaries like John and its own associates enrolled in Via Christi’s health plan. It has continued to grow and, as of July 1, Via Christi’s Healthier You will be the preferred network for Spirit AeroSystems’ Wichita-area employees.

For John, it’s made all the difference to be at the center of a caregiving team, all working to help him manage his care.

“It has broken down a lot of barriers,” he says. “Things are going beautifully. I couldn’t ask for anything better.”

John Gedraitis looks forward to virtual wellness visits with Lisa Thomas, his nurse navigator.

Through virtual health visits, nurse navigator is like a member of patient’s family

John and his wife, Joyce, snuggle with Cadbury, one of their family’s foster rabbits.
**Renew you this spring**

**SPRING** is a special time of renewal, growth and change. Likewise, it’s the perfect time for you to refresh commitments to your own good health and happiness.

Lisa Thomas, RN, a Via Christi nurse navigator, provides personalized support to help patients manage and improve their quality of life. Here, she offers four simple lifestyle changes you can make that have the potential to produce big results.

### Book a break
Set alerts on your cell or activity tracker to remind you to get up and move. Short bouts are beneficial — a 10-minute walk can reduce anxiety and stress. Work for 50 minutes, step away for 10.

### Snack smart
Keep blood sugar and energy levels steady with nutritious, satisfying snacks. Pair a protein such as almonds, a boiled egg or low-fat cheese with fiber-rich fruit, sliced veggies or ½ cup whole-grain cereal. Plan ahead — have healthy options with you so you’re not tempted by the vending machine or fast-food drive-through.

### Freshen up
Step outside to regroup and recharge. Being active in sunshine and breathing in fresh, spring air helps us feel rejuvenated and get positive emotions pumping. Time outdoors boosts vitamin D levels and studies show it’s a natural antidepressant — it can lift our mood and improve brain function.

### Rethink your drink
Replace sugar-sweetened, high-calorie drinks with flavored or sparkling water. For the ultimate healthy refreshment, infuse your water or ice cubes with citrus fruit, berries, cucumber or mint leaves. Try combinations — sliced oranges and berries, cucumber or mint leaves. Try water or ice cubes with citrus fruit, healthy refreshment, infuse your sparkling water.

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Visit [viachristi.org/spring-health](http://viachristi.org/spring-health) for more spring wellness tips from Lisa Thomas.

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**New Via Christi Medical Staff**

**Manhattan**
- Ian Malburg, MD, Pain Management
- Eric Delman, DO, General Surgery
- Holly Gault, MD, Family Medicine
- Katherine Painter, OD, Optometry

**Wichita**
- Jennifer Callison, DO, Family Medicine
- Greg Greer, MD, Family Medicine
- Li Jia, MD, Emergency Medicine
- Mark Laudenschluger, MD, Pathology
- Nathaniel Norris, MD, Family Medicine
- Mohinder Virdhiyal, MD, Internal Medicine

**New Via Christi Clinic physicians**
- Umber Khan, MD, Neurology
- Kevin Guevara, DO, Family Medicine

**Community health education**

**WICHITA**

- **Childbirth/parenting**
  - For details/to register: 316-689-5700 or viachristi.org/events
  - Baby care seminar • $25
  - Boot Camp for New Dads • Free
  - Car seat safety • Free
  - Childbirth preparation • $55
  - Grandparenting • Free
  - Happiest Baby on the Block™ • $20
  - Infant massage • $15
  - NewLife Center tours • Free
  - Nursing Your Baby • $15
  - Siblings: Baby and Me • $15

- **Weight management**
  - Weight-loss orientation • Free For details/to register: 316-689-6082 or viachristi.org/weightloss
  - Surgical weight-loss session • Free For details/to register: 316-689-6082 or viachristi.org/weightloss
  - SHAPEDOWN® for kids/teens • Call For details/to register: 316-609-4448 or viachristi.org/events

- **Cardiac health**
  - For details/to register: 316-689-5700 or viachristi.org/events
  - Dining out strategies • $5
  - Flavorful, low-sodium eating • $5
  - Heart nutrition: cholesterol • $5
  - Low-fat cooking • $5
  - Diabetes
    - For details/to register: 316-274-8898 or viachristi.org/diabetes-ed
    - Self-management education • Costs often covered by insurance.

  - Cancer
    - For details/to register: 316-616-6520 or viachristi.org/events
    - Look Good ... Feel Better™ • Free for women with cancer.

**MANHATTAN**

- **Childbirth/parenting**
  - For details/to register: 785-587-5413 or viachristi.org/manhattan-education
  - Breastfeeding basics • $15
  - Childbirth education • $70
  - Daddy Basics • $15
  - Newborn Basics/HUG Your Baby • $20
  - Safe Sitter • Free
  - Diabetes
    - Self-management education • Costs often covered by insurance. Call 785-587-5481 for details.

- **Cancer**
  - Look Good ... Feel Better™ • Free for women with cancer. Call 620-235-7812 for details.

**PITTSBURG**

- **Childbirth/parenting**
  - Childbirth preparation, breastfeeding and parenting • $25
  - Call 620-232-1216 for details.

- **Smoking cessation series**
  - Mondays for four weeks • Free
  - Call 620-232-0186 for details.

- **Diabetes**
  - Self-management education • Costs often covered by insurance. Call 620-235-7812 for details.

**Support groups**

- **Childbirth/parenting**
  - Breastfeeding • Free
  - Call 785-875-5701 for details.

- **Diabetes**
  - Wamego • Free
  - Call 785-875-5481 for details.

- **Milk Matters**
  - Breastfeeding • Free
  - Call 785-776-4779 x7661 for details.

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- **Cancer**
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- **Weight management**
  - For details/to register: 785-587-4275 or viachristi.org/light

- **CPR**
  - Details/register info: 785-587-4275 or viachristi.org/light

- **Cardiac health**
  - Details/register info: 785-587-2837 or viachristi.org/manhattan-education

- **Heart failure education • Free**

- **Support groups**
  - Breast cancer • Free
  - Call 620-235-7900 for details.

- **General cancer • Free**
  - Call 620-235-7900 for details.

- **COG Admission**
  - Free
  - Call 620-704-9822 for details.

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**Visit** [viachristi.org/spring-health](http://viachristi.org/spring-health) for more spring wellness tips from Lisa Thomas.
Have a non-life-threatening injury or illness that needs attention?

Via Christi Immediate Care offers timely treatment without the cost of an ER visit. And best of all, it’s conveniently located, no matter which side of town you live on.

- Asthma episodes
- Minor cuts, lacerations or abrasions
- Colds, fevers and flus
- Ear or sinus infections
- Pinkeye and other irritations
- Sprains and strains
- Vomiting and more

East or west, Via Christi Immediate Care is just minutes away

Via Christi Immediate Care

2 Wichita locations

13213 W. 21st St. North
3311 E. Murdock
7:30 a.m.-7:30 p.m.,
Seven days a week

Online check-in

Save time — schedule your appointment online at
viachristi.org/immediatecare