

VIEWPOINT

BAXTER REGIONAL MEDICAL CENTER



Janet and Paul Mruk at the Baxter Regional Hospital Foundation's Donors Dinner with BRMC President and CEO Ron Peterson

BRMC Center on Aging renamed in honor of Mruk family

Paul Mruk is best described as quiet and unassuming, while his wife Janet is helpful and outgoing with an infectious smile. But together they share gentle, generous hearts and a love for this community.

A seven-figure designated gift from Paul and Janet Mruk will help to fund the Center on Aging at Baxter Regional Medical Center for many years to come. This generous gift, announced during the Baxter Regional Hospital Foundation's Donors Dinner, subsidizes numerous programs that help so many in our community. Surrounded by friends, volunteers, hospital personnel and local dignitaries, The Mruk Family Center on Aging was named in honor of Janet and Paul, their late daughter Paula and Paul's late father.

"Their generosity, especially in these difficult economic times, allows us to continue to educate Twin Lakes area residents about the aging process, how to be a caregiver to a loved one, how to age in a healthier manner, support groups for Alzheimer's, dementia, stroke education, men's health issues and much more," BRMC President and CEO Ron Peterson said at a special dedication luncheon. "This act of kindness demonstrates how truly blessed we are to live and work in this area."

The Mruk Family Center on Aging is a program of the Arkansas Aging Initiative's Schmieding Center for Senior Health and Education and the Donald W. Reynolds Institute on Aging at UAMS in partnership with BRMC and ASU-Mountain Home.

Paul was born and raised in Memphis, Tenn., and Janet hails originally from Licking, Mo. During her youth, Janet often spent summers with a favorite aunt in Tennessee and moved to Memphis in 1970. Paul and Janet met while working at Union Planters Bank and married soon after. Paul went on to serve six years as a Marine, spending two years in Vietnam. He dedicated

33 years to the Memphis Police Department and many years to the 164th Mobile Aerial Port Squadron of the Air National Guard.

When his Guard Unit returned from the Persian Gulf in 1991, Paul was quoted as saying: "I needed this [the exuberant homecoming] and I think America needed this." Janet responded to the homecoming by saying: "This is something to make you believe in love and in the world again." However, Paul's enthusiastic return would soon be overshadowed by the tragic loss of their beloved daughter, Paula.

Janet came to Mountain Home in August 2004 to oversee the building of their new home. "I was angry with everything after we lost Paula, but then things began to change in Mountain Home," Janet says. "First I met Sally Gilbert, former president of First Community Bank, and with all my years of bookkeeping experience, she asked if I would consider working part time. It was here that I started to develop a sense of my Mountain Home 'family' with co-workers Tracey Adams and Candice King."

"When we started volunteering at the hospital in April of 2007, it was as though all the windows of heaven were opened for me, and it has been the most rewarding experience of my life. Our volunteering at BRMC has helped us to once again find purpose in our lives," Janet says.

Both volunteer at Baxter Regional Medical Center throughout the week. They have volunteered in the lobby information booth, Paul teaches *Driving Safety for Seniors* and *Self-Defense for Seniors*, and Janet spends her time in the Pink-a-Dilly Gift Shop, Cline Emergency Center and the Baxter Regional Hospital Foundation. Janet and Paul Mruk are truly remarkable people who give unselfishly to the community and hospital they love.

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**Baxter Regional
Medical Center**

A Word from the Board of Directors Chairman

Steve Luelf

At recent meetings, your board has focused on planning for growth at Baxter Regional Medical Center. It is important for us as a hospital to stay up-to-date with technological advancements and monitor spending at the same time. It is also critical for us to continue expanding our service to the Twin Lakes area while keeping costs low.

As you can well imagine, maintaining a hospital is expensive. Each year, a substantial sum is spent on equipment and other improvements. The board, on the community's behalf, must make prudent decisions about which service and business expenses are absolutely necessary.

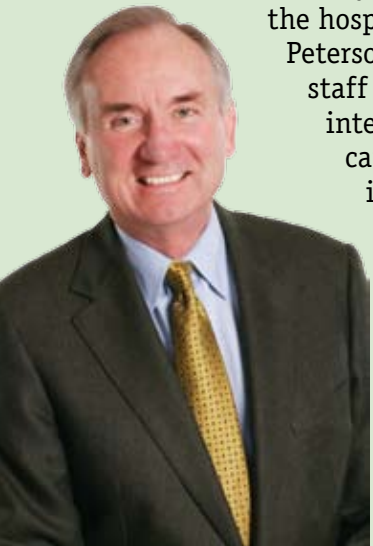
We get input from our physicians and staff, preview equipment and together make informed decisions about spending. These decisions are never taken lightly, and input from the community is always welcome. This is your hospital, and it should meet your needs and remain affordable.

At Baxter Regional, we have grown in many areas. Recently, the hospital implemented Arkansas SAVES (Stroke Assistance through Virtual Emergency Support), a tele-med program that provides 24/7 neurological care for possible stroke victims.

Electronic Medical Records continues to be implemented throughout the hospital, adding job opportunities and keeping us technologically advanced to meet healthcare needs now and in the future.

I recently spent some time touring the hospital with CEO Ron Peterson. Our physicians and staff are truly impressive – intelligent, capable and caring. Watching them work is truly inspiring.

We will continue striving to improve BRMC, to keep the hospital financially sound and affordable, and to honor the trust you have placed in your hospital board.



Steve Luelf

New sports injury clinics offered at BRMC

The Human Motion Institute at Baxter Regional Medical Center will host free Saturday morning sports injury clinics beginning Sept. 5.

The clinics will begin at 9 a.m. in the BRMC Physical Therapy Department (ground floor). Drs. Tom Knox, M.B. Moore and Aaron Wallace – all orthopaedic surgeons – will staff the clinic, working with a physical therapist and athletic trainer to assess injuries.

For more information, contact Heather Martin, athletic trainer, at 870-403-2214 or 800-695-3627.

Introducing the BRMC Human Motion Institute

To enhance Baxter Regional Medical Center's orthopaedic and rehabilitation services, the hospital has teamed with Accelero Health Partnerssm, a Pittsburgh, Pa.-based firm specializing in the coordination and delivery of care related to bones, spines, muscles and joints. Together we plan to create a unique continuum of care for musculoskeletal treatment – the BRMC Human Motion Institute.



Mike Beam

The Human Motion Institute will feature a comprehensive, leading-edge approach to the prevention, assessment, treatment and rehabilitation of bone and muscle (musculoskeletal) injuries. The BRMC Human Motion Institute team will work to develop a musculoskeletal program worthy of national acclaim. "We're excited about this venture," says Ron Peterson, BRMC president and CEO. "The simple goal of our Human Motion Institute is to return our patients to normal function as quickly and safely as possible."

The Human Motion Institute will focus on customized treatment for superior patient satisfaction. "Our highly trained team of surgeons, nurses, physician assistants, rehabilitation specialists and various medical support personnel works with each patient and his or her primary-care physician to develop a treatment plan specifically for that patient," says Mike Beam, director of the institute. "By combining extensive clinical expertise with a compassionate, caring treatment philosophy, we have created a program of quality care."

Drs. Terry Green, Tom Knox, Anthony McBride, M.B. Moore and Aaron Wallace – all orthopaedic surgeons – will be part of the new program, which will include several specialty areas. Dr. Adam Newman (plastic surgeon) and Dr. Eric Arp (podiatrist) will also provide specialized surgical support. Dennis Tindall and his experienced team of physical and occupational therapists, including Certified Hand Therapist Crystal Henry (see article on Page 4) will be part of the Human Motion Institute team. Denton Chipps, R.N., Joint Club nursing director, says, "The services we offer at the Human Motion Institute are a great benefit to patients of any age in our community because they are treated completely – before, during and after their procedures."

Innovative techniques allow faster healing

Orthopaedic surgeon Dr. Tom Knox is using innovative techniques to correct knee and shoulder problems at Baxter Regional Medical Center. To reconstruct the ACL (anterior cruciate ligament), he is now using a method known as the "double bundle" technique. The ACL is one of four ligaments that connect the femur (thighbone) to the tibia (shinbone). Its natural state is to have two bundles, the anterior medial and the posterior lateral bundles, that stabilize both the side-to-side and backward/forward movement of the knee.

New techniques are allowing ACL reconstruction patients to heal more quickly and completely. Knox trained for the "double bundle" procedure last fall in Jackson, Miss., and is seeing greater stability in patients who have had this type of repair. He says this should be especially beneficial for athletes.

Knox has been doing arthroscopic assisted ACL reconstructions for the past 26 years. But high-definition arthroscopy equipment purchased by BRMC is enhancing the "double bundle" technique and other procedures.

Knox also uses the high-definition equipment to perform arthroscopic shoulder surgery, including rotator-cuff repair and shoulder stabilization. "I've been doing arthroscopic rotator-cuff

repairs here for about four years," Knox says. "Rather than making an incision to open the shoulder, we're able to pass these sutures through the rotator cuff using small implants called anchors."

These "anchors" have sutures attached to them. Knox can pass the anchors through the rotator cuff, bringing the rotator cuff back into alignment and suturing it into the bone with the anchors, all while using the scope to guide him.

"From that, we are now doing complete stabilization of the shoulder," he says, including a 17-year-old boy who experienced recurring shoulder dislocations.

The recovery time for the arthroscopic surgery is substantially less than that of surgery done with larger incisions. Knox says the 17-year-old will be in a sling for about four weeks letting the soft tissue envelope heal. The teen will start on motion exercises in about four weeks and be ready to return to sports in about three to four months. With traditional surgery, it would likely be six to eight months before he could play sports again.

The goal of the new methods in orthopaedic surgery, Knox says, is to restore quality of life more quickly and to help people retain the ability to participate in the activities they enjoy.

Orthopaedic advancements enhance quality of life

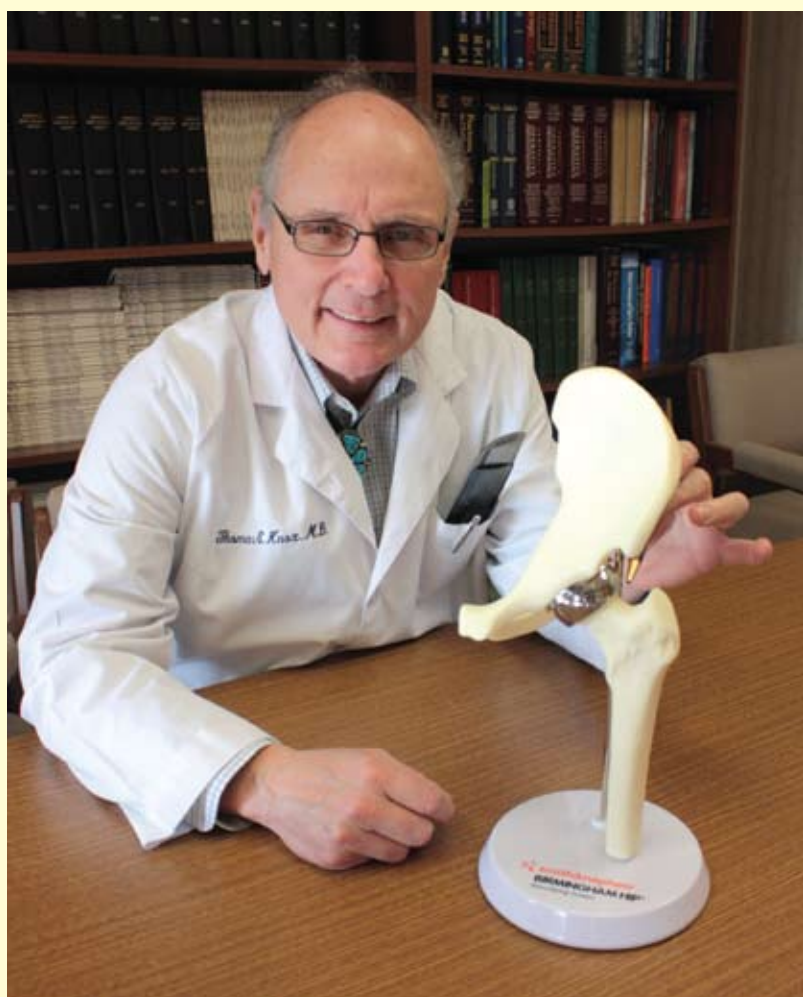
Donna Nettles lived in excruciating pain for two years before finding relief through an innovative hip-resurfacing procedure being performed by orthopaedic surgeon Dr. Tom Knox at Baxter Regional Medical Center.

The same surgery that allowed professional athlete Floyd Landis to return to competitive cycling now allows Nettles to enjoy life without constant pain. An alternative to total hip replacement known as the Birmingham Hip Resurfacing System helped them both.

"I feel like I literally have a new lease on life," Nettles says. "I was pain-free right away. The day after surgery I could tell a difference." Her hips were injured more than 30 years ago when she fell from a ladder and ended up in a "splints" position. The injury set her up for painful bone spurs and arthritis that worsened over the years, in addition to a permanent limp.

Although her pain grew progressively worse, it became "excruciating" about three years ago. As caregiver for her husband who was dying of leukemia, she couldn't take time out for surgery. She continued working as a housekeeper at BRMC, but there were days she could barely keep going.

After her husband died about a year ago, she sought help for her own health issues. Dr. Knox thought she would be a good candidate for the hip resurfacing.



The procedure is recommended for patients under the age of 60. "With older people, their bones are more fragile," Knox explains. "You have to have good strong bones to carry this."

During traditional hip-replacement surgery, the head and neck of the femur are removed and replaced with an artificial joint. The hip stem is inserted down the shaft of the femur. Hip resurfacing is less invasive; it requires the removal of only a few centimeters of bone and preserves both the femoral head and neck. A metal cup is then used to cap the joint, similar to a cap for a tooth.

The preservation of the bone's natural structure and stability has made this surgery the choice for younger

adults and for athletes such as Landis. Knox, himself an avid bicyclist, says a friend of his – a doctor and a cyclist – who had this surgery has gone on to bike as many as 500 miles in a weekend.

Knox says resurfaced hips are expected to last longer than a regular lifetime. "We hope this is an once-in-a-lifetime procedure," he says.

Knox spent two weeks training in Alberta, Canada, to learn this technique. And, working with medical devices company Smith and Nephew, Knox developed a new type of retractor so the procedure can be done through anterolateral (front and to one side) approach, his preferred method.

In the two years he has been using the Birmingham System, Knox has completed more than 30 of the procedures at BRMC, all with positive results. "Everyone who has undergone hip resurfacing has returned to work," he adds.

This is the first in a series of articles that will highlight our Human Motion Institute orthopaedic surgeons and their patients.

BRMC shuttle service implemented

Two shuttle carts are patrolling the parking areas at BRMC from 7 a.m. to 3 p.m. Monday through Friday, providing patients, family members and visitors with transportation to the hospital entrance.

This service is easy to use and allows the hospital to transport three times as many people as former programs. The transportation engineers, members of the BRMC Auxiliary, can pick you up at your car and take you directly to the hospital's main entrance. Simply call 421-4374 or 421-2948 and tell us where you're parked.

CEO Corner

Baxter Regional Medical Center continues to grow and thrive despite the unsettled national healthcare climate. We have implemented several new services to prepare our hospital for the future. The April debut of Electronic Medical Records is just one example of our dedication to technology.

Arkansas SAVES (Stroke Assistance through Virtual Emergency Support) allows our emergency room physicians to work directly with neurosurgeons located in Little Rock on a 24/7 basis to help care for possible stroke victims. This technology is one of the many advancements in medicine today that is especially beneficial to remote areas such as ours. Our next venture with tele-med will be a 24/7 Electronic Intensive Care Unit that benefits patients, physicians and nursing staff. As we implement new programs at BRMC, we will hold free monthly educational classes to provide the public an opportunity to learn about the new offerings.

Our partnership with Human Motion Institute (see article on Page 2) is perhaps the most beneficial to the entire community. Our team of orthopaedic surgeons – Drs. Green, Knox, McBride, Moore and Wallace – will be working in conjunction with Drs. Newman and Arp to create a comprehensive, leading-edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal (bone and muscle) injuries. This team of surgeons, with the help of nurses, physician assistants, rehabilitation specialists and various medical support personnel, will work with your primary-care physician to develop a treatment program specifically for you. We are excited to offer this program that will benefit both our young (sports injuries) and more mature (hip, shoulder, knee, spine) patients.

These are just a few areas in which we continue to improve our clinical quality and grow to better serve you. I appreciate the opportunity to share this information with you, and I look forward to telling you about more quality and growth initiatives in the future.



Ron Peterson

Crystal Henry earns certification as an expert in upper-quarter rehabilitation

An occupational therapist for 11 years, Crystal Henry spent the past two years preparing to become a Certified Hand Therapist (CHT).

This specialized field involves rehabilitation of the upper limb, which includes the wrist, elbow and shoulder girdle. It combines occupational therapy and physical therapy, and requires comprehensive knowledge of the structure, function and activity of the upper limb.

"This is a very concentrated area and one of the most difficult and challenging tests for a therapist to take," says Henry. "It only has a 56 percent pass rate, so I am ecstatic that I passed. I've worked very hard, and my family has been wonderfully supportive."

Henry was required to complete 4,000 hours of direct practice in hand therapy and pass a comprehensive test

of advanced clinical skills and theory in upper-quarter rehabilitation. She must be recertified every five years to demonstrate continued professional development and competency.

Henry is proud of her accomplishment, but is completely focused on helping those referred by orthopaedic or plastic surgeons as part of their postoperative recovery. "Surgery involving the arm or hand is very delicate, often requiring microscopic techniques; part of my many hours of training was to become knowledgeable about these advanced surgical techniques to use the correct postoperative therapy for the patient," says Henry.

BRMC congratulates Crystal Henry on becoming a Certified Hand Therapist and bringing remarkable healthcare right here to Mountain Home.



Crystal Henry

BRMC Regular Support Groups and Classes

Peitz Cancer Support House

For more information, call 870-508-2273 (CARE) or e-mail rellis@baxterregional.org.

Caregivers Support Group

1st Tuesday, noon

Celebrating Life Support Group

1st and 3rd Fridays, noon

Chatting Needles

Wednesdays, 1 p.m.
1st Thursday, 5 p.m.

Breast Cancer Survivors

2nd Tuesday, noon
4th Thursday, 6 p.m.

Men's Cancer Breakfast Support Group

2nd Thursday, 7:30 a.m.

Men's Cancer Activity Support Group

4th Friday, 9:30 a.m.

Children's Support Group

Tuesdays, 4 p.m.

2009 Look Good, Feel Better

Oct. 19 and Dec. 14
9 a.m.

Must call to register

Healthy Steps Exercise for Cancer Survivors

Six-week session
Thursdays, 1 p.m.
Call to register

Schliemann Center for Women's Health Education

For more information, call 870-508-2345 or e-mail smiller@baxterregional.org.

Fibromyalgia Support Group

1st and 3rd Mondays, 10 a.m.

Women's LIFE Support Group (LISTEN. INSPIRE. FRIENDSHIP. EDUCATE.)

1st Tuesday, 6 p.m.

Breastfeeding Class

Aug. 25 and Oct. 6
6:30-8:30 p.m.
Registration required
\$15

Childbirth Class

Aug. 20 - Sept. 24, Oct. 15 - Nov. 19,
Thursdays
6:30-8:30 p.m.
Registration required
\$60 for six-week session

Bundling the Basics: Parenting the First Year

Ongoing
1st Monday, 6 p.m.
Free
Registration required

Reppell Diabetes Learning Center

For more information, call 870-508-1765 or e-mail karkangel@baxterregional.org.

Diabetes Wellness Group

4th Tuesday, 5 p.m.
Lagerborg Dining Room
Free

Am I at Risk?

3rd Tuesday, 5:30-7 p.m.
Free

First Class Flyers - Type 1 Support Group

Call for dates and times
Free

Group and individual diabetes self-management training

By physician referral only
Ongoing
Call for more information

Mruk Family Center on Aging

For more information, call 870-508-3880 or e-mail nsvehla@baxterregional.org.

Better Breathers

2nd Friday, 2 p.m.

Parkinson's Support Group

1st Wednesday, 11 a.m.

Dementia and Alzheimer's Support Group

2nd Friday, 3:30 p.m.
Van Matre Senior Center

Brain Teasers

3rd Friday, 1 p.m.

Stroke Education and Support Group

2nd Wednesday, 1 p.m.

The following physicians are on staff at Baxter Regional Medical Center. For more information, please call our Physician Referral Hotline & Centers of Excellence at 870-508-1001 or toll-free at 800-695-DOCS (3627).

ANESTHESIOLOGY

Dr. Charles W. Armistead Jr. 424-7070
Dr. Ira D. Chatman 424-7070
Dr. James S. Clarke 424-7070
Dr. William R. King 424-7070
Dr. J. Camp Newton 424-7070

CARDIOLOGY

Dr. Erick Araneda 425-8288
Dr. Michael Camp 425-8288
Dr. Stacey M. Johnson 425-6212
Dr. Otis Warr IV 425-8288

CARDIOVASCULAR SURGERY

Dr. Louis W. Elkins 425-3291

DENTISTRY

Dr. John Ahrens 425-3730
Dr. Larry Gould 425-5959
Dr. Bob Mathis 425-6911
Dr. Phillip Eugene Milam 425-9787
Dr. Bernard Petkovich 425-9757
Dr. Paul Reese 424-5900
Dr. C. Michael Risk 425-4777
Dr. John V. Sullivant 425-4242
Dr. Stephen Vester 425-9323

DERMATOLOGY

Dr. Phillip Hardin 425-9737
Dr. Mark King 425-5464

EAR, NOSE & THROAT (Otolaryngology)

Dr. Monty R. Barker 424-4200
Dr. Paul R. Neis 424-4200

EMERGENCY MEDICINE

Dr. J. Pat Black 508-1139
Dr. Phillip Bufford 425-6212
Dr. Michelle Godfrey 508-1139
Dr. Allen Jackson 508-1139
Dr. Jane Kuzas 508-1139
Dr. Margo Lockyer 508-1139

Dr. James McDaniel 508-1139
Dr. Jason Paxton 508-1139
Dr. Jamie Pritchard 508-1139
Dr. Melissa Quevillon 508-1139
Dr. Jennifer Sadler 508-1139
Dr. Phillip Sadler 508-1139
Dr. Mark West 508-1139

FAMILY MEDICINE

• also Obstetrics

Dr. Kevin J. Adkins 425-3131
Dr. Richard H. Ahrens 449-4221
Dr. Robert C. Ahrens 449-4221
Dr. Rolland Bailey 453-2266
Dr. Shawn D. Bogle 449-4221
Dr. Ronald Bruton 425-6971
Dr. Richard L. Burnett 425-3030
Dr. J. Gregory Elders 425-6971
Dr. Caleb Gaston 425-3131
Dr. Michael S. Hagaman 425-6971
Dr. Michael Hodges 425-3131
Dr. George Lawrence 425-6971
Dr. Timothy C. Paden 425-3030
Dr. Lonnie Robinson 425-6971
Dr. Roger D. Simons 453-2274
Dr. Misty Skorcz 994-7301
Dr. Tammy Tucker 445-3296
Dr. Edward L. White 425-3131
Dr. Stacy Wilbanks 425-3131
Dr. Mark Williams 425-3030

GASTROENTEROLOGY

Dr. Bodunrin S. Badejo 425-4402
Dr. William S. Dyer Sr. 425-4402
Dr. Peter A. MacKercher 425-4402

HEMATOLOGY & ONCOLOGY

Dr. Bob Cogburn 425-5354
Dr. R. Bruce White 425-4402

INTERNAL MEDICINE

Dr. Lori M. Cheney 425-6971
Dr. Maxwell G. Cheney 425-3125

Dr. James C. Croom 425-3030
Dr. Lance R. Lincoln 425-3030

INTERNAL MEDICINE/ HOSPITALIST

Dr. Lincoln Godfrey 508-1000
Dr. Richard D. Schmidt 508-1000
Dr. Shelley Warr 425-3030
Dr. Steve Wilber 508-1000

NEPHROLOGY

Dr. Daniel Valach 508-5010

NEUROLOGY

Dr. Bruce Robbins 424-6634

OBSTETRICS/GYNECOLOGY

Dr. Harley Barrow 425-7300
Dr. Erik Shultz 425-7300
Dr. Linda N. Teal 425-7788
Dr. Mary R. Wren 425-7300

OPHTHALMOLOGY

Dr. William D. Hill 425-2277
Dr. Kenneth Jones 425-2277
Dr. Kenneth M. Kilgore 424-4900
Dr. Douglas Marx 424-2020
Dr. J.Y. Massey 424-2020
Dr. Ethan J. Wright 424-4900

ORTHOPAEDICS

Dr. Terry G. Green 424-3642
Dr. Thomas E. Knox 424-3400
Dr. Anthony D. McBride 424-4710
Dr. M.B. Moore III 424-4710
Dr. Aaron Wallace 424-4710

PATHOLOGY

Dr. James Babcock 508-1890
Dr. Steve Douglas 508-1890
Dr. Christopher G. Webb 508-1890

PEDIATRICS

Dr. Perry Wilbur 424-3545

PLASTIC SURGERY

Dr. Adam Newman 425-6398

PODIATRY

Dr. Eric Arp 425-7363

PSYCHIATRY

Dr. Thomas Walden 508-6400
Dr. Christopher Winslow 508-2646

PULMONOLOGY

Dr. William P. Galli 508-3250

RADIATION ONCOLOGY

Dr. Gary B. Wells 424-2200

RADIOLOGY

Dr. William L. Landrum 508-1160
Dr. Matthew Kyle McAlister 508-1160
Dr. Anu Shultz 508-1160
Dr. Joe Tullis 508-1160
Dr. Matthew Wilson 425-3737

RHEUMATOLOGY

Dr. Safwan Sakr 424-7072

SURGERY

General, Thoracic & Vascular

Dr. Jacob L. Dickinson 425-9120
Dr. Kent P. Nachtigal 425-9120
Dr. John M. Spore 425-9120
Dr. Ray Stahl 425-9120
Dr. Dan Swoyer 425-9120

UROLOGY

Dr. Jason Lindsay 508-6020
Dr. John S. TerKeurst 424-3699
Dr. E. Russell Webb 424-3699

Mark Your Calendar!

Sept. 4

Race for the Cure registration deadline
For more information, call 870-508-2273 (CARE) or e-mail rellis@baxterregional.org.

Oct. 16-17

Race for the Cure
Little Rock
For more information, call 870-508-2273 (CARE) or e-mail rellis@baxterregional.org.

Oct. 26-30

2010 Peitz Paws for the Cause Open House
9 a.m. - 4 p.m.
Peitz Cancer Support House
For more information, call 870-508-2273 (CARE) or e-mail rellis@baxterregional.org.

Nov. 6-8

2010 Peitz Paws for the Cause calendars for sale
Outside Wal-Mart
For more information, call 870-508-2273 (CARE) or e-mail rellis@baxterregional.org.

Nov. 12

Girls Night Out
Decadent Diva
6 p.m.
Liberty Bank
For more information, call 870-508-2345 or e-mail smiller@baxterregional.org.

