Healthy Mom = Happy Baby

Binge Drinking and Teens

Sho Kashima, Barton patient

Like us on Facebook for a chance to WIN a standup paddle tour!
Details on page 3.
Hurry! Contest ends June 24.
da Vinci Surgeon FOCUSING ON WOMEN’S HEALTH

Robotic-assisted surgery has revolutionized complex gynecological surgical procedures. Defined as robotic-assisted technology, the da Vinci® Surgical System has become known as an effective alternative to traditional “open” surgery as well as laparoscopy (surgery performed with a slender endoscope inserted through the abdominal wall).

“Dr. Missanelli was kind and reassuring—he won my confidence immediately, especially after he said, ‘You don’t have to live this way any longer.’” — Cynthea Preston, patient

“Patients are increasingly seeking out less invasive treatments, including robotic options, for gynecological health problems,” says John Missanelli, D.O., OB/GYN, da Vinci surgeon with Barton Women’s Health.

Through tiny, 1 to 2-centimeter incisions, da Vinci surgeons can operate with greater precision and control, and many experience less pain than is typically associated with large incisions.

“This leading-edge technology is right here in our own backyard at Lake Tahoe,” says Dr. Missanelli, who has performed nearly 500 complex gynecologic procedures with the da Vinci robot. “With this type of technology, patients often have less pain and blood loss, shorter hospital stays, and a reduced risk for infection.”

Cynthea Preston, longtime South Lake Tahoe resident and former dean of instruction at Lake Tahoe Community College, experienced pelvic prolapse (when the pelvic muscles and connective tissues weaken) for nearly 20 years. After hearing stories of painful and long recoveries from friends who had pelvic prolapse procedures, Preston wanted to wait until something new and less invasive became available.

“I almost never go to doctors, so this was a big deal to me,” Preston says. “I went into Barton Women’s Health and Dr. Missanelli was kind and reassuring—he won my confidence immediately and said, ‘You don’t have to live this way any longer.’ Within one week, Preston was scheduled for a total hysterectomy and pelvic floor procedure with the da Vinci.

“Within 48 hours of the procedure, it felt as though I did not have a major surgery and I only took one pain pill,” she explains. “There was, literally, zero bleeding and little-to-no pain—the recovery was amazing.”

Photo courtesy of Pat Leonard-Heffner, LTCC

Call Us!
Make an appointment with Barton Women’s Health by calling 530-543-5711. Discover more at bartonwomenshealth.org.

The First 50 Years

1960:
Daughters of William D. Barton and Ouida Leona Kyburz (Fay and Alva) donate six acres of land in memory of their late parents, on which Lake Tahoe’s first hospital would be built.

November 23, 1963:
Barton Memorial Hospital opens.

1965:
Orthopedic surgery comes to Tahoe via the hospital’s first board certified physician, Paul Fry II, M.D. After serving in the military, Dr. Fry moved to Tahoe with his family to start an orthopedic practice.
Barton Health’s Tahoe Center for Orthopedics (TCO) proudly served as the lead medical provider for the U.S. Freestyle Championships at Heavenly Mountain Resort March 29 through 31. The championships included women’s and men’s moguls, aerials, and dual moguls.

Through their continued involvement with U.S. Ski and Snowboard Association (USSA) athletes, medical directors, and TCO physicians, Drs. Terrence Orr and Jonathan Finnoff were responsible for overseeing all aspects of event emergency medical coverage, including athlete and spectator care. In total, eight physicians and 22 medical staff, including athletic trainers, physical therapists, and support staff, donated 339 volunteer hours to the event and were prepared to care for any injuries.

“We coordinated coverage with multiple medical personnel on site at all times,” Dr. Finnoff said. “We had a trauma team ready to provide advanced on-site medical management for severely injured athletes. Physicians were ready to assess moderate injuries. Athletes who required additional, nonemergent evaluation were sent to Heavenly Barton Clinic for X-rays. Those with severe injuries were transported to the Emergency Department at Barton Memorial Hospital and their care was expedited in an efficient manner.”

Drs. Orr and Finnoff are no strangers to high-profile winter events. Both provide care for USSA athletes. They recently returned from Sochi, Russia, where they underwent pre-event medical training for the 2014 Winter Olympic Games.

Like Us for a Chance to WIN a Standup Paddle Tour—And More!

Barton Health and South Tahoe Standup Paddle are working together to help promote wellness in our community as well as support the outdoor lifestyle we all live and breathe at beautiful South Lake Tahoe! Connect with Barton on Facebook to get the latest health news and events. “Like us” at Facebook.com/BartonHealth, and you’ll automatically be entered to win a prize package from South Tahoe Standup Paddle! One lucky winner can choose from:

- An EPIC Sunrise half-day tour, featuring a catered brunch, for a group of four. And, receive four hats, shirts, and DVDs,
- OR
- An EPIC Sunrise half-day tour, featuring a catered brunch, for a group of four, and one pair of Maui Jim sunglasses of your choice

Don’t wait—the contest is open from May 20 until midnight June 24! One winner will be chosen from the names of all those who have “liked” Barton Health on Facebook since we went “live” August 15, 2011.

1973:
Elvis Presley thanks Barton Memorial Hospital, where his mother, Gladys, had undergone orthopedic surgery, by donating souvenirs and collectible items to the hospital Auxiliary.

1981:
Bette Midler films Jinxed locally, and the production company decides to donate to a local charity. Midler presents a check for $10,000 to Barton Hospital Auxiliary, which funded the hospital’s first birthing suite.
Celebrate 50 Years of Excellence

Join Barton Memorial Hospital for a fun-filled day as we celebrate 50 historical years of caring! From 11 a.m. to 3 p.m. Saturday, June 29, we invite residents of Lake Tahoe and surrounding communities to join us as we look back on the hospital’s rich and intriguing history.

Held in the back corridor of the hospital grounds, at 2170 South Ave. in South Lake Tahoe, visitors will indulge in 1960s nostalgia and entertainment. Take part in tours led by Borges Family Carriage Rides. Music from the ‘60s will set the mood as families and friends get in the groove with a vintage car show, free face painting and children’s activities, barbecue, and 50-cent drinks. Free fresh popcorn and cotton candy will add to the sweetness of the celebration.

Admission is FREE.
Visit bartonhealth.org/history for more details!

BARTON HOSPICE: The Support You Deserve

Enjoying life to the fullest may be difficult for a terminally ill person without help. Hospice care provides physical, emotional, spiritual, and social support for those who need health care associated with a terminal illness.

“Barton Hospice is attentive, sensitive, and responsive to patients’ and families’ needs, from information to reassurance and presence as they move through this difficult period,” says Rebecca Phillipsen, licensed clinical social worker from Barton Home Health & Hospice. “In addition to addressing the physical needs of the patient, hospice understands the importance of listening to and supporting the emotional and spiritual needs of the patient and family together.”

Patients who qualify for hospice care usually have a life expectancy of less than six months.

“Patients must be referred by a physician to qualify, but we’re always here to help answer any questions,” says Jason Collin, director, Barton Home Health & Hospice. “Most hospice care is covered by Medicare, private pay, private insurance, Medi-Cal, Medicaid, and, for those who qualify, Barton’s Helping Hands program.”

Care in the Comfort of Home

The Barton Hospice team works with individuals, their family, and their physician to determine the most beneficial treatment. Care is provided in the comfort of the patient’s own home.

“We also provide care at our skilled nursing facility at Barton Memorial Hospital,” says Collin.

The type of care provided is dependent on the patient’s needs. Hospice services include:
- Physician services
- On-call nursing care, 24 hours a day
- Dietitians
- Home health aides
- Symptom and pain management
- Social services and case managers
- Medical supplies
- Inpatient care for acute care and short-term respite
- Physical, occupational, and speech therapy
- Spiritual care
- Bereavement follow-up for family

Family Involvement

Family members are encouraged to take an active role in providing supportive care to the patient. In doing so, the family experiences fewer feelings of helplessness.

“Participating in a loved one’s care not only allows a family member to provide love and support—it also reduces any feelings of guilt or regret that may be experienced later,” Phillipsen says, “and it enables everyone to get through it together.”

WE ARE HERE TO HELP
If you or a loved one is interested in Barton Hospice, call 530-543-5581.

May 27, 1993:
Groundbreaking for an additional 60,000 square feet of hospital space takes place.

1998:
Barton Skilled Nursing opens in Tahoe with 33 beds for extended care and 15 beds for rehabilitation.
An anterior cruciate ligament (ACL) tear is a common injury. The ACL is one of the major stabilizing ligaments of the knee, and it controls movement of the shinbone and thighbone. Many activities, such as skiing, soccer, and volleyball, require the ACL to stabilize the knee for safe playing. An unstable knee that “gives out” or “shifts” can cause damage to the other knee structures, including cartilage. A cartilage injury can be painful, and sometimes lead to arthritis. A knee injury that causes swelling and the sensation of a “pop” could indicate an ACL tear.

**Torn ACL Should Be Replaced**

An ACL injury will not heal once it tears, so orthopedic surgeons highly recommend that the ACL be replaced to avoid instability and cartilage injury. If you’re concerned about how ACL surgery might affect your athletic performance, rest assured that many active people with a new ACL may safely return to the activities they once enjoyed, including mountain biking or skiing.

ACL surgery has typically involved replacing or reconstructing the torn ligament with a new bundle of tissue, which then heals as a new ligament. The tissue may come from a different part of the knee, such as the kneecap, or donor tissue.

**Double-Bundle: A Natural Fit**

The ACL is composed of two distinct tissue bundles and, until recently, surgeons only recognized and reconstructed one of the bundles. Today, a double-bundle reconstruction is used to fully restore the function of the ACL. A single-bundle reconstruction increases knee stability, but does not fully restore the rotational stability of the ACL like that of a double-bundle reconstruction. Plus, studies show that the double-bundle reconstruction is a more natural fit for the knee.

The double-bundle approach is a more complex procedure and should be performed only by experienced orthopedic surgeons. The procedure should be considered by those trying to regain a strong and completely structural ACL with stable knee function.

For more, visit laketahoesportsmed.com or call 775-589-8950.
During the summer ahead, millions of young adults in the U.S. will “binge drink” their way through parties. Binge drinking is drinking to get drunk—the point at which the drinker is risking health or behavioral problems as a consequence of drinking alcohol. Binge drinking means a man having five or more drinks, or a woman having four or more, in quick succession.

“Overall alcohol use among young people has decreased in recent years, but the number of binge drinkers remains high,” says Warren Withers, M.D., director of Emergency Services at Barton Memorial Hospital.

Risky Behavior
Besides risk of death from an overdose, binge drinking involves other dangerous consequences, including:

- **Accidents.** Alcohol impairs sensory perceptions and reaction time.
- **Date rape.** Alcohol can be a significant factor in sexual assaults on young adults.
- **Unprotected sex.** Heavy drinkers are at greater risk for AIDS and other sexually transmitted diseases. They also have a greater chance of pregnancy.

**Influencing Your Children**
“Educating your kids about the risks of binge drinking and behavior patterns, as well as making your expectations clear as to their lifestyle and academic performance, is key,” says Dr. Withers. Some ways to do that include:

- Checking your own behavior. Are you subconsciously promoting the idea that drinking to excess is OK?
- Working with your children’s education facilities. Encourage initiatives such as substance-free social events and dorms.
- Promoting awareness early in your child’s life. What parents say and do really can make a difference. The earlier you start your prevention efforts, the better.

If you are worried your teen or college-aged child may have a substance abuse problem, call Tahoe Youth & Family Services at 530-541-2445. For a list of other resources, visit bartonhealth.org/physiciandirectory.

2007:
The Emergency Management Community Council (ÉMCC) is established, bringing together all emergency services for better preparedness.

2009:
The Rehabilitation Department receives a massive overhaul. The $2.8 million project expanded the tight space from 740 square feet to an impressive 6,000 square feet.

2010:
Barton introduces Telehealth, enabling local physicians and patients to connect with specialists far away through video and audio. Also, Barton Health Care System is renamed as Barton Health to bring all services and facilities under one medical umbrella.

**Someone Dies Every 15 Minutes from a Drunken-Driving Collision**
In 2012, Barton Memorial Hospital’s Emergency Department supported the California Highway Patrol and South Tahoe High School as they filmed a mock drunken-driving accident as part of the Every 15 Minutes program. Every 15 Minutes aims to curb drinking and driving among high school students.

The video was created to educate teens on driving while impaired. From the accident to a death at the hospital to the funeral to the court scene, this re-enactment reminded students how precious life is and how quickly impaired decisions can take it away.
A vital component to a healthy pregnancy is some element of exercise. Beyond the potential physical benefits for both mother and fetus, improvement in one's emotional and overall mental well-being can be achieved through even the simplest of exercise plans.

It is important to establish clear guidelines with your health care provider regarding what is safe for you and your baby during pregnancy. Certain medical conditions—such as high blood pressure, a history of preterm labor (or short cervix), and other high-risk conditions—require more specialized plans. But even the most restrictive exercise plan may still allow a woman to reap the exercise benefits of a sound mind and body.

Focus on Your Goals

A workout plan during pregnancy should be separate from discussions of weight gain. A recent patient of mine was told by her previous provider that she was, “gaining too much weight and should drink only water and exercise more.”

Few providers take the time or have the experience to give specific guidelines about when to exercise and when to slow down. For those who have never been formally told how to exercise, this type of advice often falls on deaf ears. With each passing visit, the number on the scale becomes the focus. With little guidance, patients’ self-esteem decreases, stress levels increase, and the chances for a healthy and happy pregnancy are reduced even further.

Let us not focus on a number, but rather our goals. Weeks of pregnancy challenge one’s strength, posture, and balance. Expectant mothers grow more fatigued as their sleep is disturbed by both physical and hormonal changes. We work to ensure the safety of both mother and fetus in our plan.

I target a goal for beginners of approximately 30 minutes of activity, five days a week. If time restrictions make this difficult, they can break it into two, 15-minute sessions, or even three, 10-minute sessions.

Start with Easy Walking

Assuming you have no dangerous health conditions, I recommend beginning by walking. Mix in a hill or two, pump the arms, and maybe even add some tiny hand weights if you’re not pushing a stroller. If you can hold a conversation but are also huffing and puffing, you’re exercising at the right pace.

With regular exercise, you can improve your strength, balance, and cardiovascular conditioning. And exposure to sunlight raises vitamin D levels, decreasing your risk for gestational diabetes, in addition to other potential benefits for your baby—but don’t forget that sunscreen. Bring along some friends and combine your walk into a pregnancy support group.

Each individual has different guidelines. Even exercise enthusiasts need support regarding limitations, positional considerations, and which activities to avoid during pregnancy. Work with your provider to develop a plan that is both safe and effective in accomplishing the simple goals of sound mind and body for a healthy mom and baby.

Fit Mom = Healthy Baby

Make an Appointment!

Set up a time to visit with Dr. Kenneth Spielvogel by calling Barton Women’s Health at 530-543-5711.
Summer is here! It is the perfect time to try new things outside. Playing outside is a great way to keep your heart and your body strong. Exercise strengthens muscles and helps you get a good night’s sleep. Moving around can put you in a better mood, too!

So let the sunny summer days draw you outdoors. Here are some activities to try with your family:

- Walk in the park or on the beach.
- Go for a swim.
- Ride your bike to the store.
- Fly a kite.
- Organize a picnic.
- Paddle a boat.
- Play sports such as golf or soccer. With aerobic activities like these, it’s easy to slow down if you need to.

Remember to stay safe in the summer heat. Drink a lot of water. Wear lightweight clothing that breathes, as well as a hat, sunglasses, and sunscreen.

When it gets too hot to play, cool off in the shade and solve this puzzle. All the clues have to do with summer safety!

**Have Safe FUN IN THE SUN**

**ACROSS**

1. When you go swimming at the ___, make sure there’s a lifeguard on duty.
2. This is a good place to stay when it’s too hot outside.
4. Touching a hot barbecue could cause a severe ___.
6. Drink plenty of this when exercising in summer.
8. Ask to take swimming ___ before diving into a pool.
11. It’s a good idea to carry a ___ kit when hiking.
12. If you’re out in a storm and you see this, seek shelter.

**DOWN**

2. Find some shade to ___ off.
3. Always wear a helmet when riding these.
4. When outside, use repellent to keep these away.
5. Protect your skin from harmful rays by using this.
9. When doing this, you should always have a life jacket on.
10. When you perspire a lot, you should ___ into dry clothes.

**Finished?** Check your answers on page 7 of Barton’s Health and Life!