

# Heartbeats

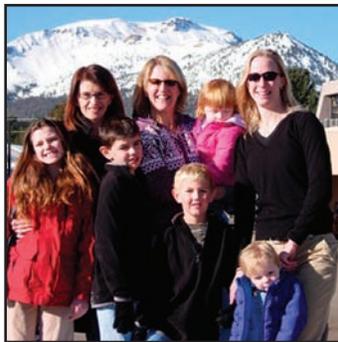
Spring 2008

A Community Service of Mammoth Hospital  
Published by the Community Relations Department  
Lori Ciccarelli, Editor

## Your Pediatric Home in the High Sierra Department Makes Visitors Feel at Home

By Ehren Goetz, Public Relations Assistant

Nobody plans on being sick or needing a doctor while on vacation, but if needed, pediatricians in the Sierra Park Pediatric Clinic want visitors to know they have somewhere to turn. "Our population more than doubles on holidays and weekends with visitors and we need those people to know our services are available and they can feel at home here," says Maria King, D.O., who has been with Mammoth Hospital's Sierra Park clinic since 2007. Physicians Katie Price and Amy Conrad couldn't agree more.



*Drs. King, Conrad & Price pictured with their children.*

if they are visiting from out of town, we want all parents to know they can feel at home here with a pediatrics department away from home," says Amy Conrad, M.D.

If complications arise during childbirth at the hospital, the pediatric physicians are on-call to help. There is at least one pediatrician present for all C-sections taking place at the hospital. Richard Johnson, M.D., created the Sierra Park Pediatric Clinic 12 years ago and has been a physician for Mammoth Hospital since; Johnson now fills in occasionally, but has recently taken a full-time position as Public Health Officer for Mono County. "Dr. Johnson is now our Pediatrician Emeritus," says Katie Price, M.D., with fond memories of his time with the clinic.

*Please see "Pediatric" page 2*

Dr. Conrad is the newest physician at Mammoth Hospital, who joined the team in January. All three board-certified pediatricians have children of their own and know the importance of having high quality pediatric care. "Even

Public Health Officer for Mono County. "Dr. Johnson is now our Pediatrician Emeritus," says Katie Price, M.D., with fond memories of his time with the clinic.

## Administration Update

With the evolution of the hospital's growth comes the "changing of the guards." The Southern Mono Healthcare District Board of Directors is in the process of recruiting for the Chief Executive Officer (CEO) position.

Gary Myers, former CEO, retired in December 2007 after a 13-year assignment bringing to the community 12 outpatient clinics that include an extension of the hospital to the Bridgeport and Bishop areas; the SPORT Center that houses physical and occupational therapy services, and an orthopedic sports medicine clinic; in addition to a 38,000-square-foot expansion that houses a new Emergency Department, Medical Imaging Center, Labor & Delivery suites, and a new Surgical Center. The hospital would like to thank Gary for



*Gary Myers recognized by the SMHD Board for outstanding service.*

his vision, dedication, and commitment to the community over the years.

# Just Another Day for Versatile Emergency Department (ED) Manager

By Ehren Goetz, Public Relations Assistant

Lori Baitx, RN, BSN, has been working for Mammoth Hospital for 25 years. She has been the emergency department nurse manager for 10 years. Over the years she's seen it all, but this year has been especially complicated for her and her staff. It's been a perfect storm so to speak as major cases this year have all seemed to coincide with extreme weather. "For a hospital we're in a unique situation where the weather has a huge factor in treatment and transport of our patients," says Baitx who recently spent the night on an air mattress in her office due to blizzards and road closures. According to Baitx, Mammoth Hospital is a very unique place because it provides all the same services of a major trauma hospital for a very small community due to its isolated location.

During one of the major storms, a patient was in need of a specific pacemaker from Northern Inyo Hospital to save his life at a time where travel on Highway 395 was virtually impossible. Baitx promptly called California Highway Patrol and had an officer pick up the device meeting another officer halfway to Bishop in order to deliver it to doctors at Mammoth Hospital. The next morning when the road opened, Baitx made arrangements for the hospital ambulance to transport the patient's children to the Bishop Airport to be flown home.

She attributes her dedication to all those around her who are caring and dependable. "All of our doctors and nurses have to be extremely versatile because we see cases from minor illness to major trauma on a daily basis." On December 30<sup>th</sup>, the Emergency Department broke records

seeing 125 patients. Baitx is grateful to be part of the Mammoth Hospital team where she says people are always offering to pitch in and help any way they can. "We had people from all departments; Radiology, Medical/Surgical, and Housekeeping coming in offering to bring us food, empty our linens and ask the ED staff if they could help us out," says Baitx. "Off-duty nurses and physicians were even coming in on their days off to alleviate the workload."



Lori Baitx, RN, ED Manager

"Ms. Baitx was my nurse when the paramedics brought me in at 3:00 am one morning," says a local patient. "She was so compassionate and kind treating me the way she would want to be treated." Not only is she the ED Nurse Manager, Baitx is also an ED nurse who isn't afraid to jump in and take action herself. "She is well organized, capable and keeps the ED running smoothly without ever getting flustered," says Rick Shedd, MD, an ED physician who has worked with Baitx for 25 years.

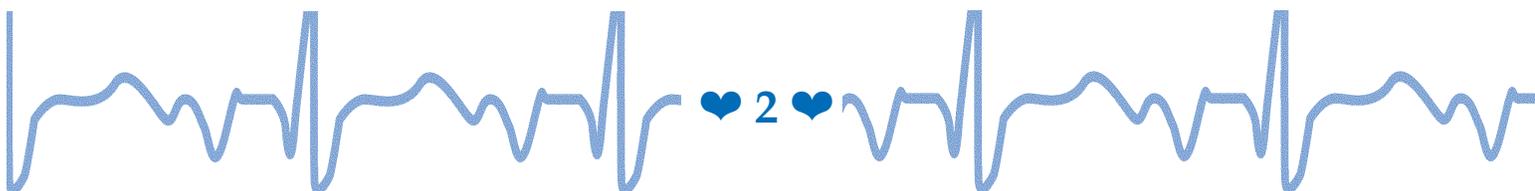
## Pediatric...from page 1

Katie Price, M.D., a native of Nebraska has been a member of Sierra Park Pediatrics since 2004. She completed her residency training in Salt Lake City and worked in private practice there for one year before joining Mammoth Hospital. She is board certified in Pediatrics and a fellow of the American Board of Pediatrics.

Maria King, D.O., joined Sierra Park Pediatrics in July 2007. She earned her bachelor's degree in Accounting from the University of Connecticut and her master's degree and PhD in Computer Science from UCLA. Dr. King earned her medical degree at Western University of Health Sciences followed by a pediatric residency at Children's Hospital of Orange County.

Amy Conrad, M.D., recently joined Sierra Park Pediatrics in January and looks forward to continuing her career at Mammoth Hospital. Raised in San Francisco, Dr. Conrad earned a bachelor's degree in Business Economics from UC Santa Barbara and her medical degree from UC Irvine completing her pediatric residency and chief residency at Children's Hospital of Orange County. Dr. Conrad is also board certified in pediatrics. Before relocating to Mammoth Lakes, Dr. Conrad was in private practice in Orange County for 10 years.

For more information, call Sierra Park Pediatric Clinic at (760) 924-4000.



# Get One...Mammograms Save Lives

By Lori Ciccarelli, Community Relations Director

**B**reast cancer will affect an average of one in eight women sometime in her lifetime. Numerous studies prove that early detection is a vital component in the successful treatment of breast cancer. Mammograms save lives...over two million breast cancer survivors are alive in the US today.

Mammoth Hospital is very excited to offer the newest technology in breast cancer detection, **digital mammography**; it is different than regular mammography because the picture can be enhanced for the greatest amount of detail for an accurate reading. "Beating breast cancer depends on early detection. While breast self examination and periodic breast exams by medial personnel is strongly encouraged, timely annual mammography is singled out as the single most important examination in lowering the morbidity and mortality of breast cancer," says Yuri Parisky, M.D., Medical Imaging Director at Mammoth Hospital. "Furthermore, digital mammography has been recently proven to be more effective than film screen mammography."

Unlike film-based mammography, digital mammograms produce images that appear on the technologist's monitor in a matter of seconds. There is no waiting for film to develop. The radiologist reviews electronic images using special high resolution monitors; the physician can magnify the images, adjust the brightness, or change the contrast to specific areas of interest. These features allow the radiologist to evaluate microcalcifications, masses and other changes that may be signs of early cancer. Because this technique is electronic, images can be transmitted quickly across a network.

Community members took a stand with the fight against breast cancer supporting the hospital's mammography initiative from personal donations and fund raising events to

corporate contributions. In just little over one year, the hospital reached its fund raising goal of \$350,000 to purchase a full-field digital mammography system. The community has made a huge difference in the Eastern Sierra by helping to save lives with the fight against breast cancer.

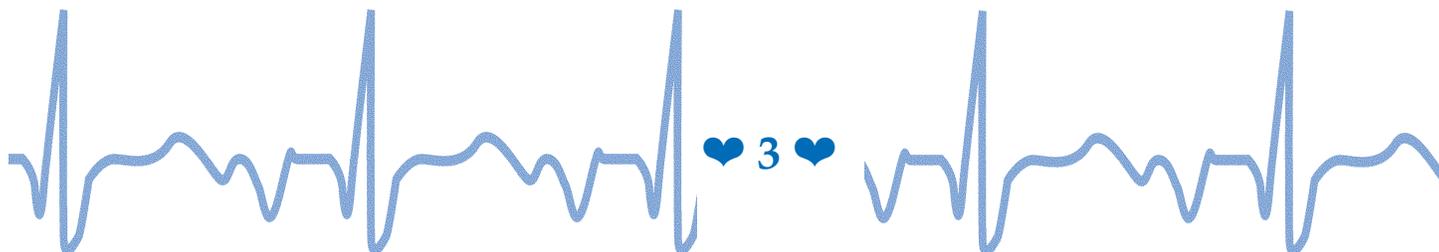
Dr. Parisky has over 20 years of diagnostic radiology experience that include Associate Professor of Radiology at USC, Director of New Technologies and Director of Breast Imaging Services at Norris/ Lee Breast Center. He has also worked as Section Chief – Uroradiology, Staff Radiologist, Mammography and Oncological Imaging, Mammography and Oncological Imaging at USC.

**Our mission is to provide the most comprehensive and complete diagnostic services in mammography.** To schedule a mammogram, call 924-4070.

## GET ONE!!!!

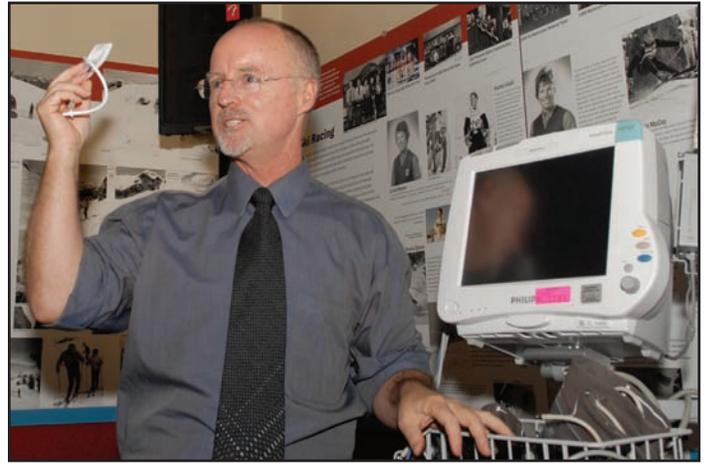


Yuri Parisky, MD, Medical Imaging Director



## William “Woody” White, M.D.

Dr. White joined the Sierra Park Women’s Health Service team in 2007. He received his bachelor of arts degree in Biological Science in 1976 from the University of California at Santa Barbara; earned his MD and completed his residency in Obstetrics and Gynecology (OB/GYN) at USC School of Medicine and LAC-USC Medical Center where 50-75 baby deliveries in a day was common. He is board certified, and a Fellow of the American College OB/GYN. Dr. White practiced in his hometown of Laguna Beach from 1987 – 2006, delivering over 2,000 babies. During that time he worked with his father Dr. Bill White who opened the Laguna OB/GYN practice in 1961. He left practicing in Laguna to “decompress” in the High Sierras. Dr. White enjoys working and living in Mammoth, enjoys climbing, and hopes to gain more great experiences in the Sierras. He also enjoys skiing and mountain biking.



Dr. White presenting at the Festival of Trees 2007.

He and his wife, Holly, have two children, Ryder age 15 and Amandalory age 13.

## Thanks for Your Support — Festival of Trees

By Lori Ciccarelli, Community Relations Director



Every year with the arrival of snow comes Mammoth Hospital’s Festival of Trees; it was no different on Friday, 12/7/07, as it was “beginning to look a lot like Christmas.” You could hear the merriment of guests enjoying the scrumptious array of Anything Goes appetizers and the music of Germany Mayhem, local-student orchestra, at the Mammoth Ski Museum hosting themed

decorated trees created by local designers; it was not a “silent night.” The goal was to raise \$35,000 to help support state-of-the-art equipment for the newly expanded Surgical Center, and Labor & Delivery suites.

**Mammoth Hospital would like to thank all staff, volunteers, sponsors, supporters, and attendees for helping to achieve that goal!!!! Our net proceeds totaled \$37,000!**

## Save the Date

### Robin Stater Wellness Fund Fundraiser

Tour at Serventi Estate

Event to be held in the spring;

look for upcoming information.

Contact: Lori Ciccarelli, Community Relations Director

### Cancer Outreach 5<sup>th</sup> Annual Golf Tournament

Event to be held in June; Sierra Star Golf Club

Contact: Greg Bissonette, Fund Development Coordinator

### Mammoth Hospital Celebrates 30 years

Event to be held in the Fall; look for upcoming information.

Contact: Lori Ciccarelli, Community Relations Director



# Get Prepared for Summer Exercise

By Rita Klabacha, M.S., Mammoth Hospital's Exercise Physiologist

Imagine it's July. You gaze out your office window, itching to get outside to play in the amazing summer weather. You think "it's never been this beautiful!" That may be true, but this summer will be no different than any other as far as the need to be properly prepared for your summer-time exercise. Here is a reminder of what to think about as you head out the door:

- Be well-trained for your activity. Regardless of the season, don't be a "weekend warrior." Regular, consistent exercise is the best way for the body to adapt to environmental stress or a particular exercise-related challenge. If you're just getting started, consult your physician to be certain exercise is safe for you. If given the go-ahead, start out slowly and in short increments of up to 20 minutes daily. Build your time gradually, increasing by 10-15% on a weekly basis. In this way you are assured to fully enjoy your activity and finish it safely.
- If you are new to altitude, acclimate over several days by gradually increasing your altitude exposure.
- Try to get an early start while the air temperature is still cool. Even Mammoth weather can heat up enough to increase one's susceptibility to heat-related injury.
- Conversely, remember that our alpine lakes can be chilly throughout the summer. Taking an extended swim may warrant a wetsuit; always have warm clothing (even a fleece cap) to put on afterwards.
- Be certain to drink water regularly throughout the day. If you are exercising intensely, for long duration, and/or sweating profusely, consume an electrolyte replacement drink (e.g. Gatorade).

- If you plan to be exercising longer than two hours, bring a carbohydrate-based snack, enough to provide approximately 75-150 calories per hour of exercise.
- Put on sun block before you leave the house and carry additional with you.
- Know the weather forecast but also be prepared for the unexpected. During the summer, thunderstorms can brew quickly. Carry appropriate clothing.
- Don't forget about our wildlife. Depending on where you are going, keep an eye out for, and be prepared, if you encounter rattlesnakes, bears, and mosquitoes!

Mammoth Hospital's Human Performance Lab (HPL) can help you prepare for your exercise activities. For more information, contact Rita Klabacha at 760-934-7302. Summer in Mammoth is filled with endless activities. Enjoy yourself!



## Preventing Wound Infection

**Follow these steps to help keep wounds from developing infection:**

- Wash the wound right away with soap and water.
- Apply a small amount of antibiotic ointment. You can buy this at the drugstore without a prescription.
- Cover wounds with a bandage or gauze dressing.
- Keep the wound clean and dry for the first 24 hours.
- Change the dressing daily using sterile gloves.
- Don't let pets lick your wounds. Stay away from cat litter boxes & bird cages.
- Don't go into hot tubs with wounds.

For more information, visit Krames Online Patient Education Resource at [www.mammothhospital.com](http://www.mammothhospital.com)

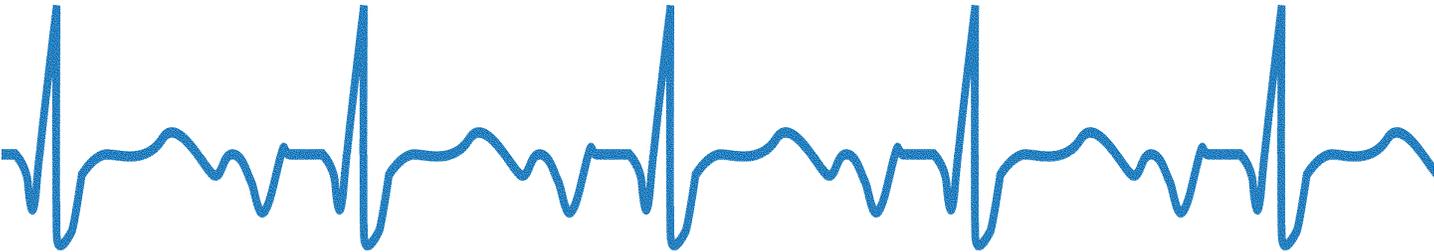
**KRAMES ONLINE**, the most up-to-date patient education resource is available through **MAMMOTH HOSPITAL's** website; we believe a patient's well being is above all else. We realize sometimes questions slip your mind when dealing with one of our health care professionals, and now you can search for answers 24 hours a day. With access to more than 4,000 topics relating to health and medication, **KRAMES ONLINE** allows you and your family the ability to find answers to most questions, both big and small. Simply click on the search function to begin. It is Mammoth Hospital's commitment to making sure you get the care you need, the answers you deserve and the resources to make it happen.





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## Main Entrance to Mammoth Hospital

With the new hospital expansion, the entrance of the hospital has moved to the back of the hospital. Please drive around for the Emergency Department, Admitting, Surgical Center, Medical Imaging (radiology), Labor & Delivery, billing appointments and issues.

### SIERRA PARK CLINICS

Behavioral Medicine/Psychiatry .....	934-2551
Family Dental .....	924-4007
Family Medicine.....	934-2551
General Surgery.....	924-4014
Internal Medicine .....	924-4001
Neurology .....	924-4084
Orthopedic & Sports Medicine .....	924-4084
Bishop .....	872-7766
Pediatric.....	924-4000
Physical & Occupational Therapy .....	934-7302
Urology.....	924-4102
Women's Health Services.....	924-4044
Bridgeport Family Medicine Clinic.....	932-7011

### Vision

The Southern Mono Healthcare District is dedicated to excellence in the preservation, enhancement and restoration of the health and well being of all members of our residential and visitor communities.

### Mission

The mission of the Southern Mono Healthcare District is to:

- ♥ Deliver excellent, compassionate health care services for our residents and visitors;
- ♥ Provide appropriate health care services which conform to the highest standards of care and are directed toward improving the overall health of our community;
- ♥ Ensure sustainability through sound governance, quality management and financial responsibility; and
- ♥ Facilitate continuity of care through the development of local and regional collaborative relationships with businesses and other providers.

### Administration

Joe Bottom, *Chief Operations Officer*  
 Kathleen Alo, *RN, BSN, Chief Nursing Officer*

### Southern Mono Healthcare District Board of Directors

Donald Sage, M.D., *Chairman*  
 Lynda Salcido, P.H.N., *Vice Chair*  
 Helen Shepherd  
 Jack Copeland  
 Dan Wright

