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THE MAGAZINE OF
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When every minute counts



By Julie Holland

Since he was 5 years old, John MacKay has measured some of life's greatest moments in minutes. Born in Canada, MacKay lived and breathed the game of hockey, relying on speed and precision to beat the clock. His passion led him to a 14-year career in the National Hockey League.

Now retired, he still enjoys watching the Spokane Braves, a junior hockey league team. That's what he and his wife, Fillipina, planned to do on October 26, 2008. Instead, the game was canceled and MacKay stayed home to do yard work. When he went out to buy French bread for dinner, MacKay says, "I suddenly felt a terrible pain in my chest. I made it back out to my truck and went home. I walked in the door and took a few aspirin while my wife asked my son, James, to call 911." The ambulance quickly arrived and transported MacKay to Deaconess Medical Center.

IMMEDIATE CARE

Statistics show that Americans have coronary events every 26 seconds. Sadly, every single minute, someone dies from it. Deaconess' Cardiac Level 1 Activation program aims to quickly treat patients who enter the Emergency Department (ED) with heart attack symptoms. To minimize the risk of lasting heart damage, the American College of Cardiology recommends physicians reestablish blood flow to the patient's heart within 90 minutes from admission to the ED. That requires quick transportation to the catheterization lab and an interventional cardiologist to open the patient's blocked artery with a balloon to restore blood flow to the heart.

Five years ago, patients waited an average of 118 minutes from when they came through the ED

doors until the balloon was expanded in their blocked artery. Today, average times have improved to 64 minutes. MacKay's time was only 35 minutes—one of the quickest response times ever at Deaconess.

Interventional cardiologist Guy Katz, M.D., of Spokane Cardiology, performed MacKay's angioplasty. "Quick treatment saves lives and heart muscle," says Dr. Katz. "Permanent heart muscle damage can lead to chronic shortness of breath, fatigue and weakness. Our efforts have clearly led to a reduction in the number of heart attack deaths."

"I feel blessed," says MacKay. "The care I got at Deaconess was tremendous." At the most critical time in MacKay's life, he beat the clock once again.

▼ On the day John MacKay suffered a heart attack, it took just 35 minutes for Deaconess ED physicians to get him from the door of the ED to the heart catheterization lab, where blood flow was restored to his heart.

▼ Interventional cardiologist Guy Katz, M.D., of Spokane Cardiology, says increased awareness among patients, ED staff and physicians has led to quicker cardiac treatment for heart-attack patients.



! Time is muscle!

Don't ignore symptoms of heart attack. For more information, call Spokane Cardiology at (509) 455-8820.

Transplanting hope

Fighting cancer with adult stem cell transplants

By Julie Holland

Hope can be fragile when you're diagnosed with cancer. A devastating killer, cancer shows no mercy, consistently taking the lives of those we love. For Lorraine Barthole and her family, cancer has been a brutal adversary—and this time she's determined to win.

In August 2007, Barthole went in for her annual physical with her family practitioner. The doctor called her back into the office for more testing the next day because of concerns about elevated proteins in her blood. She was diagnosed with multiple myeloma, cancer of the plasma cells.

A TOUGH JOURNEY

News of the diagnosis was shocking: It had been less than a year since her husband lost his battle with esophageal cancer. She and her two children, Alyssia (age 17) and Tyler (age 11), barely had a chance to grieve before cancer struck their family again. "I told them, 'Yes, it's going to be tough, but I'll be OK,'" says Barthole. "My daughter told me, 'That's what Dad said.'"

After Barthole consulted with oncologists, they referred her to Hakan Kaya, M.D., an oncologist and hematologist with Cancer Care Northwest and director of the Inland Northwest Myeloma/Lymphoma and Transplant program. Studies show that adult stem cell transplants offer the best hope of controlling multiple myeloma and helping patients live longer, but treatment can damage internal organs and increase infection risks.

"It's hard to have hope sometimes," says Barthole. "It's hard not to wonder, why me? But you have to have hope. You have to believe, no matter how hard it gets. I have two children who need me—and I need them."

EFFECTIVE TREATMENT

Dr. Kaya has offered autologous stem cell transplants to cancer patients in Spokane since 2005. Autologous transplants fight multiple myeloma using the patient's own stem cells, which are then frozen and stored for future use. Patients then receive high-dose chemotherapy to kill the cancer. The stored stem cells are later thawed and returned to the

▼ Lorraine Barthole's transplant team gathers around during her stem cell transplant on September 17, 2008 (from left): Jackie Sitko, Inland Northwest Blood Center; Kate Erickson, Barthole's aunt; Sue Kinter, R.N., 11 Tower; Barthole; Hakan Kaya, M.D.; Ruth Pechin, R.N., house supervisor; and Petra Rasor, R.N., medical oncology director, 11 Tower.

▼ Hakan Kaya, M.D., is an oncologist and hematologist with Cancer Care Northwest and director of the Inland Northwest Myeloma/Lymphoma and Transplant program.



patient's bloodstream, much like intravenous fluid. Healthy stem cells then make their way to the bone marrow and begin generating new cells.

Dr. Kaya has performed 25 successful autologous stem cell transplants, all at Deaconess Medical Center. He now averages nearly a dozen transplants a year. "We wouldn't have this program without support from the Spokane medical community," says Dr. Kaya. "Inland Northwest Blood Center [INBC] built a stem cell processing lab for convenient local harvesting and storage. Many physicians from other specialties have made themselves available to help with patient needs. The Deaconess 11 Tower nurses have been outstanding, and the Deaconess pharmacists spent many weeks writing protocols for high-dose chemotherapy and the transplantation process. Patients are fortunate to have access to quality cancer treatment right here in Spokane."

The stem cell transplant itself wasn't what Barthole expected. "The time building up to it was the worst," she says. "It was so scary. When they started hooking me up

New lab, close to home

The Inland Northwest Myeloma/Lymphoma and Transplant program has become much more efficient with the recent addition of the adult stem cell processing laboratory in Spokane at Inland Northwest Blood Center (INBC). Since May 2008, INBC has been collecting, storing (at sub-zero temperatures) and transfusing adult stem cells like these to local patients. The INBC lab allows the Spokane medical community to perform therapeutic stem cell procedures so patients can remain close to home for rigorous cancer treatment.

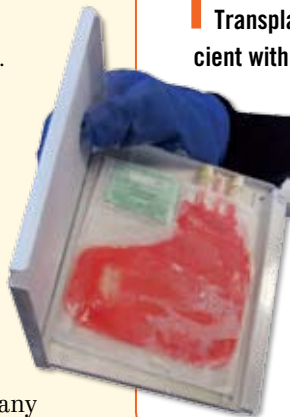


PHOTO COURTESY OF TODD SACAMANN, INBC

for the transplant, reality set in. I was surprised that it turned out to be so simple. The chemotherapy before the transplant was really the worst part."

Barthole remained at Deaconess for three weeks. "At least I was still in Spokane, so the kids could come and see me," she says. "My aunt stayed with them so I could have the transplant. Without Dr. Kaya, I would have been forced to have the procedure in Seattle, where they would have required me to stay near the hospital for more than three months."

"Our results have been really good, and we've helped a lot of people," says Dr. Kaya. "When I trained in the late 1990s, the survival rate for multiple myeloma was 18 months. Now the survival rate is more than seven years. I strongly believe that with all the new drugs becoming available, there will be a cure for multiple myeloma in the near future. In the meantime, we collected enough stem cells from Lorraine for more transplants if she needs them."

For now, Barthole feels good, appreciates each day and embraces hope. "I pray to God this is one of the many cancers they can cure," she says. "Let's start with this one, and if they can cure it, thank God. Then we'll move on to the next one and find a cure for that, too." This is one battle she's determined to win.

▼ Determined to stick together, Lorraine Barthole (center) shares every part of her cancer treatment with her children, Alyssia and Tyler.



! New treatments give hope!

To learn more about new cancer treatments, call Cancer Care Northwest at (509) 228-1000.



Con and Leanah Schallau enjoy volunteering in guest relations at Deaconess Medical Center.

Volunteers for life

Meet Con and Leanah Schallau

To Con and Leanah Schallau, volunteering is a treasured way of life. Married for 53 years, Con and Leanah have lived and volunteered all over the country from Washington, D.C., to Alaska, New York, Oregon and many places in between.

THEIR EXCITING JOURNEY

Con and Leanah are college sweethearts who met at Iowa State University where they both played in the orchestra. He went on to work for the federal government for 36 years as a research forest economist, while Leanah stayed home with their two children and began her career as a volunteer when their children started school.

Leanah has volunteered at her church, in hospitals around the country and even at the White House. "I used to open President Clinton's mail," Leanah says. "I sometimes worked crowd control or distributed tickets for White House tours. We enjoyed our time in Washington, D.C., and made the most of living on Connecticut Avenue."

Con and Leanah thoroughly enjoyed having so many wonderful experiences within walking distance. That's one reason they chose to retire in Spokane. They've lived here and volunteered at Deaconess Medical Center for almost three years. "We hand-picked Spokane," says Leanah. "We live close to downtown and can walk to all the places we volunteer."

DEDICATED TO THE CAUSE

"When you sit and talk with Con and Leanah, you realize they truly live a joyful life," says Joey Frost, volunteer services director at Deaconess. "Not only are they the epitome of dedicated volunteers, they're completely selfless." Even when the snow piles were more than five feet deep, Con and Leanah strapped snow cleats to their shoes and made the trek to Deaconess from Browne's Addition so they wouldn't miss their volunteer shift.

In addition to volunteering, the Schallaus also are members of the New Horizon Orchestra, an amateur seniors' music group. Spokane provides them with all they need to keep busy and stay happy. Leanah says they can hardly wait to get up in the morning. "Every day we know where we're going to go and what we're going to do, and we can hardly wait to do it!" she says.

! **Volunteers are always needed!**

If you'd like additional information about volunteer opportunities at Deaconess Medical Center, please call (509) 473-3058.

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The experienced, dedicated medical staff members at Deaconess Medical Center can help keep your family healthy. We'd like to introduce you to one of them.



**MIGUEL ENRIQUE
BERMEO, M.D.**
Obstetrics/Gynecology

WomanHealth
910 W. Fifth Ave., Suite 510
Spokane
(509) 747-1055

Deaconess is pleased to welcome Miguel Enrique Bermeo, M.D., obstetrician/gynecologist, to WomanHealth. Dr. Bermeo will join Pam Silverstein, M.D., and Lewis Meline, M.D., at their practice in the Deaconess Health and Education Center. Most recently from Clarian Health Partners at Methodist Hospital in Indianapolis, Dr. Bermeo has more than 12 years of practice experience across the United States and Ecuador.

Dr. Bermeo is a 1996 graduate of Universidad Central del Ecuador in Quito, Ecuador. Upon graduating from medical school, he became the chief director of the Primary Care Center of Zuleta in Imbabura, Ecuador. Dr. Bermeo then came to the United States, where he became a certified Spanish medical interpreter at Wishard Memorial Hospital, helping prepare non-English speaking patients for medical procedures.

"I enjoyed working with people in the underprivileged communities in Ecuador—it was one of the best experiences of my life," says Dr. Bermeo. "I'd love the opportunity to spend time in the future volunteering my services in a third world country."

Having spent time as a volunteer laboratory research assistant at Cedars-Sinai Hospital in Los Angeles, Calif., Dr. Bermeo began his obstetrics/gynecology residency at Indiana University School of Medicine in Indianapolis, Ind., in 2003, where he spent four years before going to work for Clarian Health Partners.

A great addition to the WomanHealth practice, Dr. Bermeo is fluent in Spanish and looks forward to reaching out to the Hispanic community in Spokane. "I'm glad to be in Spokane and join the great physicians at WomanHealth," says Dr. Bermeo. "Drs. Silverstein and Meline have a wonderful reputation, and I look forward to working with them."

Dr. Bermeo is accepting new patients.

For a list of physicians by specialty, visit www.deaconess-spokane.org.