

SPRING 2016

Valley Health

POWERFUL MEDICINE HAPPENS HERE

Protect your heart

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Sunnyside
COMMUNITY HOSPITAL & CLINICS

Advancing care in the Valley

The landscape of health care is constantly changing, and at Sunnyside Community Hospital (SCH) we are ever-vigilant in staying ahead of those changes. As a nonprofit hospital,



John Gallagher,
CEO

we reinvest our earnings into technology advancements, training for our staff, community education, expanding medical services and recruiting new physicians.

The most significant change will take place along I-82 in Sunnyside, where we will begin construction of a replacement hospital. The strategic location will be easier to access and bring economic growth to our area. The hospital continues our mission to provide comprehensive, quality care to the region.

Since 2012, SCH has added or enhanced 32 services, recruited 45 new providers, and funded 19 capital projects. We are excited about the improvements and advancements that SCH will be making throughout the Valley, and we remain committed to meeting the needs of our patients and their families.

This is an exciting time. As smaller community hospitals are being sold to larger companies, we are confident that we are here to stay—now and for generations to come.

Valley Health is published as a community service for our friends and neighbors by Sunnyside Community Hospital & Clinics 1016 Tacoma Ave., Sunnyside, WA 98944 **509-837-1500** | sunnysidehospital.org

John Gallagher, CEO Kristine Parker, editor

Information in *Valley Health* comes from a wide range of medical experts. If you have any concerns or questions about any content or your own medical situation, please contact your health care provider. Models may be used in photos and illustrations.

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In the news



A physician spotlight: Plastic surgery with Dr. Bronson

Davis Bronson, MD, FACS, is a board-certified plastic surgeon specializing in all areas of plastic surgery. He has over 30 years of medical experience and is fueled by a passion to help others. Dr. Bronson wants his patients to see him as their friend as well as their provider and measures his success by their pleasure in results.

For over 30 years, Dr. Bronson has been a member of the Medical Mission Team of "InterFACE," a volunteer group that includes plastic and other reconstructive surgeons, anesthesiologists, nurses and pediatricians. These devoted volunteers give their time, expertise and passion to

the children of Mexico. The organization provides surgical interventions to children that have no other access to health care. They deal with birth defects, cleft lip and palate, hand and ear deformities, burns, and other problems.

"When God gives you a skill, you should share that skill to help others," says Dr. Bronson. "For those to whom much has been given, much is expected." He brings that philosophy to every patient he sees. On his most recent trip to La Piedad, Mexico, this past February, he and his fellow surgeons were able to share their skills in the operating room with over 80 children in two days.

To schedule a free consultation with Dr. Bronson, call the Medical Plaza in Prosser at 509-781-6366. To learn more about InterFACE and their mission, visit www.interfacekids.org.

WOMEN

Safeguard your heart



YOU PROBABLY KNOW by now that heart disease is not only a man's problem. Just look at the facts:

Each year, 1 in 4 deaths among U.S. women is from heart disease.

Heart disease, stroke and other cardiovascular diseases kill more American women each year than the next three leading causes of death combined.

Women are less likely than men to survive a heart attack.

Several factors can increase your risk of heart disease. Among them are smoking, having high blood pressure or abnormal cholesterol levels, being overweight, or having diabetes.

If early heart disease runs in your family or you're older than 55, your risk increases too. The age-related rise in risk is later for women than it is for men. That's partly because estrogen gives premenopausal women some heart disease protection.

To understand your risk—and how to lower

it—have a heart-to-heart with your doctor. You can also discuss other factors that may affect your heart, such as using birth control pills if you're older than 35 and a smoker.

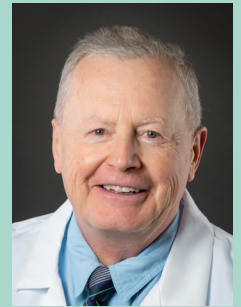
Know the signs

Indications of heart disease and heart attack can be different for men and women. A common symptom of heart disease in everyone is chest discomfort (angina). In women, however, angina is often a sharp, burning pain that may be felt in other areas, such as the back, neck or jaw.

Pain in any of these areas can also be a heart attack—a medical emergency. Women may have other heart attack warnings as well, such as shortness of breath or nausea.

Don't ignore any of these signs of a possible heart attack. Call 911 right away if you have any of these symptoms. Even if symptoms disappear after a few minutes, get medical help.

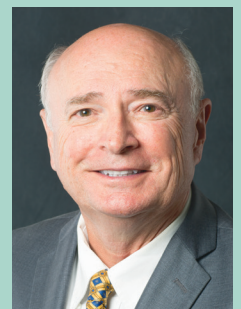
To learn more about heart disease, visit the American Heart Association website. Go to www.heart.org.



John Adan, MD



Michael Becker, MD



John Ribic, DO

Trust your heart to SCH

At Sunnyside Community Hospital (SCH) the staff and physicians have been working diligently to evolve our current cardiology services. With services offered 24/7, we are able to accurately diagnose and provide lifesaving treatment more quickly. In addition, we have the ability to provide emergency catheterizations for acute heart attacks.

Offering immediate access to cardiac treatment has a direct impact in minimizing heart disease in the Valley and prevents the need to travel a long distance for care.

Our team includes dedicated interventional cardiologists John Adan, MD; Michael Becker, MD; and John Ribic, DO.

SCH outpatient cardiology has two clinic locations:

Sunnyside Cardiology Clinic

812 Miller Ave., Sunnyside

- Scheduling: **509-836-4825**.

Medical Plaza in Prosser

355 Chardonnay Ave., Prosser

- Scheduling: **509-781-6366**.

Each year, 1
in 4 deaths
among U.S.
women is
from heart
disease.



SCH Radiology Director
Coleen Goulet, RT(R)(M)
ARRT



MEDICAL PLAZA IN PROSSER

High-tech close-to-home medical care

THE ABILITY TO SERVE PATIENTS and provide access to specialty care services close to home is very important to us—because it's important to you. Sunnyside Community Hospital's Medical Plaza in Prosser is a new urgent care facility with primary care, rotating specialty providers, leading-edge imaging and laboratory services.

Primary and urgent care

Our family practice physicians provide care for the entire family: wellness exams, physicals, immunizations, sick care, well-woman exams and chronic disease management.

Urgent care services include treatment for minor cuts, sprains, cold and flu, and other non-life-threatening medical situations that don't require a trip to the emergency room.

Imaging

The best defense against disease is early detection. The radiology team is proud to be a key contributor to early detection in the Valley. They work hard to keep patients relaxed, informed and engaged. Our technologists are certified by the American Registry for Radiologic Technologists and have completed extensive training.



Medical Plaza in Prosser

335 Chardonnay Ave., Prosser

Urgent care clinic

Open daily, 8 a.m. to 8 p.m.
Walk-ins are welcome.

Specialty services

Open Monday through Friday,
8 a.m. to 5 p.m.

Call for an appointment: **509-781-6366**.

Our diagnostic imaging tests are completely digital, so referring providers can access results and images electronically, which facilitates a quicker diagnosis.

Our imaging services include:

3-D mammography. Sunnyside Community Hospital is the only health care organization in the Yakima Valley to have the innovative Genius 3-D Mammography™ technology. This system detects 41 percent more invasive breast cancers than traditional mammography. It is also 40 percent less likely to report a cancer when none actually exists (called a false positive).

CT (computed tomography). We use the new GE 128-slice CT scanner, which is accredited by the American College of Radiology and uses radiation-lowering software and techniques to reduce radiation exposure.

MRI (magnetic resonance imaging). The GE MRI scanner we use features a large, wide-open bore that focuses on patient comfort.

Ultrasound. We offer cardiovascular ultrasound services in addition to general ultrasound.

X-ray.

Cardiology

Heart disease is the leading cause of death in the United States and has a direct impact on families here in the Valley. That is why our experienced cardiac team is committed to delivering comprehensive cardiac services for:

- Coronary artery disease.
- Heart defects.
- Heart failure and congestive heart failure (CHF).
- Heart rhythm disorders (arrhythmias):
 - Heart racing.
 - Irregularities.
 - Palpitations.

Our services also include electrocardiogram (EKG) testing and surgical clearance.

Hematology/oncology

Patricia Deisler, MD, is fellowship-trained in hematology and oncology and board-certified in internal medicine and medical oncology. She participated in extensive oncology research at Memorial Sloan-Kettering Cancer Center. Dr. Deisler offers:

- Physician evaluation and treatment planning for blood disorders and cancer care as well as long-term follow up.
- Second-opinion services for blood disorders and cancer.
- Chemotherapy and infusion therapy.
- Supportive care and symptom management.



Catherine Bray, MD, offers primary and urgent care services.



Patricia Deisler, MD, offers hematology and oncology services.

Plastic surgery

Davis Bronson, MD, FACS, is a board-certified plastic surgeon. He has more than 30 years of medical experience that you can place your trust in, for results you can be proud of.

Dr. Bronson offers:

- Body: liposuction, abdominoplasty (tummy tuck), body contouring.
- Breast: augmentation, reconstruction, reduction.
- Face: face-lift, brow lift, eyelid lift, rhinoplasty.
- Hand: carpal tunnel.
- Skin: Botox, facial fillers, removal of tumors.

Nephrology

Rodrigo J. Alfaro, MD, provides treatment for chronic kidney disease, acute kidney injury, fluid and electrolyte disorders, hypertension and diabetes, and kidney stones. In addition, he offers renal replacement therapies, including dialysis and transplant follow-up, right in Prosser. As an internal medicine physician, Dr. Alfaro cares for adults of all ages, offering preventive medicine, diagnosis and treatment of diseases.

Laboratory

Our laboratory services include:

- 3-part complete blood count.
- Testing for flu, RSV, strep throat and mononucleosis.
- Drug screenings.



A pleasing plate

TIPS FOR EATING WELL DURING CANCER TREATMENT

CANCER TREATMENT can take a lot out of you. So it's a good idea to pay careful attention to what goes into you—particularly what you eat.

Good nutrition can help you better tolerate side effects and heal more quickly. It can also help you generally feel better.

A healthful diet typically doesn't change a lot when you have cancer. The emphasis is on getting a variety of nutrients necessary for good health. However, during treatment, you may encounter challenges to eating well.

The American Cancer Society and The American Institute for Cancer Research offer these suggestions.

Talk with your doctor about possible side effects

Knowing the difficulties that might lie ahead can help you better deal with them.

For example, if nausea is a side effect of the chemotherapy drugs you'll receive, it may be helpful to eat dry foods—such as toast or crackers—when you wake up and every few hours. According to Patricia Deisler, MD, hematologist/oncologist, "Eating bland foods will help with

nausea—be careful to stay away from citrus foods and fatty foods." She also suggests introducing foods that are high in antioxidants and beverages like ginger tea and ginger ale.

Our registered dietitian, Leanna Blue, can help with more eating tips. Give her a call at 509-837-1788.

If radiation to your neck causes a sore throat, soft foods—such as eggs or mashed potatoes—may be best.

Be open to new ways of eating

Dr. Deisler also says that eating several small meals may be tolerated more easily than three large ones. Or eating your largest meal at breakfast, rather than dinner, may be best if you usually feel better in the morning.

Plan ahead

There may be days when cooking or grocery shopping sounds too tiring. Stocking your home with healthful snacks and frozen meals might make it easier to eat. It's good to ask for help when you need it too.

Dr. Deisler offers friendly and advanced cancer care

Patricia Deisler, MD, combines the most advanced cancer treatments with an awareness of the emotional and spiritual health of the patients and their families. She enjoys her role as the leader of the clinical care team: impacting lives in the Valley and ensuring that everyone receives the medical care and treatment they deserve.

Dr. Deisler practices at the Cancer Center on the main hospital campus and at the Medical Plaza in Prosser. Turn to page 5 to learn more.



SUNNYSIDE COMMUNITY HOSPITAL

Providers by specialty

ANESTHESIA

Carl Barlow, CRNA
Patrick Corbett, CRNA
Fe Demiar, CRNA
Aaron Eastman, CRNA
Dilila Fairchild, CRNA
Ed Foisy, CRNA
Jeff Follis, CRNA
Evan Koch, CRNA
Quyen Lee, CRNA
Spencer Soffe, CRNA
Tyler Thornock, CRNA
Hahn Truong, CRNA

CARDIOLOGY

John Adan, MD
Michael Becker, MD
James Boatman, MD
Yunus Moosa, MD
Joseph Perry, MD
John Ribic, DO
James Schmidt, MD

DENTISTRY

Douglas Rodriguez, DDS

EMERGENCY DEPARTMENT

Jack Chan, MD
Fernando Dietsch, MD
George Dueber, DO
Asuquo Esuabana, MD
Rafael Gonzalez-Vizoso, MD
Zachary Hale, MD
Beverly Harn, MD
David Jones, MD
Prabhjot Kahlon, MD
Diana Kent, MD
Marcus Kuypers, MD
Jack Mangat, MD
Christian Mannsfeld, MD
Ashwin Shetty, DO
Paul Sunderland, MD
Kirk Swensen, MD
James Charles, PA-C
Fred Loera, PA-C
Matthew Rosenberger, PA-C

ENT

Douglas Myers, MD

FAMILY PRACTICE

John Allen, DO
Tatiana Antoci, MD
April Biggs, MD
Blake Bond, MD
Kristin Bond, MD
Ronald Couturier, DO
Harlan Halma, MD
Benno Marx, MD
Katheryn Norris, DO
Daniel Sloane, DO
David Swofford, DO
Lincoln Westfall, DO
Douglas Wrung, MD
Susan Bussert, PA-C
Ovi Demiar, PA-C
Jody Gray, ARNP
Beth McManis, ARNP, CNM
Johnson Otong, ARNP
Marivel Sandoval, PA-C
Deborah Titus, FNP-C

GASTROENTEROLOGY

Lincoln Westfall, DO
Manuel Ybanez, MD

GENERAL SURGERY

Stephen Atkinson, MD
Gary Barth, MD
Cristiana Bertocchi, MD
Krishna Chand, MD
Eldie Cruz, MD
Vu Dinh, DO
Seth Lambert, DO
Jessica Niewdowski, DO
Kristine Schmaltz, MD
Judith Williams, MD
Manuel Ybanez, MD
Andrew Young, MD

HEMATOLOGY/ONCOLOGY

Patricia Deisler, MD
Jaideep Sheno, MD

HOSPITALIST

Ngozi Achebe, MD
Alfred Curnow, MD
Attila Mady, MD
Curtis Nerness, MD
Olumide Olagunju, MD
Kevin Owens, MD
Julian Pierce, MD
Rajesh Raina, MD
David Vansomphone, MD

INTERNAL MEDICINE

Rodrigo Alfaro, MD
Tim Calayan, MD
Anna Madej, MD
Flint Orr, MD
Bryan Santiago, MD
Luis Vincenty, MD
Deborah Titus, FNP-C

INTERVENTIONAL RADIOLOGY

David Shoemaker, MD

NEPHROLOGY

Rodrigo Alfaro, MD
Marcos Hernandez, MD
Michael Murphy, MD
Paul Schneider, MD

NEUROSURGERY

Dave Atteberry, MD
Julie Carlton, PA-C

OBSTETRICS

April Biggs, MD
Blake Bond, MD
Kristin Bond, MD
Harlan Halma, MD
Carey Leeds, MD
Benno Marx, MD
David Swofford, DO
Lincoln Westfall, DO
Douglas Wrung, MD
Beth McManis, ARNP, CNM

OB-GYN

Miguel Brizuela, MD
Jessica Bury, MD
Ridhima Gupta, MD
Donald Lasselle, MD
Carey Leeds, MD

ORTHOPAEDICS

Valentin Antoci, MD
Vilray Blair, MD
Robert Hunnicutt, MD

PATHOLOGY

Lawrence Adams, MD
Deepa Datta, MD
Kevin Sargeant, MD

PEDIATRICS

Thatcher Felt, MD
Ana Garcia, MD
Anne Nealen, MD
Tamera Schille, MD
Mark Gardner, PA-C

PLASTIC SURGERY

Davis Bronson, MD

PODIATRY

Jeffrey LeCheminant, DPM
Donald Orminski, DPM

RADIOLOGY

Robert Coleman, DO
Michele Murray, MD

SLEEP MEDICINE

Bryan Santiago, MD

URGENT CARE

Catherine Bray, MD
Brian Decker, NP
Johnson Otong, ARNP
Morgan Royster, PA-C

UROLOGY

Christopher Cost, MD
Julio Ossorio, MD
Stephen Rochman, MD

Sunnyside
COMMUNITY HOSPITAL & CLINICS

1016 Tacoma Ave. | Sunnyside, WA | 509-837-1500 | www.sunnysidehospital.org

SUNNYSIDE COMMUNITY HOSPITAL

Clinic directory

Birch Street Clinic

222 E. 2nd St., Grandview
P 509-203-6501
F 509-203-6504

PROVIDERS

April Biggs, MD
Jessica Bury, MD
Beth McManis, ARNP, CNM

Cancer Center

1013 E. Edison Ave.,
Sunnyside
P 509-837-1587
F 509-837-1557

PROVIDER

Patricia Deisler, MD

Grandview Medical Center

208 N. Euclid Ave.,
Grandview
P 509-882-1855
F 509-882-4998

PROVIDERS

Bryan Santiago, MD
Luis Vincenty, MD
Jody Gray, ARNP

John Hughes Student Health Center

1801 E. Edison Ave.,
Sunnyside
P 509-836-4840
F 509-836-4841

PROVIDER

Brian Decker, ARNP

Lincoln Avenue Family Medicine

803 E. Lincoln Ave.,
Sunnyside
P 509-837-6911
F 509-837-6920

PROVIDERS

Tatiana Antoci, MD
Douglas Myers, MD
Lincoln Westfall, DO
Deborah Titus, FNP-C

Lower Valley OB/GYN

803 E. Lincoln Ave.,
Sunnyside
P 509-837-1550
F 509-837-2066

PROVIDERS

Miguel Brizuela, MD
Carey Leeds, MD

Medical Plaza in Prosser

355 Chardonnay Ave.,
Prosser
P 509-781-6366
F 509-781-6367

PROVIDERS

Catherine Bray, MD
Johnson Otong, NP

Specialty Center Surgical Group

500 S. 11th St., Sunnyside
P 509-837-7722
F 509-837-2587

PROVIDERS

Dave Atteberry, MD
Julio Ossorio, MD
David Shoemaker, MD
Manuel Ybanez, MD
Julie Carlton, PA-C

Sunnyside Pediatrics

812 Miller Ave., Suite C,
Sunnyside
P 509-837-7551
F 509-837-1321

PROVIDERS

Ana Garcia, MD
Anne Nealen, MD
Mark Gardner, PA-C

Sunnyside Cardiology

812 Miller Ave., Suite F,
Sunnyside
P 509-836-4825
F 509-515-0498

PROVIDERS

John Adan, MD
Michael Becker, MD
John Ribic, DO
James Schmidt, MD

Valley Internal Medicine

2925 Allen Road, Sunnyside
P 509-837-4949
F 509-837-1111

PROVIDERS

Tim Calayan, MD
Anna Madej, MD
Deborah Titus, FNP-C

Valley Regional Nephrology

2925 Allen Rd., Sunnyside
P 509-836-4830
F 509-836-4831

PROVIDER

Rodrigo Alfaro, MD

Valley Regional Clinics

2705 E. Lincoln Ave.,
Sunnyside

Valley Regional Podiatry

Suite C
P 509-837-1524
F 509-837-1534

PROVIDER

Jeff LeCheminant, DPM

Valley Regional Orthopaedics

Suite A
P 509-837-1570
F 509-837-2236

PROVIDER

Valentin Antoci, MD

Valley Regional Urgent Care & Family Practice

Suite B
P 509-836-4848
F 509-836-4849

PROVIDER

Paul Furan, PA-C

Sunnyside
COMMUNITY HOSPITAL & CLINICS