

October - December 2018

# Health Partners

A quarterly publication of Coffeyville Regional Medical Center

*Shelmon Smith*  
Lung Cancer Survivor

Cancer Survivors  
Describe Themselves:  
Hopeful - Blessed  
Happy - Positive  
*Pages 4-11*

## *Inside:*

Cancer Survivors Share their Stories of Hope  
Cancer Treatment Services  
Meet our Newest OB/GYN and General Surgeon  
A Discussion on Infertility  
Community Outreach & Events  
Physicians Listing and More!

Compliments of:



**Coffeyville Regional  
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Coffeyville Regional Medical Center

**FOUNDATION**

"Caring today for tomorrow"

# Tree of Hope

Contact the **CRMC Foundation** at  
620-252-1674 or  
[foundation@crmcinc.org](mailto:foundation@crmcinc.org)  
to order your tribute angel today.



**During the month of December**, for each \$5 donation in honor or memory of your friends and loved ones, an angel inscribed with their name will be placed on the tree in the main lobby.

### **Tree Lighting Ceremony**

Thursday, November 27, 2018 - 5:30pm - CRMC Main Lobby

## From the CEO



It's the time of year most people look forward to. Fall brings cooler weather, beautiful outdoor color, and the enjoyment of much needed holiday time with family and friends. It's a time to look back at what we have accomplished throughout the year, be thankful for each other, and look forward to the coming year.

This issue of Health Partners is near and dear to me as we share encouraging stories from our cancer survivors. We asked each survivor to tell us one word that describes how they feel about their fight with cancer. Their words "Hopeful", "Happy", "Positive", and "Blessed", should be a source of encouragement to all who are fighting the fight, and an affirmation of accomplishment to those who have conquered. Their stories are amazing and I hope you enjoy them as much as they enjoy sharing them with us.

Our Cancer Treatment Services team is second-to-none. Their dedication to our patients and family members is incredible. You will read about them on pages 12 and 13. CRMC is proud to be the only hospital in the region to offer both medical oncology and radiation oncology under one roof. We are also members of the Midwest Cancer Alliance, giving our patients that qualify access to clinic trials, and second opinions without having to travel.

CRMC is extremely happy to announce the recent addition of two new physicians to the medical staff. Perry Lin, MD, Obstetrics & Gynecology, joined Stephen Miller, DO, and Dara Gibson, MD, in our Women's Health Services, and Aaron Russell, MD, General Surgery, joined Michelle McGuirk, MD, at our specialty clinic – giving CRMC 2 full-time surgeons on staff. You can read about them on page 14.

As you move through fall into the upcoming Thanksgiving and Christmas season, let us all be reminded of how incredibly blessed we are. We appreciate your continued support of our hospital. We receive "thank you" letters every day from patients and family members. They remind us all of why we are here. CRMC is your regional hospital. We work hard each and every day to provide the absolute best quality care and service excellence to our patients and family members. We are here for you should you need us.

Yours in health,  
Lori

**Lori Rexwinkle, MSN**  
Chief Executive Officer

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#### On the cover:

Shelmon Smith, Lung Cancer Survivor, who was diagnosed at CRMC in 2018.

# MEET OUR CANCER SURVIVORS

## COFFEYVILLE REGIONAL MEDICAL CENTER

**Chris McVey**

**Diagnosed with Esophageal Cancer January 2016**

I started having trouble swallowing food, and that led me to go the doctor; which led to a series of tests at CRMC. My doctor ordered an EGD. This procedure examines the lining of the esophagus, stomach and duodenum via a small camera on a tube. The diagnosis came back as cancer.

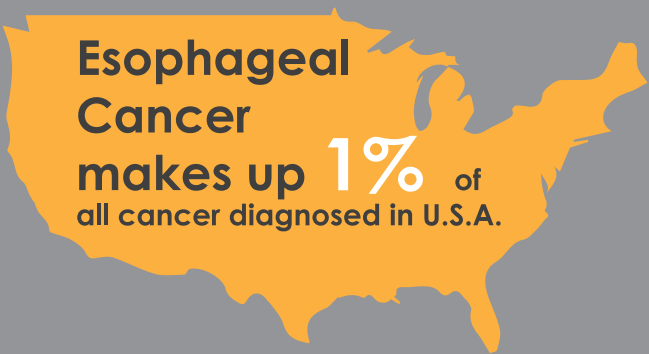
My treatment consisted of radiation therapy, followed by chemotherapy, followed by surgery. The radiation and chemo treatments were completed by June 2016. Two weeks later I underwent surgery to remove most of my esophagus—the remaining esophagus was then stretched to connect it to the stomach. The nurses and doctors in all those areas were excellent. Alice and Jennifer in radiation took such good care of me. When I developed an unusually high heart rate, Sharon in chemotherapy dropped what she was doing, grabbed a wheelchair and took me down to the ER. Those ladies took good care of me.

Because I have lived in this community for years, I happen to know a lot of people in town and some of those are at the hospital. When I started radiation, Dr. Uy was my doctor. When he was a kid, he was one of my Taekwondo students where I taught martial arts. I also knew Alice and Jennifer through different connections, so I knew I was in good hands with these good people. Plus my wife is a nurse and has worked at CRMC as well as other places in the area.

I will continue to go to CRMC because I know the people there are top notch; they care for you like a family member. I highly recommend this hospital to anyone.

I have worked for Kanoma Co-op and the Bartlett Co-op for the past 35 years. Genette, my wife of 38 years is still active as a nurse. In my spare time I enjoy golf and the grandkids.

My advice for someone facing cancer: Stay focused and positive. Get up every morning and get it done.



**Esophageal  
Cancer  
makes up 1% of  
all cancer diagnosed in U.S.A.**

### KEY STATISTICS FOR ESOPHAGEAL CANCER

The American Cancer Society's estimates for esophageal cancer in the United States for 2018 are:

- About 17,290 new esophageal cancer cases diagnosed (13,480 in men and 3,810 in women)
- About 15,850 deaths from esophageal cancer (12,850 in men and 3,000 in women)

Reference: [www.cancer.org](http://www.cancer.org)





# MEET OUR CANCER SURVIVORS

## COFFEYVILLE REGIONAL MEDICAL CENTER

**Rita Ortolani**

### **Diagnosed with Ductal Carcinoma In Situ Breast Cancer 2017**

I normally had my annual mammogram in October, but was way too busy and decided to put it off. When I finally got tested the radiologist said there were some areas of concern, so I had a biopsy at Hillcrest in Tulsa. When the doctor said it was cancer, I didn't even begin to know how to react and I cried all the way home that day. I underwent a lumpectomy at St John, with radiation the next step. The doctor gave me a choice of going to Bartlesville or Coffeyville. When I chose Coffeyville I was glad I did.

I started with radiation and was glad to learn that Dr. Uy works closely with my surgeon when he is in Tulsa. The care I received at CRMC was top notch—the nurses, doctors, lab technicians and volunteers were so accommodating and made me feel so comfortable from the beginning to the end. It was a delight to meet Mrs. Tatman, who works as a volunteer, the first time I went to see Dr. Ogundipe. Everyone was so thoughtful—your comfort seems to be the number one goal at CRMC. When I had both my biopsy and lumpectomy in Tulsa, I felt like a number going through the assembly line. CRMC made me feel like I was the most important patient of the day.

There was a huge benefit to having my treatments at CRMC because I was able to travel 17 miles to Coffeyville versus 45 miles to Bartlesville, which allowed me to keep working almost full time. After I finished my radiation treatments, I don't think I could have traveled very far. It's amazing how exhausted you become.

The employees at CRMC were a very important part to my support system. Cathy and Jennifer were so kind it had me looking forward to radiation. Having such great care close to home is so reassuring.

I would recommend for someone who is facing cancer to build your support system—those individuals who will be there to support you during and after your treatment. Reach out to people; they really want to help but sometimes don't know how. If you don't have family or close friends, find a group to join (church, Weight Watchers, etc.)

My normal life consists of working a full-time job and I care for my husband who has health issues. My 15-year old son, Christopher loves to play golf and I go ride in the cart with him every chance I get. I love being outside. And every night, my rescue dog that is part Chow and part St. Bernard takes me for a walk to make sure I get my exercise.

**1 in 8**

Women are diagnosed  
with Breast Cancer.



Reference: [www.cancer.org](http://www.cancer.org)







# MEET OUR CANCER SURVIVORS

## COFFEYVILLE REGIONAL MEDICAL CENTER

### Shelmon Smith Diagnosed with Lung Cancer in 2018

I was diagnosed with lung cancer just this year and went to see Dr. Gillis about some symptoms I was having. He sent me to CRMC for some tests and it turned out to be cancer.

A treatment plan was put in place, starting with radiation and then chemotherapy and I started my treatments. Everyone was great in both radiation and chemotherapy...the aides, nurses, doctors... and we got along like family. I live in Coffeyville, and it was so much easier doing my treatments at CRMC and then being able to go home afterward. I would recommend anyone who is facing cancer to go to CRMC for their cancer treatment.

I have lived in Coffeyville since 1977 and retired in 2013. I have a sister who lives in Coffeyville, but the rest of my family lives in Georgia. After I feel a little better, I plan to go to Georgia for a family visit.



An estimated **234,030** new cases of lung cancer will be diagnosed in the US in 2018.

#### RISK FACTORS

#1 CAUSE: Cigarette smoking is by far the most important risk factor for lung cancer; 80% of lung cancer deaths in the US are still caused by smoking. Risk increases with both quantity and duration of smoking. Cigar and pipe smoking also increase risk.

Exposure to radon gas released from soil and building materials is thought to be the second-leading cause of lung cancer in the US. Other risk factors include occupational or environmental exposure to secondhand smoke, asbestos (particularly among smokers), certain metals (chromium, cadmium, arsenic), some organic chemicals, radiation, air pollution, and diesel exhaust.







# MEET OUR CANCER SURVIVORS

COFFEYVILLE REGIONAL MEDICAL CENTER

**Teresa Bonham**

## **Diagnosed with Ductal Carcinoma Breast Cancer – 2017**

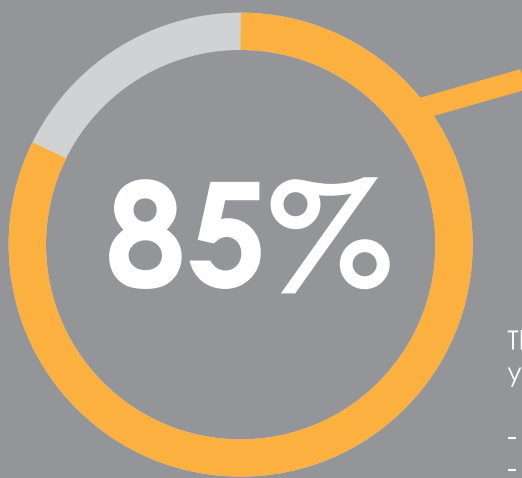
My journey with breast cancer began when I went to see Dr. Wiebe who asked me when was the last time I had a mammogram. It had been four years. So an appointment was made and the mammogram revealed a suspicious area, which led to having a biopsy. Dr. Lin did the biopsy and it turned out to be Stage 1 Ductal Carcinoma. I went back two weeks later and he removed one lymph node that was negative for cancer.

The course of treatment was to have radiation (no chemotherapy). I had 16 sessions of radiation. All the staff was great, but Alice really stood out because she just had a way about her and was so caring. I had no trouble with the treatments except a small rash toward the end, which was treated and went away. The overall experience from the time of diagnosis to completing my treatments was very good and everyone was so helpful.

I have told different people that I don't want to go anywhere else because CRMC offers great care by great people. It's much easier having treatments done close to home.

Now I see Dr. Ogundipe every three months and everything has been fine. I would tell someone who is facing cancer to have faith, have strength and have courage.

I was born and raised in Coffeyville. George and I have been married 25 years. We have two daughters and a son, and grandchildren ages 16 to 2. Both of us are retired, but are always on the go. We enjoy going to the casino and I like to play games on my iPad. I'm a big Kansas City Chiefs fan, but my favorite thing is cooking for my family. I love to cook.



**of woman diagnosed with  
breast cancer have  
NO family history.**

There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk:

- Get fit and stay at a healthy weight
- Be physically active
- Limit or avoid alcohol
- Breast feed for at least several months

Reference: [www.cancer.org](http://www.cancer.org)







# Meet our Cancer Treatment Staff

## at Coffeyville Regional Medical Center

**Akin Ogundipe, M.D.**  
Board Certified  
Medical Oncologist/Hematology



Pronounced O-gun-di-pay or simply Dr. O., as many of his patients call him, sees patients in the Tatman Cancer Center on a weekly

basis. He has been coming to CRMC since 2005 from Ponca City, Oklahoma where his practice is based. When the weather is good, he flies his single-engine Piper Meridian into the Coffeyville Airport to see his patients at CRMC.

When asked why he chose the field of cancer, Dr. Ogundipe said that it was during his medical training that he became fascinated with blood disorders and cancer. He chose CRMC as a satellite clinic for his practice because he said he "was impressed by the dedication of the staff to the community."

Dr. Ogundipe was born in Nigeria and has resided in the U.S. since the 1980's. He is married to Yinka and has three grown children. He enjoys flying, tennis, reading, and nature. Although he doesn't like to boast, he slipped that he was the chess champion at Oklahoma State University while he was there.

**Nathan Uy, M.D.**  
Board Certified  
Radiation Oncologist



Pronounced U-ee, Dr. Uy grew up in Coffeyville. His father was Dr. Wilson O. Uy, who was the Pathologist at CRMC for 25 years.

Dr. Uy sees patients at the Jerry Marquette Radiation Oncology Center on a weekly basis. He lives in Tulsa and has been coming to CRMC since 2012. "I wanted my hometown to have the highest level of cancer care available," he said. "My roots in the community and at the hospital made it easy for me to commit to CRMC wholeheartedly."

Dr. Uy chose the specialty of radiation oncology because of the patient interaction, the clinical challenge, and the use of advanced technology treatment. He said his "greatest reward is being thanked by a patient."

Dr. Uy is married to Claudia Cen-Uy, who is also a physician. They have four children, ages 10 to 17. He enjoys fishing, sports and travel.

**Vicky Portwood, MSN**  
Director of Cancer Treatment  
Services & Outpatient Services



Vicky has worked at CRMC for over 30 years, with most of her career spent in oncology. She currently oversees the operations of the Cancer Program

that includes the Tatman Cancer Center (medical oncology – for patients who receive chemotherapy), the Jerry Marquette Radiation Oncology Center, and the outpatient clinics that include Cardiac Rehab, Pacemaker Clinic and Infusion Clinic.

"Lots of people think oncology would not be a good place to work, as the outcomes are not always rosy," said Vicky. "However, the work is very rewarding. I enjoy the opportunity to help people when they need it most, and my patients are very appreciative of my assistance. I help those that are unable to afford medications to get patient assistance, and I try to improve the life they have to live."

Vicky chose this profession because she liked to take care of people. "My interest in nursing started at the age of 16 when I first became a CNA (Certified Nurse Assistant). My aunt was a nurse and was a big influence on why I chose nursing," she said.

Vicky and her husband Russell have been married for 30 years. They have two adult daughters and an eighteen-month old granddaughter. They live in Coffeyville and raise cattle on their ranch home. Vicky said she enjoys reading and bowling in her spare time.



## DID YOU KNOW.....

**Coffeyville Regional Medical Center has provided Cancer Treatment in our Community for 38 years.**

In 1980, CRMC Radiation Department was established and in 1983 the CRMC Medical Oncology department started offering a complete program for the diagnosis and treatment for cancer patients.





**Jennifer Carnahan,  
R.T.(R)(T), CMD**  
*Radiation Oncology*  
**Certified Registered Technologist  
in Radiologic Technology and  
Radiation Therapy Certified  
Medical Dosimetrist**



Jennifer has been part of the Radiation Oncology team for 24 years as a radiation therapist. She is also a Certified Medical Dosimetrist

(CMD) and started performing those duties in 2005. A Medical Dosimetrist works with a Radiation Oncologist (Dr. Uy) to create a specific treatment plan for each patient. The treatment plan is designed by means of a computer to determine a treatment field technique that will deliver that prescribed radiation dose to a defined tumor volume. Consideration is given on dose-limiting structures that might include the eye when treating the brain, the heart when treating the lung or the spinal cord when it is near the treatment volume. The CMD makes sure the treatment plan has the correct dosage delivered to the specific tumor volume.

"I knew when I started X-ray school that I wanted to continue my training and specialize," said Jennifer. As a student we were able to visit specialty modalities to learn more about them. I chose to spend some time in radiation oncology and it only took me a few hours on the first visit to know I was where I was meant to be."

Jennifer has been married to Randy for twenty years. They have two grown children, three grandchildren and another on the way. Jennifer enjoys trail riding, reading, traveling...and her cat.

**Cathy Callender, R.T.(R)(T)**  
*Radiation Oncology*  
**Certified Registered Technologist  
in Radiologic Technology and  
Radiation Therapy**



Cathy joined CRMC in January 2018 as a Radiation Therapist, bringing 13 years of experience to the job.

When asked why she chose this profession, Cathy explained that it was, "kind of a 'payback' for the great, loving care received by three friends who ultimately lost their battles and gained their wings." It was because of them that she decided, at the age of 44, to go back to school to become a Radiation Therapist so that she could help others.

After her training, Cathy was employed at Cancer Treatment Centers of America in Tulsa for nine and one-half years. She has worked as a travel therapist in Southern California, Nevada and Idaho, as well as Oklahoma Cyberknife in Tulsa. Cathy loves what she does. She explained that a Radiation Therapist is responsible for the daily setup of equipment and treatments. "Radiation therapy patients typically receive treatments on a daily basis for a specified amount of time. Seeing the patient every day, we get to know them on a very personal level. These are the gifts of this profession. The patients give more to us than we ever give to them."

Cathy is originally from Louisiana. Her significant other of eleven years is Tony Kirk, DVM. She has two grown children and eight grandchildren! In Cathy's spare time she enjoys cooking, fishing, gardening, and entertaining.

**Ashleigh Ress, RN**  
*Medical Oncology*



Ashleigh Rees, RN is the newest member of our Cancer Treatment Services team. She joined CRMC in August of this year.

Ashleigh has been a registered nurse for 17 years.

We asked Ashleigh why she chose nursing as a career, she said "I enjoy taking care of people very much. I especially enjoy providing compassionate care to our medical oncology patients." Sometimes nursing can be challenging, but "I enjoy the challenges. There have been many changes in medicine in my many years of experience."

In her time away from work, Ashleigh enjoys spending time with her 2 year old grandson and family – and an occasional shopping day! She has two grown children (a son and daughter) that live in Wichita. Also looking for a career in healthcare, her daughter is currently working to get in medical school.

# New Physicians

## On staff at Coffeyville Regional Medical Center

### **Aaron Russell, M.D.** **General Surgeon**

CRMC is very pleased to announce the addition of Aaron Russell, MD – General Surgeon – to our medical staff and CRMC family.



Dr. Russell completed medical school at the University of Texas Medical School at Houston in 2013, and recently completed his General Surgery Residency at Texas A&M University in Temple, Texas (located north of Austin, Texas). Prior to going to school to become a physician, Dr. Russell worked in Engineering at companies involved in research and development, some of which were working on medical advancements.

Asked why he decided to become a physician, Dr. Russell said, "My undergraduate degree was in Electrical Engineering. I worked at Lockheed Martin in New Jersey for a year, and then Texas Instruments in Houston, Texas for the next five years. I had friends in college who told me to do pre-med because I wouldn't have to take many additional courses. I initially told them that I hated biology in high school and didn't want to do it again. However, while I was working in New Jersey, I decided to take a night Biology I course. I loved it! With my engineering background and learning how things work, I was completely enthralled by the sophisticated systems that were designed within our bodies to work in harmony with each other. I chose surgery because I enjoyed the intimacy and connection the surgeon has with his or her patient. The patient puts utmost trust in the surgeon to relieve their illness by placing their life in his or her hands."

Dr. Russell chose to practice at CRMC because he said he liked Coffeyville from the moment he came here... "Everyone I interacted with was extremely caring and friendly. It was evident that all the staff at CRMC was very proud of their facility and cared much about their patients. I wanted to be in a facility in which that kind of atmosphere was very prevalent." Dr. Russell will be performing general surgical procedures such as gallbladders, appendectomies, hernias, colonic surgery and upper/lower endoscopy.

Dr. Russell has three children ages 12, 9 and 5. His interests include programming and robotics. He loves music, biking, golfing, and just enjoying the outdoors.

Dr. Russell is joining Dr. Michelle McGuirk in the CRMC Medical Group Specialty Clinic on the 3rd floor of CRMC. Please give him a huge CRMC welcome when you see him throughout the hospital.

### **Perry Lin, M.D.** **Board Certified by the** **American Board of** **OB/GYN - Obstetrics and** **Gynecology**

CRMC welcomed Dr. Perry Lin to our medical staff in August 2018. Dr. Lin is board certified by the American Board of OB/GYN and is a Fellow of the American College of Surgeons. Dr. Lin is also American Board Certified in the sub-specialty of Reproductive Endocrinology and Infertility.



Dr. Lin attended medical school at McGill School of Medicine in Montreal Quebec, Canada. Residency and Internship in obstetrics and gynecology were also completed at McGill University.

Dr. Perry Lin comes to CRMC from South Central Kansas Medical Center in Arkansas City, Kansas where he had an OB/GYN practice since 2012, and was also their current Chief of Staff. Prior practice locations include Flagstaff Medical Center in Flagstaff, Arizona, where he was in solo and group practices for eleven years, and Regina Medical Center in Hastings, Minnesota.

When asked why he chose the OB/GYN specialty, Dr. Lin said, "OB/GYN is generally a field of good outcomes and happiness. It is a great privilege to be able to deliver a new human life into the world. I also enjoy the variety of surgeries that I can perform as an OB/GYN, such as advanced laparoscopy, vaginal surgeries, advanced hysteroscopy, infertility management, women's endocrinology, urogynecology (such as urinary incontinence surgery and prolapse surgery)."

"I joined CRMC for the opportunity to excel in my career by having more variety of surgical cases that I enjoy performing," said Dr. Lin. "I also appreciate the hospitality of my new OB/GYN partners, Dr. Stephen Miller and Dr. Dara Gibson, and the rest of the CRMC medical staff."

Dr. Perry Lin and his wife, Louise Gut have been married for 28 years; they have two daughters ages 22 and 24; and they are excited about their move to Coffeyville. Their interests include hiking, mobile technology and collecting board games.

Dr. Perry Lin is now seeing patients at two locations: CRMC Medical Group at 1717 W. 8th Street in Coffeyville at 620-251-0777, and at CRMC Medical Group, 122 W. Myrtle in Independence at 620-577-4062.



# Physician Spotlight

## General Concepts in Infertility

By Perry Lin, MD

Specialty: Obstetrics & Gynecology,  
Reproductive Endocrinology & Infertility

Infertility or the difficulty in conceiving a child is a substantial medical issue and afflicts up to 10% of all couples in the general population. While infertility is not considered a serious illness such as cancer, it nevertheless could be substantially debilitating in many ways for the infertile couple.

Infertility is defined as the inability of a couple to conceive within 12 months of regular unprotected intercourse. This waiting period is based on the fact that approximately 80-90% of couples should conceive within one year with this number increasing to 95% after 2 years. Since infertility investigation and therapy could be both expensive and invasive, physicians generally recommend the 1 year waiting period before initiating or referring for infertility management. For women 35 years of age or older, this waiting period is shortened to 6 months due to the potential for very rapid decline in their fertility in this age group. The waiting period is also not necessary if the couple would have an obvious source for their infertility such as prior tubal ligation, absence of regular ovulation, etc.

A conception requires a sperm to fertilize an ovum. This means medically that:

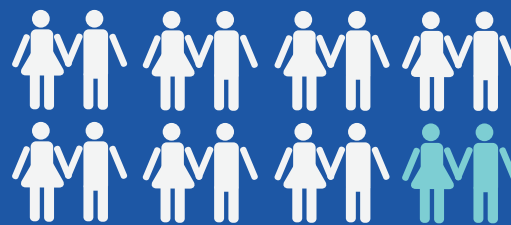
1. An adequate amount of functioning sperm could be produced.
2. Regular ovulation occurs to release an ovum at regular intervals.
3. A patent and functional tube exists to conduct a passage for sperm to the ovum.

Infertility therefore could be caused by one or more abnormalities in sperm, ovulation or tube. Basic infertility investigation is direct at evaluating these parameters in a couple with sperm analysis for the man, ovulation testing with blood or urine test for the woman and an X-ray to determine tubal patency. Once these basic tests are completed, specific therapy directed at overcoming the fertility deficiency could be initiated. Some examples of therapy may include insemination to overcome sperm deficiencies, ovulation induction to allow a woman to ovulate normally, tubal surgery to open blocked tubes plus others.

It is important to keep in mind that natural human conception rate per month is only 25% with infertility couples having a monthly fertility rate being much less. The goal of infertility management is to improve the infertile couple's month fertility rate above their baseline beyond just natural intercourse.

In summary, infertility is a fairly common medical issue and often occurs unexpectedly.

Substantial medical assistance can be provided by medical experts specializing in infertility management. With appropriate and timely intervention most infertile couples could expect to ultimately achieve what they desire most- delivering a healthy baby.



**7.4 MILLION** or  
**1 in 8 Couples**

The number of women between 15-44 in the U.S.A. who have difficulty getting & staying pregnant. 12% of all women, according to the U.S. Centers for Disease Control and Prevention

### WHEN TO SEE A *Doctor*

You probably don't need to see a doctor about infertility unless you have been trying regularly to conceive for at least one year. Talk with your doctor earlier, however, if you're a woman and:

- You're age 35 to 40 and have been trying to conceive for six months or longer
- You're over age 40
- You menstruate irregularly or not at all
- Your periods are very painful
- You have known fertility problems
- You've been diagnosed with endometriosis or pelvic inflammatory disease
- You've had multiple miscarriages
- You've undergone treatment for cancer



**CRMC Medical Group**

Obstetrics & Gynecology  
Women's Health

Coffeyville Regional Medical Center - [www.crmcinc.org](http://www.crmcinc.org)

For more information, please call  
our clinic:

**620-251-0777**

# COMMUNITY OUTREACH

## FAMILY LIFE EDUCATION

### **CHILDBIRTH PREPARATION**

The aim of this class is the preparation of the mother and father (or other support person) emotionally, physically, and intellectually for active participation in the birth process. The course includes: relaxation exercises, what to expect during labor and delivery, practice with breathing and pushing techniques, and care after the birth. Infant care including breastfeeding and infant CPR is also included.

#### **DATES:**

#### **Weekend Classes (2018):**

October 6th & 7th

November 17th & 18th

#### **Tuesdays:**

Not available October - December

#### **TIMES:**

#### **Weekend Classes -**

Saturday - 9:00am-4:00pm

Sunday - 1:00pm-5:00pm

#### **Weekday Classes -**

Tuesday - 6:30pm-8:30pm

**REGISTRATION:** 620-252-1589

**LOCATION:** 2nd Floor Administration Board Room at CRMC

**FEE:** Free

### **LACTATION CONSULTANTS**

The Geeta Sandhu Women's Health Unit has two Lactation Consultants on staff and are willing to help any mother with questions or concerns about breast feeding. The Lactation Consultants are registered nurses and you can reach them in the unit.

**REGISTRATION:** Not Required

**LOCATION:** Women's Health Unit at CRMC

**FEE:** Free

**NURSES:** 620-252-1510



In addition to free classes offered on the Women's Health Unit, tours of our lovely facility can be done at your convenience.

For more information about our Women's Health Unit contact, Director, Jennifer Wintjen at 620-252-1589.

### **MATERNAL & INFANT (M&I) CLINIC**

CRMC Medical Group provides and facilitates access to comprehensive prenatal care and follow-up for mother and infant for up to one year post delivery.

We hold an M&I clinic at our Independence location every Wednesday from 9:00am - 4:00pm. We provide financial assistance and a nutritionist to expecting mothers during their visits. Patients will see Nancy Barkley, APRN for the majority of their appointments, and will be provided a CRMC Medical Group OB/GYN physician. Patients will receive post-op care from CRMC Medical Group.

#### **APPOINTMENT REQUIRED:**

620-577-4062

**DATES:** Every Wednesday

**TIME:** 9:00am-4:00pm

#### **LOCATION:**

CRMC Medical Group

122 W. Myrtle

Independence, KS 67301

**FEE:** Free for women who qualify

### **WEE CARE BABY SUPPORT**

CRMC helps new mothers in the adjustment period of parenting with all its new responsibilities. We understand many questions and fears may arise in the first weeks and months when a new little one joins the family. Mothers are encouraged to come with baby to the Geeta Sandhu Women's Health Services unit to receive support and encouragement.

**REGISTRATION:** 620-252-1589

**LOCATION:** Women's Health Unit at CRMC

**FEE:** Free

## SUPPORT GROUPS

### **BARIATRIC SUPPORT GROUP**

Open to those who have undergone weight-loss surgery or who are considering the procedure. Friends and family are welcome.

**TIME:** 1st Thursday of the month, 7:00pm

**LOCATION:** 2nd Floor Administration Board Room at CRMC

**FEE:** Free

**MORE INFO:** 918-331-8940

### **CANCER SUPPORT GROUP**

This group provides educational and spiritual support for families living with cancer.

**TIME:** 3rd Thursday of every Month, 6:00pm

**LOCATION:** 4th Floor lobby at CRMC

**FEE:** Free

**MORE INFO:** 620-252-1606

### **LOOK GOOD - FEEL BETTER**

A free program for female cancer patients actively undergoing cancer treatment. Women learn to cope with appearance-related side effects of chemotherapy and radiation.

**REGISTRATION:** 620-252-1606

**DATES:** Oct. 16th, 1:00pm

**LOCATION:** CRMC Basement Boardroom

**FEE:** Free

## EDUCATION CLASSES

### **DIABETES SELF-MANAGEMENT WORKSHOP (DSME)**

If you are living with a diabetes health condition or are a caregiver of someone who has diabetes this workshop is for you. Self-Management Education workshops are interactive learning opportunities that teach techniques to manage common symptoms.

**REGISTRATION:** 620-515-4568 or [kkiser@crmcinc.org](mailto:kkiser@crmcinc.org)

**INFORMATION SESSION:** October 11

**WORKSHOP DATE:** Oct. 18 - Nov. 29

**TIME:** 1:30pm - 4:00pm (6 week workshop)

**LOCATION:** CRMC Medical Group Classroom, North Entrance Clinic (Info session and for workshop)

**FEE:** Free \* **MUST REGISTER PRIOR TO ATTENDING**



Dawna Regis, RN  
Women Health Services  
Lactation Consultant



## HEART HEALTHY NUTRITION SEMINARS

Please join us for these free seminars designed to help you manage your blood pressure. Programs are available in Coffeyville and teaches you how to eat, shop and cook for a health heart. Attending all the seminars is suggested but not required.

### CRMC Medical Group Primary Care SEMINARS AND DATES:

- Heart Healthy Eating  
- October 17th

**TIME:** 1:30 pm – 2:30pm

**LOCATION:** CRMC Medical Group Classroom, North Entrance of CRMC

**REGISTRATION:** Not Required

## CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

If you are living with a chronic condition this Free workshop is for you. What you will learn:

- Decision-making and problem solving skills
- Communicate effectively with family, friends and healthcare professionals
- Deal with anger, depression, and difficult emotions
- Manage fatigue
- Learn new ways to eat healthy
- Control Pain

and much, much more!

**REGISTRATION:** 620-515-4568 or [kkiser@crmcinc.org](mailto:kkiser@crmcinc.org)

**WORKSHOP DATE:** TBA

**TIME:** 1:30pm (6 week workshop)

**LOCATION:** CRMC Clinic Classroom in the North Entrance Clinic (Info session and for workshop)

**FEE:** Free

**\*\*\* Please watch our website and social media for information on dates for upcoming classes. \*\*\***

Questions or for more information, Please contact Kelle Kiser, RN

## SAFESITTER COURSE

SafeSitter® prepares students in grades 6th - 8th to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR mannequins to practice CPR and choking rescue!

- Safety Skills
- Child Care Skills
- First Aid & Rescue Skills
- Life & Business Skills

### REGISTRATION:

Required, 620-252-2201 or email [ashleyt@crmcinc.org](mailto:ashleyt@crmcinc.org)

**DATE:** Classes in 2019, TBA

**TIME:** 9:30am-4:30pm

**LOCATION:** 2nd Floor Administration Board Room at CRMC

**FEE:** \$35 (includes manual and Safesitter Kit)

**\*\* Please bring a sack lunch to the safesitter course. The class will be going into the lunch hour. \*\***

**Limited space available, please register your child.**

More classes are available on our website [www.crmcinc.org/classes](http://www.crmcinc.org/classes)

## SMOKING CESSATION

Thinking of quitting smoking or chewing tobacco but not sure where to turn? Have you quit before and started again? We understand that quitting tobacco is difficult. Our cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. This patient-centered, interactive program respects your right to make your own decisions.

**REGISTRATION:** 620-252-1606

**DATE:** Sept 26th - Nov 28th

**TIME:** Wednesdays, 12:00pm-1:00pm

(8 Sessions)

**FEE:** Free

**Visit our Website:**

[www.crmcinc.org/wellness-education](http://www.crmcinc.org/wellness-education)

## FITNESS CLASSES

### LOW IMPACT CARDIO CLASS

You can burn serious calories without all that jumping around. We don't have anything against bouncing, but sometimes you want to give your joints a rest, and with this low-impact workout you can do just that.

**DATE:** Every Tuesday and Thursday

**TIME:** 10:00am-11:00am

**LOCATION:** Located in the multipurpose room located across the hall from the CRMC Rehabilitation Department

**FEE:** Free

### EDUCATOR:

**Ashley Tatman**

[ashleyt@crmcinc.org](mailto:ashleyt@crmcinc.org)

### YOGA CLASSES

Do you want to be more relaxed, strengthen your spine, improve your circulation? Come join one of the Yoga classes offered at CRMC.

#### DATE:

Mon/Wed/Fridays - 9:00am-10:00am  
Tues/Thurs - 5:00pm-6:00pm

**LOCATION:** Class located on the north side of CRMC, in North Auxiliary Classroom- Enter in North Entrance clinic

**FEE:** \$7 a Class or \$35 a Month

### BABY ON BOARD YOGA CLASS

This yoga is geared towards expecting mothers and will focus on breathing, stretching and nutrition. By appointment only. Please call Nancy Burrows, yoga instructor for more information.

### INSTRUCTOR:

Certified Yoga Instructor, Nancy Burrows  
620-252-5789

### WALKING CLUB -

#### CRMC Basement Bunch

This is an all year walking program to help you keep fit, and there are prizes along the way. Sign up today down by our Rehabilitation Department on the Walking Track.

**REGISTRATION:** Sign up at the Walking Track at the designated table outside the Rehabilitation Department

**TIME:** 5:00am-9:00pm, 7 days a week

**LOCATION:** Walking Track

**FEE:** Free

# CRMC NEWS

## Billing Services Now In-House at CRMC

You spoke....we listened. We are pleased to announce that Billing Services are now operational as a hospital service. This function has been outsourced for the past several years and our patients didn't like not being able to have all questions answered locally. Having our Billing Services staff here – in the hospital – has brought back a very important personal service piece to our hospital. CRMC is committed to our culture of Service Excellence, which made this decision an easy one.

Billing Services has three financial advisors: Ellen Wilson, Brianna French, and Jessica Longpine. They will assist our customers with their bills. Debbie Robertson is our financial counselor. The Billing Services team is located in admissions.

## An “Eye-Opening” Mission to Pierre Payen Haiti

In April of this year, Rose Nagengast, a surgical Tech at CRMC, went on her first mission trip – ever! Not only was this her first mission trip, but also her first time to fly and first time to leave the United States. Rose told us “I was really nervous going to Haiti, but I’m really glad I did”.

Rose was part of a group with the Grace4Haiti organization led by Dr.

Joe Miller. “This was my first mission trip, but will not be my last. I learned lot from the team I went with, and from the locals that I got to spend every day with who will forever have a special place in my heart.”



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## Skilled Nursing State Inspection Flawless!



The Kansas Department for Aging and Disability Services (KDADS) recently completed the annual survey for the CRMC Skilled Nursing Unit. The survey is not only limited to the Skilled Unit, it also includes rounding through the laundry area and the surveyors spend many

hours in our kitchen monitoring the food preparation, temperatures, and cleanliness. They also do direct observations/interviews of the Nurses, Nurse Aides, Physical Therapy and Environmental Services on Skilled.

This year was a huge success with ZERO deficiencies! We Congratulate the Skilled Unit Nurses, Nurse Aides, Physical Therapy staff, the dietary department, and environmental services. We have an amazing team at CRMC!

## CRMC Service Excellence winner for 2nd Quarter

Windell Ledman, of our Environmental Services department, was recognized 2nd quarter 2018 “Service Excellence Champion.”

Windell was honored for going above and beyond for his superior work and for always having a positive attitude through out the hospital. Windell exceeded CRMC’s 8 standards of Service Excellence.



## GET IN THE KNOW

by following CRMC on our FACEBOOK PAGE



FACEBOOK:

[www.facebook.com/CoffeyvilleRegionalMedicalCenter](http://www.facebook.com/CoffeyvilleRegionalMedicalCenter)



### EXTENDED HOURS CLINIC

We've extended our clinic hours Monday - Thursday to help you fit family care into your busy schedule.

#### Regular Clinic Hours

Monday - Friday 8:00am-5:00pm

#### Extended Clinic Hours

Monday - Thursday 4:00pm-8:00pm

**WALK-INS WELCOME 620-688-6566**





# Physician Directory by Specialty

## CARDIOLOGY

### Anderson Mehrle, MD

Clinic Location:  
CRMC Outpatient Services/Tatman Cancer Center  
1400 W. 4th Street, Coffeyville, KS 67337  
Clinic Days: Every Monday at CRMC  
Call Bartlesville Office – 918-332-3600

## EAR, NOSE & THROAT (ENT)

### Charles Holland Jr., MD

Office Location:  
205 SE Howard Ave., Bartlesville, OK 74006  
Office: 918-333-0474

## FAMILY/GENERAL MEDICINE

### James Christensen, DO

Office Location: Coffeyville Family Practice  
209 W. 7th, Coffeyville, KS 67337  
Office: 620-251-1100

### Shravan Gangula, MD

Office Location: CRMC Medical Group  
1400 W. 4th Street, North Entrance  
Coffeyville, KS 67337  
Office: 620-688-6566

### Bridget Gibson, MD

Office Location: CRMC Medical Group  
1400 W. 4th Street, North Entrance  
Coffeyville, KS 67337  
Office: 620-688-6566

### Allen Gillis, DO

Office Location: Coffeyville Family Practice  
209 W. 7th, Coffeyville, KS 67337  
Office: 620-251-1100

### Geeta Sandhu, MD

Office Location: Coffeyville Doctor's Clinic  
801 W. 8th Street, Coffeyville, KS 67337  
Office: 620-251-7500

## NEPHROLOGY

### Paul Maraj, MD

Clinic Location: CRMC Outpatient Services/  
Tatman Cancer Center  
1400 W 4th Street, Coffeyville, KS 67337  
Clinic Days: Every Second Thursday of the month  
Office Number: Wichita Office – 316-263-5891

## NEUROSURGERY

### Gery Hsu, MD

Office Location: CRMC Medical Group  
CRMC, 3rd Floor, Blue Elevators  
1400 W. 4th Street Coffeyville, KS 67337  
Office: 620-252-1639

## OBSTETRICS & GYNECOLOGY

### James Christensen, DO

Office Location: Coffeyville Family Practice  
209 W. 7th, Coffeyville, KS 67337  
Office: 620-251-1100

### Dara Gibson, MD

Two Office Locations:  
CRMC Medical Group  
1717 W. 8th Street, Coffeyville, KS 67337  
Office Number: 620-251-0777

### CRMC Medical Group

122 W. Myrtle, Independence, KS 67301  
Office: 620-577-4062

### Stephen Miller, DO

Two Office Locations:  
CRMC Medical Group  
1717 W. 8th Street, Coffeyville, KS 67337  
Office Number: 620-251-0777

### CRMC Medical Group

122 W. Myrtle, Independence, KS 67301  
Office: 620-577-4062

### Perry Lin, MD

Two Office Locations:  
CRMC Medical Group  
1717 W. 8th Street, Coffeyville, KS 67337  
Office Number: 620-251-0777

### CRMC Medical Group

122 W. Myrtle, Independence, KS 67301  
Office: 620-577-4062

## ONCOLOGY

### Akinola Ogundipe, MD

Oncology/Hematology  
Clinic Days: Every Wednesday at CRMC  
Office Location:  
CRMC Outpatient Services/Oncology/  
Tatman Cancer Center  
1400 W. 4th Street, Coffeyville, KS 67337  
Office: 620-252-1501

### Nathan Uy, MD

Radiation Oncology  
Clinic Days: Every Wednesday at CRMC  
Office Location:  
CRMC Jerry Marquette Radiation Oncology Center  
1400 W. 4th Street, Coffeyville, KS 67337  
Office: 620-252-1563

## OPHTHALMOLOGY

### Garrick Rettele, MD

Office Location: Coffeyville Regional Medical Center  
3rd Floor, Blue Elevators  
1400 W. 4th Street,  
Coffeyville, KS 67337  
Office: 620-251-3235

## ORTHOPEDICS

### K. Sunil Menon, MD

Office Location: CRMC Medical Group  
CRMC, 3rd Floor, Blue Elevators  
1400 W. 4th Street,  
Coffeyville, KS 67337  
Office: 620-252-1639

## PODIATRY

### Jeffrey Hoage, DPM

Office Location: Family Podiatry  
209 N. 6th St, #102 Independence, KS 67301  
Office: 620-331-1840

### Barry Wesselowski, DPM

Office Location: Family Podiatry  
209 N. 6th St, #102 Independence, KS 67301  
Office: 620-331-1840

## SURGERY (GENERAL)

### Michelle McGuirk, MD

Office Location: CRMC Medical Group  
CRMC, 3rd Floor, Blue Elevators  
1400 W. 4th Street,  
Coffeyville, KS 67337  
Office: 620-252-1639

### Aaron Russell, MD

Office Location: CRMC Medical Group  
CRMC, 3rd Floor, Blue Elevators  
1400 W. 4th Street,  
Coffeyville, KS 67337  
Office: 620-252-1639

### Paul Sandhu, MD

Office Location: Coffeyville Doctor's Clinic  
801 W. 8th Street, Coffeyville, KS 67337  
Office: 620-251-7500

## UROLOGY

### Bernard Howerter, MD

Office Location: CRMC Medical Group  
CRMC, 3rd Floor, Blue Elevators  
1400 W. 4th Street,  
Coffeyville, KS 67337  
Office: 620-252-1639

## WOUND CARE

### Shravan Gangula, MD

### Stephen Miller, DO

Office Location: CRMC Medical Group  
1400 W. 4th Street, Coffeyville, KS 67337  
3rd Floor - Specialty Clinic, Blue Elevators  
For Appointments: 620-252-1173

## HOSPITAL BASED PHYSICIANS & PROVIDERS:

### ANESTHESIOLOGY:

Baba Abudu, MD  
Christopher Hogan, CRNA  
Susan Jenkins, CRNA  
Julie Moses, CRNA  
Cole Shawver, CRNA

### HOSPITALIST :

Anne Hogsett, MD  
Alix Oreck, MD  
Joshua Wyckstandt, MD

### PATHOLOGY:

Chitra Kohli, MD

### RADIOLOGY:

David Gutschenritter, MD  
Dan Gillespie, MD

### EMERGENCY MEDICINE:

Russell Anderson, DO  
John Michael Carlson, DO  
Jerry Castleberry, DO  
Cass E. Cherry, DO  
James L. Christensen, DO  
Jeffrey A. Coldwell, MD  
Jeffrey Dixon, MD  
William Gray, MD  
Jesse Hatfield, MD  
James Hensel, DO  
Timothy D. Herrington, MD  
Shane B. Hnatusko, DO  
Jeffrey Johnson, MD  
Craig Kennedy, MD  
Kevin Kierl, MD  
Derek Knotts, MD  
David P. McAdams, DO  
Joshua R. McFalls, MD  
Gregory A. Melish, MD  
Wolfgang P. Miggiani, MD  
Brian D. Milman, MD  
Kenneth E. Phillips, DO  
Eric A. Reddick, MD  
Jonathon Robins, DO  
Donald Sanders, DO  
Amanda N. Satterwhite, MD  
Matthew W. Smith, DO  
Jaron J. Soulek, MD  
Garrett Taylor, MD  
Emily A. Williams, MD  
Eric Woolley, MD

## ADVANCED PRACTICE REGISTERED NURSE (APRN)

CRMC Medical Group - 620-577-4062  
122 W. Myrtle, Independence, KS  
Nancy Barkley, APRN

CRMC Medical Group - 620-252-1639  
3rd Floor-Specialty Clinic 1400 W. 4th Street, Coffeyville, KS  
John Line, PA-C Michelle Perry, APRN

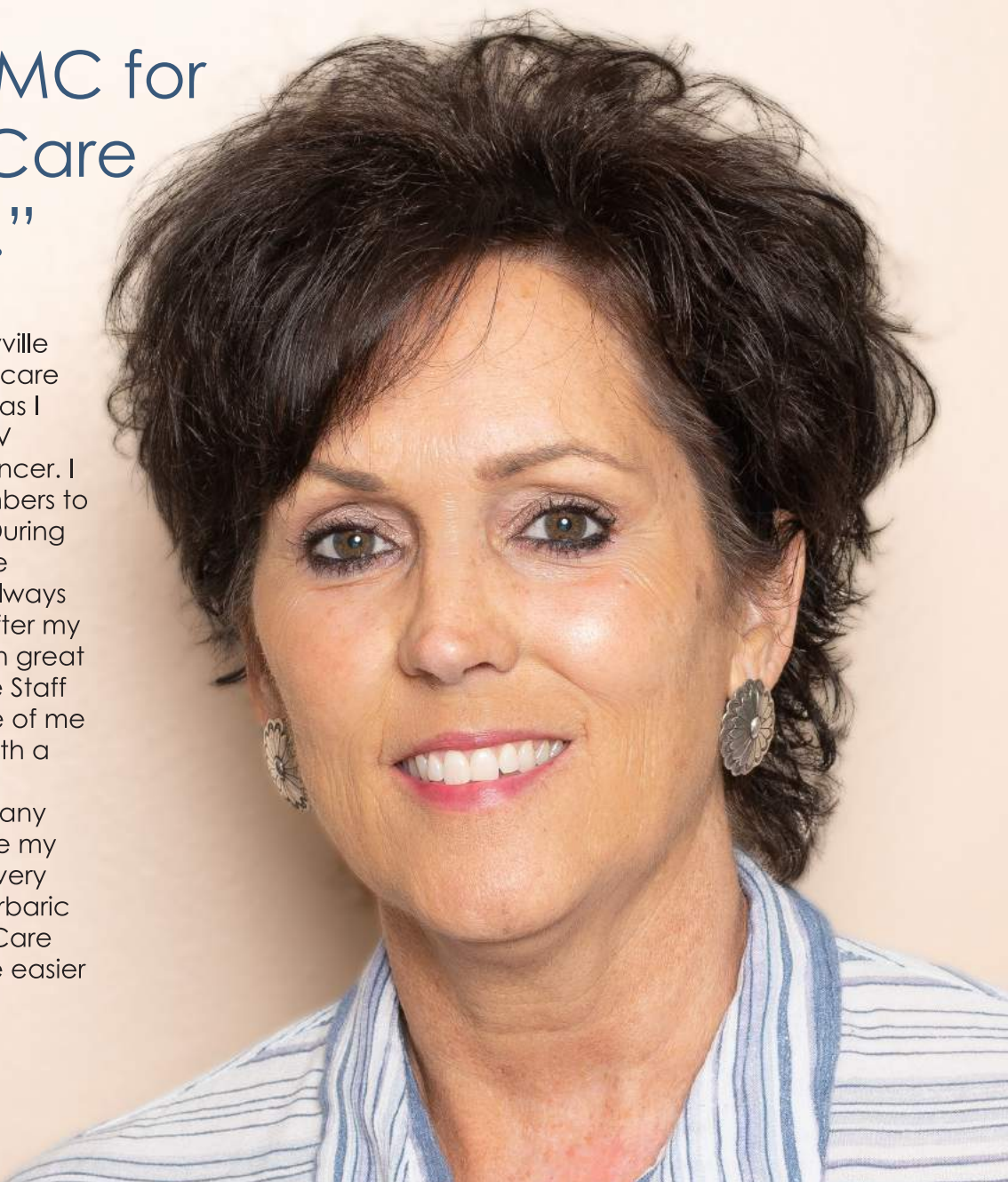
CRMC Medical Group - 620-688-6566  
North Entrance - 1400 W. 4th Street, Coffeyville, KS  
Mary Beth Hartley, APRN Heather Pollet, APRN  
Barry Phillips, APRN

Hospital Main Number: 620-251-1200  
Website: [www.crmcinc.org](http://www.crmcinc.org)

## " I Choose CRMC for my Wound Care Services."

" I received treatment from Coffeyville Regional Medical Center's Wound care Department for Radiation Necrosis as I have been diagnosed with Stage IV Metastatic Inflammatory Breast Cancer. I used the Hyperbaric Oxygen chambers to treat my wounds from Radiation. During my time in HBO my wound became smaller and more manageable. I always felt better and had more energy after my treatment sessions. CRMC has been great to me. Janna and the Wound Care Staff have always taken such great care of me and have treated me every day with a smile. The facility is great and so convenient for me. I have saved many miles from driving to Tulsa to receive my treatment here in Coffeyville. I am very thankful for CRMC , the HBO (Hyperbaric Oxygen Therapy) and the Wound Care Team. They truly have made my life easier while I received treatments."

- *Jackie Perkins*  
Wann, Oklahoma



To read more stories like Jackie's  
go to [www.crmcinc.org/IchooseCRMC](http://www.crmcinc.org/IchooseCRMC)