

W I N T E R 2 0 1 7

the Samaritan

All of us, for each of you, every time. **Together,** inspiring healthy communities.



OUR VISION WILL YOU STAND WITH US?

We have a strong vision for the future: a vision that within the Moses Lake region, we will be the destination for high-quality medicine. From family medicine to specialty care to obstetrics and gynecology to routine or specialty surgery—all right here, provided by you, for you, our community. ♦ And when our community is in need

of care that is in addition to our local providers, we will have best-in-class medical partnerships at the ready, ensuring our community members and friends have front-row access to first-class health care.

We believe in a high-quality culture, where results are measured in lives changed, improved and touched, and where we partner with our community members in building not only a wonderful medical community but wonderful community overall.

We're excited to make the right decision for our community, because we *are* our community. Our interest is in you, our community owners and stakeholders in Samaritan Healthcare.

Our simple goal is to be the health care provider of choice for residents of the region who want first-rate medical care delivered with a Moses Lake vision and Moses Lake values.

Our vision for our nurses, doctors and surgeons is to create an environment that is ready and willing to work for them and with them—and help them structure a successful, rewarding career here at home. After all, when our medical providers succeed, our entire community benefits.

Our goal isn't to only be good medicine for Central Washington; our goal is to be a leader in the Pacific Northwest. These are exciting times; these are bold times. We thank you for joining us on this path as we move toward our future together.

I am community.

I am the future.

I am Samaritan.

All of us, for each of you, every time.

For nearly 70 years, the medical staff, leadership and community have been dedicated to the health and wellness of the Columbia Basin. That vision is alive and well today; in fact, it may be stronger than ever before.



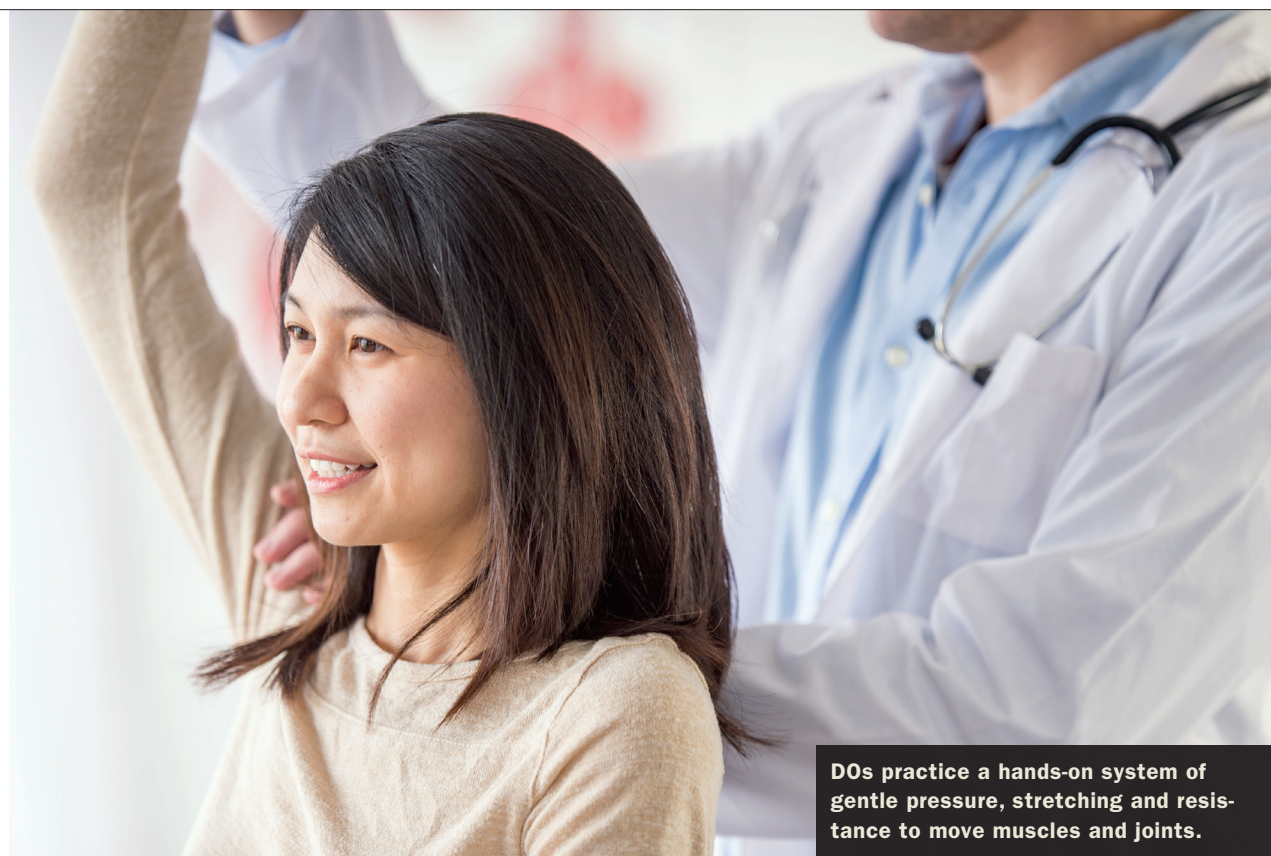
WHAT IS A DOCTOR OF OSTEOPATHY?

Most physicians you see have an “MD” after their name. ♦ But there’s another type of physician that is also fully trained and qualified. These are doctors of osteopathy, also known as DOs.

SKILLED PHYSICIANS DOs complete four years of medical school. They also spend three to eight years in internships, residencies and fellowships.

Although there are DOs in every medical specialty, most practice in primary care fields, such as family medicine, pediatrics and obstetrics-gynecology. Like MDs, they must pass state licensing examinations in order to practice.

When you see a DO, you can expect the latest in medical techniques and services. DOs diagnose and treat



DOs practice a hands-on system of gentle pressure, stretching and resistance to move muscles and joints.

illnesses and prescribe medicine, and some perform surgery. They also are trained to treat the patient as a whole person and to emphasize wellness and healthy lifestyles.

These physicians help relieve the growing shortage of physicians in the U.S. Their contribution is especially important because DOs often practice in rural and urban areas where access to medical care can be difficult.

HEALING TOUCH DOs focus special attention on the musculoskeletal system. They practice a hands-on system of gentle pressure, stretching and resistance to move

muscles and joints.

This technique is called osteopathic manipulative treatment. It’s one tool DOs use to help prevent, diagnose and treat illnesses.

A GROWING FIELD About 7 percent of physicians in the U.S. are DOs, and that number is rapidly rising. Today, about 1 in 5 medical students is attending an osteopathic medical school.

Sources: American Association of Colleges of Osteopathic Medicine; American Osteopathic Association; U.S. Department of Labor

Welcome!



ELAINE PETERSON, DO

Elaine Peterson, DO, was born and raised in north Seattle and started working with children at an early age, coaching gymnastics. She worked as a preschool teacher, emergency medical technician and researcher prior to attending medical school. After an undergraduate degree in biochemistry, she attended medical school at Pacific Northwest University of Health Sciences and completed her residency at the University of California, San Francisco Fresno.

Dr. Peterson sees patients ages birth through 18 years at Samaritan Healthcare and knows the needs of each one. It’s the way she provides care—with personal attention, listening and advocating for your child’s best health. It’s not one-size-fits-all care. It’s listening first and teaching second.

Dr. Peterson is looking forward to meeting the families of our community and helping your children grow and thrive. In her spare time, you will find her enjoying all of the outdoor activities the Columbia Basin has to offer, from kayaking to hiking.

If you have questions or would like to schedule an appointment, call 766-9450.



LEXIE ZUVER, DO

Samaritan Family Medicine is thrilled to introduce Columbia Basin native Lexie Zuver, DO.

Dr. Zuver grew up in Othello, Washington, and wanted to practice medicine in a similar rural community. So it’s a joy for her to come back home, where she can provide complete care and encourage health for area residents.

Dr. Zuver completed her doctorate in osteopathic medicine at Pacific Northwest University of Health Sciences in Yakima, Washington, after obtaining a bachelor’s degree in health sciences at Corban College in Salem, Oregon. She finished her family medicine residency at Southern Colorado Family Medicine in Pueblo, Colorado.

Dr. Zuver just had her first baby, so she really understands the health care needs of parents and families. She gets to know her patients—listening and working with each one and helping them choose a healthier lifestyle. Dr. Zuver treats her patients the way she would want to be treated. It’s how family medicine should be.

If you have questions or would like to schedule an appointment, call 793-9780.



H. SCOTT MOUNTS, ARNP

H. Scott Mounts, ARNP, is no stranger to the patients of the Columbia Basin. Samaritan Family Medicine is excited to welcome him back to Moses Lake. Mounts has a passion for treating patients with complex health problems, offering a partnership in healthier lifestyle choices to those with diabetes and other complicated medical issues.

At the top of his priority list is compassionate care—making sure you and your family receive individualized treatment as part of our Samaritan family.

After earning a bachelor of science degree in nursing from Pacific Lutheran University, he obtained his master of science degree in nursing from the University of Washington. He is a board-certified adult nurse practitioner.

In his spare time you will find Mounts and his wife enjoying their hobby farm and bountiful garden on 5 acres in Moses Lake.

If you have questions or would like to schedule an appointment, call 793-9780.



URGENT CARE

HELP WHEN
YOU NEED IT

SOMETIMES IT'S OBVIOUS when a trip to the emergency department is needed. Problems such as chest pain or heavy bleeding are clearly serious situations that need help and need it fast. But many times the situation is less clear. That accidental cut might seem deep—but not life-threatening. Your baby's fever is high enough to concern you, but your pediatrician's office is closed.

You'd like to consult a medical professional, but is the emergency department your only option?

No. Another type of care—urgent care—is available to treat minor illnesses or injuries, including flu, fever, earaches, rashes, small cuts that need stitches and minor fractures. Some urgent care centers also offer physical exams, vision and hearing screenings, lab tests, and x-rays, notes the American College of Emergency Physicians.

STANDING BY Samaritan Urgent Care is open seven days a week, and has extended hours. What's more, you don't need an appointment. That makes it ideal for situations when you can't get a timely appointment with your regular doctor.

Another benefit of choosing an urgent care center is quick service.

When you go to an emergency department with a minor problem, you will need to wait to be seen until people with more serious problems are cared for first. That can take considerable time.

At an urgent care center, though, you are likely to be seen within an hour, reports the American Academy of Urgent Care Medicine.

WHEN YOU NEED CARE To get directions to our urgent care center and to learn the hours of operation, visit our website at www.samaritanhealthcare.com.

Welcome!

**MICHAEL CERRATO, PA-C**

Please help us welcome Michael Cerrato, PA-C, to Samaritan Urgent Care. With his extensive background in emergency medicine, Cerrato is an ideal addition to the Samaritan family.

Cerrato earned his certificate in physician assistant studies from Stanford and Foothill College Physician Assistant Program in Palo

Alto, California, and his master of medical science degree from Saint Francis University in Loretto, Pennsylvania.

Cerrato looks forward to treating the wide range of patients and families that visit Samaritan Urgent Care. Focusing on communication and individualized treatment, he prides himself on making sure you have the information and care you need to feel better sooner.

When he's not at work, Cerrato can be found enjoying the great outdoors: hiking, backpacking, mountain biking and skiing.

No appointment is needed at Samaritan Urgent Care. Walk-ins are always welcome.

THE NEED
FOR BLOOD
IS URGENT!

AS THE HOLIDAYS come rolling in, the Inland Northwest sees an increase in the need for blood. However, this increased need comes at a time when we see fewer people coming in to help save lives through donating blood.

BLOOD SHORTAGE Inland Northwest Blood Center (INBC) is currently short on all blood types and is struggling to remain self-sufficient as the rest of the nation continues to cope with the blood shortage. Certain parts of the world hold up to a one-year deferral, meaning fewer people are eligible to donate. This is also harming the Inland Northwest's blood supply, as a large portion of our donor base traveled over the summer.

The Inland Northwest is also facing the platelet shortage that's being felt across the country. Platelets have a five-day shelf life and are necessary for patients with cancer or undergoing major surgery.

As the only supplier of blood to hospitals across the Inland Northwest, INBC needs a minimum of 200 donors per day to maintain a safe blood supply. This holiday season, we need your help to make sure we meet the needs of our region.

WHY IT MATTERS There is no substitute for human blood. People who need blood to survive rely on the generous lifesaving donations of our selfless donors. Donating blood can take less than an hour of your day, but it could mean a lifetime to someone in need of a blood transfusion.

Make your appointment today by calling us at **423-0151, ext. 1**, or by visiting us at www.inbc-saves.org.

Remember, when you donate with INBC, your blood could go to a neighbor, a friend or even a family member. Find the hero in you, and save lives today.

FEATURE

Breast cancer 5 FACTS YOU MAY NOT KNOW

Of all the diseases we face as women, few may concern us more than breast cancer. Almost certainly, you know someone—a loved one, a friend, a neighbor—whose life has been touched by the disease.

♦ Even though breast cancer is far too common, some facts about it may still surprise you. Here's a look at five of them:



A NEW CHAPTER BEGINS

Tips for managing your life after cancer treatments end

A DAY THAT SEEMED so far away is finally here: You've finished your last cancer treatment. You're elated and eager to get back to your everyday life—one that doesn't revolve around chemo, radiation or cancer itself.

Still, you may have moments of intense uncertainty. In fact, along with relief, you may also wonder, "Will my cancer come back?"

It may help to know that worries like this are an entirely normal part of surviving cancer. Usually, these worries are most severe in the first year after treatment—but they get better as time passes. In the meantime, here are ways to feel less anxious and more in control:

Get accurate information. No one can predict with absolute certainty what the future holds. Still, cancer often follows a predictable pattern of recurrence. So be sure to talk with your doctor about how likely it is that your cancer will return—and what symptoms to watch for. You may be worrying unnecessarily.

Practice letting go. When fears about cancer's return enter your mind, try not to let them linger. Some survivors picture their fears floating away—or even being vaporized. This might work for you. Others turn their worries over to a higher power.

Reach out. Rather than bottling up your concerns, share them with a trusted friend, family member, or spiritual or mental health counselor. The simple act of

talking openly can make worries less intense, especially when you're comforted by a caring listener.

You might also turn to a support group for cancer survivors, either one that's nearby or one that's online. The emotional support of people who know what you're going through from firsthand experience can be tremendously helpful. Fellow survivors may also share practical information about what to expect after treatment and how to manage worries that cancer may return.

Reclaim your life, and be as healthy as you can be. Learn healthy lifestyle tips at www.samaritanhealthcare.com/recovery.

Make positive lifestyle changes. Healthy habits can help you feel in control, and they're especially important for cancer survivors. Regular exercise, for example, can help you feel less anxious and fatigued, while a nutritious diet can help you regain strength after treatment. And studies suggest that both may help prevent certain cancers from returning.

Finally, do your best to celebrate and embrace this new chapter in your life as you join the roughly 14 million Americans alive today who've had cancer.

Sources: American Cancer Society; American Society of Clinical Oncology



1

Breast cancer is not the leading health threat to women. Heart disease is actually far deadlier for women. Nationwide, breast cancer causes 1 in 31 female deaths every year. But coronary heart disease causes 1 in 8 female deaths.

And looking only at cancer deaths, lung cancer kills more women in the U.S. than breast cancer.

2

Most breast cancer is not inherited. Only about 5 to 10 percent of all breast cancers appear to develop directly from gene defects—such as those in the BRCA1 or BRCA2 gene—passed on from a parent.

What's more, even a family history of breast cancer is not as concerning as many women might fear. While having a close relative with breast cancer does raise your risk, less than 15 percent of women who get breast cancer have a family history of the disease.

3

A preventive mastectomy doesn't completely eliminate the risk of breast cancer. Some women who are at high risk for getting breast cancer opt to have both breasts removed to avoid the disease. A preventive mastectomy can, in fact, reduce the risk of developing breast cancer by 90 percent or more. But some risk still remains, since even a mastectomy can't remove all breast tissue.

4

Dense breasts are a risk. Women with dense breasts—breasts with more fibrous and glandular tissue and less fatty tissue—have up to twice the risk of breast cancer as a woman with average breast density. Dense breasts may also make mammograms less accurate.

Ask your doctor if your breasts are considered dense—you can't tell by touching them. If the answer is yes, the two of you can discuss whether you need additional imaging tests, such as an ultrasound or MRI.

5

The effects of a fatty diet aren't clear. Many studies indicate that breast cancer is less common in countries where the typical diet is low in fat. But so far studies haven't found a definitive link between higher fat diets, like those eaten in the U.S., and breast cancer.

Sources: American Cancer Society; National Cancer Institute



3 dimensions, 3 times the certainty

Samaritan Healthcare is proud to announce the arrival of low-dose Genius 3-D Mammography at Samaritan Hospital. This new service offers hundreds of women across Grant County enhanced mammogram exams.

In a conventional mammogram, overlapping tissue can hide breast cancers and normal breast tissue may appear abnormal, leading to unnecessary callbacks. 3-D mammogram exams are an advanced type of digital mammogram that offer better cancer detection, fewer callbacks, minimal compression time and greater peace of mind at a dose comparable to a conventional digital mammogram. They enable doctors to more clearly see through overlapping tissue to detect cancers, often at an earlier stage.

Why they're better Large clinical studies have demonstrated the positive benefits of 3-D mammography exams, including:

- Earlier detection of small breast cancers that may be hidden in a conventional mammogram.
- Greater accuracy in pinpointing size, shape and location of abnormalities.
- Fewer additional biopsies or tests.
- Greater likelihood of detecting multiple breast tumors.
- Clearer images of dense breast tissue.
- Three-dimensional exam performance at a radiation dose no higher than that required for a conventional 2-D mammogram.

Low-dose Genius 3-D Mammography is recommended for women of all ages and breast densities.

Don't skip your exam! "It's important to get screened and screened early," says Krystel Schafer, mammography coordinator of Samaritan's Women's Imaging Center. "This technology is saving lives. It catches cancer

early, before it travels to the rest of the body."

The new equipment also allows Samaritan to do more complex procedures—such as specialized biopsies—in Moses Lake, as opposed to having to send patients out of the area. This allows women to go through invasive procedures with familiar people in a more comfortable atmosphere.

Samaritan Healthcare is committed to the fight against breast cancer. By offering 3-D mammography exams, Samaritan provides the latest and most effective imaging tool for breast cancer screening. Samaritan follows the Affordable Care Act regulations, which allow for all women age 40 or over to receive an annual screening mammogram.

If you have questions or concerns regarding insurance coverage for your 3-D mammography exam, please contact your insurance provider or ask our friendly staff when you call to schedule. To schedule an exam, please contact Samaritan Healthcare Central Scheduling at 793-9651.

FOUNDATION FOCUS

'Aging Isn't for Sissies!'

With the help of a panel of experts, the Community Relations Committee of Samaritan Healthcare Foundation set out to navigate the path of aging, dementia or an Alzheimer's diagnosis at "Aging Isn't for Sissies!"—an event held on Aug. 25 at Pillar Rock Grill. In order to accomplish as much as possible in one evening, the committee organized a panel of experts to present information, answer questions and provide networking to people in attendance that were either aging or were caring for someone who was aging.

Good food and company The evening started off with hors d'oeuvres from Chef Sammy and wine tasting, but that wasn't the highlight of the night. Michael Graham, MD, of Confluence Health, was the keynote speaker, presenting on "What Is Happening to My Memory? Is It Serious?"

Dr. Graham engaged the audience with his speech, which was followed by a question-and-answer session.

Accompanying Dr. Graham on the panel were Joan Acres, of the Alzheimer's Association; Laurie Ahmann, of Summer Wood; and Bryce McPartland, of McPartland Law Offices. Also on hand were Terri Riley Brown,



of Assured Home Health & Hospice, and Kris Hendrickson, of Care Management at Samaritan Healthcare.

Many perspectives Each presenter brought their expertise to the conversation, which was appreciated by the attendees. The question-and-answer session was so popular that it had to be extended past the original one-hour time limit in order to answer all of the questions.

The evening's main accomplishment was creating positive partnerships in order to provide education to the community. The Community Relations Committee was able to promote the mission of the Foundation and provide a much-needed service to the public. As several requests were made at the end of the evening for a follow-up to this event, the committee will start planning for future events that continue promoting the mission.

If you are interested in learning more about the Samaritan Healthcare Foundation, contact the foundation office at 793-9647 or foundation@samaritanhealthcare.com.



Photo courtesy of Rosalie Black via Venue Magazine.

'Breast Friends Forever'

After the Kids Zone at the Boys & Girls Club Fun Run on April 2, "Winning the Food Fight" on May 4, and "Aging Isn't for Sissies!" on Aug. 25, the Community Relations Committee of the Samaritan Healthcare Foundation wrapped up 2016 with its fourth event of the year, "Breast Friends Forever," on Oct. 12 at the Moses Lake Civic Center.

The event stressed the importance of early detection in the fight against breast cancer. This was hit home by the panel of experts: Krystel Schafer, mammography coordinator at Samaritan Healthcare; Lexie Zuver, DO, family medicine provider at Samaritan Clinic; Thomas Tucker, MD, medical oncologist at Confluence Health; and Eric Ebaugh, DO, general surgeon at Confluence Health. The providers shared the top questions their patients have as they come into their practices, as well as what a patient may expect on their treatment journey.

Three cancer survivors shared compelling stories with the audience. Shirley Bartelle, Stephanie Maiers-Chambers and Christin Boisse spoke openly and honestly with emotion and humor. Early detection was a key factor in the treatment of their cancers.

Innovations in Moses Lake Samaritan Healthcare recently purchased a 3-D Mammography unit, which was showcased at the event, and women could schedule their mammogram appointments that same night. Many of the attendees took advantage of the opportunity.

The anonymous question-and-answer session was a popular part of the evening. Some questions were posed to particular panelists, while other questions were up for grabs. The questions were thoroughly answered and sometimes expanded upon by additional providers or survivors.

While the evening had a serious note, the Samaritan Healthcare Foundation also wanted to make sure that there was an opportunity to enjoy the evening with friends. Wine donated by Sno Road Winery was available for tasting, and hors d'oeuvres were plenty, catered by Michael's on the Lake. Information booths lined the Avenue in the Civic Center, ranging from information on lymphedema to a photo booth for whimsical pictures, sponsored by Feller Orthodontics.

Fun and games Wrapping up the evening, a raffle was held for numerous prizes: Miller's Fine Jewelers donated five breast cancer ribbon pendants, and there were additional giveaways, such as wine baskets from Sno Road Winery, bottles of wine, homemade hats and headbands, and a beautiful handmade quilt from the Columbia Basin Cancer Foundation.

The committee is looking forward to planning events in 2017, bringing partnerships and education to the community.

For more information on Samaritan Healthcare Foundation or becoming involved with the Community Relations Committee, please contact foundation@samaritanhealthcare.com.

Get the facts on breast cancer, and learn more about 3-D mammograms at Samaritan. See page 5.

Well Wishes —GIFT SHOP—

Whether you need flowers for a friend or a one-of-a-kind gift, one of our friendly volunteers would love to help you find that special something at the *Samaritan Hospital Gift Shop!*

**REDEEM THIS COUPON
for 30% off one item**

(some exclusions apply)

**All Proceeds Support
Samaritan Healthcare Foundation**

In the Samaritan Hospital Lobby
801 E. Wheeler Road • Moses Lake

Coupon expires 2/28/2017



Will you consider Samaritan Healthcare Foundation as your charity of choice?

Did you know that every gift to Samaritan Healthcare Foundation makes a difference in your community? All gifts are used locally, to provide innovative, high-quality health care, right here in the Moses Lake region. That's your gift impacting the lives of your family, friends and neighbors.

In 2015, we saw the community come together to support the re-establishment of Cardiac Rehabilitation; a service that directly benefits local residents who have experienced a cardiac event. Since opening the doors to this valuable service in June, patient volumes have doubled—far exceeding the initial expectation.

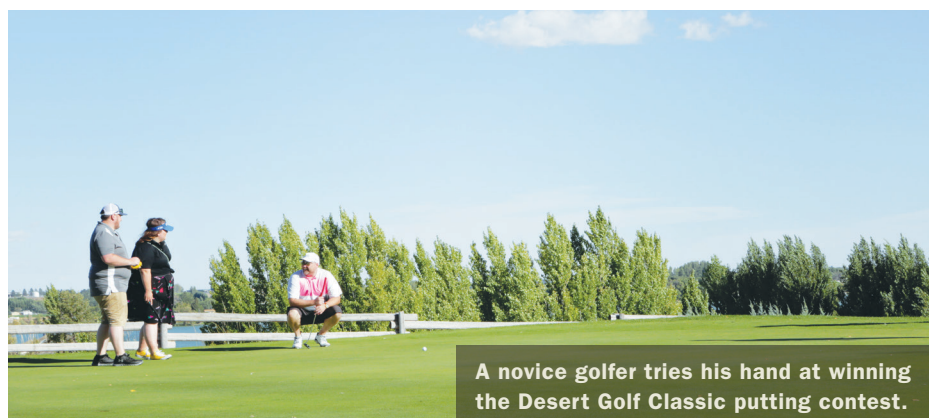
GIFTS THAT KEEP GIVING This year, the Samaritan Healthcare Foundation focused efforts toward purchasing a third ultrasound unit for Samaritan Hospital patients. Over

the previous three years, ultrasound utilization volumes have risen by more than 30 percent, and that trend is projected to continue. With the purchase of this third machine, Samaritan patients will no longer have to wait two or more weeks for a procedure.

That means easier access and improved quality of care to our patients. The overall goal for this project is \$207,000. At press time, we are still pushing toward the finish line, with just over 60 percent of that goal met. Every gift is an opportunity to help with this important step in local health care.

The Samaritan Healthcare Foundation exists solely to support patients, families and services at Samaritan Healthcare. As a community member, we ask that you consider becoming a donor—to partner with us in the innovation, care and comforts that enrich health care where it matters: locally.

To learn more about the Samaritan Healthcare Foundation, becoming involved or making a gift, please call 793-9647 or email foundation@samaritanhealthcare.com.



For gifts received...*Thank you!*

On behalf of Samaritan Healthcare and Samaritan Healthcare Foundation, we would like to say a heartfelt thank you to our sponsors, participants and donors. Because of your generous support, proceeds from the 2016 Samaritan Healthcare Desert Golf Classic will support the purchase of a third ultrasound unit at Samaritan Healthcare.

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The Links at Moses Pointe
The Odom Corporation—Corona



SNOW REMOVAL

WARM UP TO SAFETY

Clearing snow from your driveway or sidewalk might seem like a straightforward task. Just take out your trusty shovel or snowblower and get rid of the stuff, right?

Well, not so fast.

You could be in for quite a workout. In fact, from backaches to cardiac complaints, removing snow has its own set of safety concerns. So it's worth considering this advice before the first flake falls:

Get a doctor's OK. Clearing snow shouldn't be a problem for most people. But if you have a health condition or you're out of shape, make sure it's safe to shovel or use a snowblower.

That's especially true if you have a heart problem, which could make any sort of sudden exertion in cold weather a risky move.

Shovel early and often. It's harder on the body to remove heavy, packed snow.

Push the snow whenever possible. Your back will thank you. But if you need to lift and move snow out of the way, shovel small scoops at a time. Don't fling the snow over your shoulder or off to the side. Instead, walk the snow to where you want to dump it.

Do your homework. If you're planning to use a snowblower, read the manual. That may seem obvious. But it's important to read the instructions so you'll know how to operate the machine safely.

Keep hands away. If a snowblower jams with snow, stop the engine and wait several seconds before using a solid object to clear the machine.

Break often. No matter which snow removal method you use, be sure to pace yourself and take frequent breaks.

Sources: American Academy of Orthopaedic Surgeons; American Heart Association



FLU FACTS: Don't let the flu get you down

Germs can travel as far as **6 feet** when a person coughs or talks.

Flu viruses can survive on surfaces for

2-8 hrs.

5-20%
of the
people
in the U.S.
get the flu
each year.



— **+** —
The flu sends
200,000+
PEOPLE
to the hospital
each year.

**YOUR BEST
PROTECTION:**
A YEARLY FLU VACCINE.
Nearly everyone
older than
6 months should
get one.



MORE STAY-HEALTHY TIPS:

Wash your hands often.
Avoid touching your face.
Steer clear of people who are sick.

For more information regarding
flu shots, please call Samaritan
Family Medicine at 793-9780.

Source: Centers for Disease Control and Prevention

NEED A HEALTH

PARTNER?

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All of us, for each of you, every time. Together, inspiring healthy communities.

the Samaritan

SAMARITAN
HEALTHCARE

WINTER
2017