

Jefferson Healthcare

SPRING 2019 | Building health. Inspiring wellness.
Right here at home.

- 
- 2 NEW SPECIALTY PROVIDERS
 - 3 ENJOY THE BOUNTY OF THE SEASON
 - 5 DENTAL CLINIC OPENING IN JUNE
 - 6 TRAINING FOR THE RHODY RUN

Hello neighbors

Spring is in the air and we continue to grow to serve our community. Read on to learn more about our newest service line, dental care. We plan to open Jefferson Healthcare Dental Clinic in June to provide dental care to residents of Jefferson County. We will host an open house so you can preview the new clinic as soon as it is ready; please visit jeffersonhealthcare.org, where we will announce the date and time.

Helping our local dentists meet the dental care needs of all members of our community has been a goal of ours for the last several years. I am thrilled we can help and are excited to introduce our new dentists, Drs. Pavel Vasilyuk and William Catelli.

First quarter we welcomed a few new faces to our surgery team to increase access. Dr. Mitra Jafari and her general surgery colleagues offer state of the art diagnosis and treatment solutions to help care for some common but uncomfortable side effects of a hearty northwest meal: heartburn or acid reflux.

Our ongoing work and medical excellence continue to be recognized in the industry. In February, we were awarded a Five-Star rating from the Centers for Medicare and Medicaid Service (CMS). There are just a handful of Five-Star hospitals in Washington state, and your community public hospital is one of them!

Lastly, it's Rhody Run time again and we are proud to continue our involvement in this wonderful community event. Chad Boehm, DPT offers some great advice on how to prepare for the race as well as some awesome race day tips. You don't have to be just a runner to participate in the Rhody Run, you can walk, cheer or volunteer so we hope to see you at Fort Worden on race day.

Mike Glenn

Mike Glenn | *Chief Executive Officer*
mglenn@JeffersonHealthcare.org



STEVE THARINGER | WASHINGTON STATE LEGISLATOR
STEVEN BUTTERFIELD, MD | CHIEF MEDICAL OFFICER, MEDICAL GROUP
DISCUSSING THE PLANS FOR THE NEW JEFFERSON HEALTHCARE DENTAL CLINIC

Specialty Care

Meet our new providers—local expertise when you need it.



Deborah Abrams, MD, joined the Oncology Clinic of Jefferson Healthcare. She recognizes a new diagnosis can be a vulnerable time. Her goal is to "communicate with common language to make complex information easier to understand." Call 360.344.3091 to schedule an appointment.

Jefferson County is designated by the Health Resources & Services Administration as having a shortage of dental care. To address the shortage, Jefferson Healthcare is opening a dental clinic to provide primary prevention and treatment. Find out more about the new dental clinic on page 5 of this issue, and visit jeffersonhealthcare.org.



William Catelli, DDS, will join Jefferson Healthcare Dental Clinic and bring clinical interests in public health, oral surgery and pediatric dentistry, as well as a focus on "prevention and living a healthy lifestyle."



Pavel Vasilyuk, DDS, will also join the Jefferson Healthcare Dental Clinic and emphasizes compassionate, patient-oriented dental care in all areas within the broad scope of dentistry.



you can •
enjoy
the bounty

Jefferson Healthcare is here to help you enjoy food and drink again.

360.385.2200 | jeffersonhealthcare.org

Make no mis-steak. Your digestive health is a big dill.

Spring and summer on the Olympic Peninsula are two reasons some of us decide to live in this glorious corner of the world. The warmer weather beckons us outside to take advantage of the trails, set up a spot in the park to read or paint, or enjoy good food and drink with friends and family.

If you suffer from gastroesophageal reflux disease (GERD), heartburn or acid reflux, all the BBQ, good food and toasting can be anything but pleasant. If you've been depending on over-the-counter heartburn medication, or if you've simply been suffering and missing out on your favorite foods and activities, it is time to take action.

GERD occurs when stomach acid frequently flows back into the tube connecting your mouth and stomach. This backwash (acid reflux) can irritate the lining of your esophagus. Individuals can experience

Experiencing acid reflux from time to time is manageable for most people, but more than a couple of times a week isn't, and more importantly it doesn't have to be.

DR. MITRA JAFARI

JEFFERSON HEALTHCARE
SURGICAL ASSOCIATES

a burning sensation in their chest, usually after eating, which might become more uncomfortable in the evening. Other common signs are difficulty swallowing, a sensation of a lump in your throat or even chest pain. "Experiencing acid reflux from time to time is manageable for most people, but more than a couple of times a week isn't, and more importantly it doesn't have to be," says Dr. Mitra Jafari of Jefferson Healthcare Surgical Associates.

Jefferson Healthcare Surgical Associates offers the convenience of minor procedures, including those for digestive health, in a clinic setting. Providers can recommend next steps after performing

an upper endoscopy in the comfort of the clinic. The minimally invasive endoscopy allows for the examination of the inside of the esophagus and stomach. It can detect inflammation of the esophagus or find other complications, for example, Barrett's esophagus. Barrett's esophagus can happen in up to 15% of patients with long-standing reflux and can lead to further digestive health complications.

Dr. Jafari explains, "Endoscopy can help detect a pre-cancerous condition of the esophagus, Barrett's esophagus, in patients with risk factors. It can also help rule out problems such as esophagitis, gastritis or ulcers. Biopsies can be done to ensure there is no bacterial infection of the stomach."

Prior to the exam, clinic patients receive an IV sedative. The entire exam only takes 10-20 minutes and then the patient can go on with their day. Dr. Jafari says, "Not everyone with acid reflux needs endoscopy but your primary care provider can help in the decision process based on your risk factors and symptoms."

If you are not able to enjoy all the season has to offer, schedule a consult with your primary care provider.

Note: Always seek immediate medical care if you have chest pain, especially if you also have shortness of breath or jaw or arm pain. These could be indications of a heart attack, not heartburn.

SURGEON SPOTLIGHT

Mitra Jafari, MD returned to Jefferson Healthcare Surgical Associates in January 2019. Board-certified in general surgery, her practice includes a broad range of procedures.

Jefferson Healthcare Surgical Associates offers the convenience of minor procedures in a clinic setting, while the hospital is available for patients needing a more encompassing level of care. Schedule a consult: 360.385.5444

Community dental health

A new clinic for dental care

Jefferson Healthcare will begin to address the dental care needs of the under and un-insured residents of the county by opening the first Rural Health Clinic (RHC) in Washington to offer dental services. In 2014, Jefferson County completed a community health assessment, which identified health priorities for our community. One key finding was the need for increased dental access, especially for Medicaid-eligible populations. To access basic dental care, under and un-insured residents had to travel out of county or inappropriately relied on the emergency department for urgent needs. The Jefferson Healthcare Dental Clinic will focus on primary prevention and restorative care—to provide treatment before a situation becomes a crisis.

Jefferson Healthcare will be the first hospital in the state of Washington to have a dental clinic on its campus. The clinic will be co-located in the Sheridan Medical Office Building which currently houses primary care integrated with behavioral health, allowing dental services to be fully integrated into other aspects of care.

The new clinic will offer full service hygiene appointments, comprehensive oral exams, a complete series of x-rays, oral cancer screenings, periodontal exams, and treatment plans.

Two dentists have been hired, Drs. Catelli and Vasilyuk, who will extract infected or broken (non-restorative) teeth, provide sealants and fillings for teeth that can be restored, and offer home care tools and education.

“The new rural health Dental Clinic will be integrated with primary care and behavioral health, utilizing a whole person care concept. Our staff is ready to serve the needs of our community, focus on prevention and lifestyle, and offer compassionate care to all of our dental patients,” says Dr. William Catelli, Dental Director.

The new dental clinic allows access to affordable dental care otherwise unavailable in small communities

PAVEL VASILYUK, DDS | DENTAL CLINIC

This project has been made possible with support from the Taxpayers of Washington State, Washington State Hospital Association, Washington State Legislators, and the Arcora Foundation. Jefferson Healthcare acknowledges the Washington State District 24 Legislative Delegation, Representatives Tharinger and Chapman, and Senator Van De Wege, for their vision in identifying the need for dental services in Jefferson County and their support in moving this work forward.



Are you training? You've got this.

Jefferson Healthcare Rhody Run

Rhody Run is right around the corner and we at Jefferson Healthcare could not be more excited! We also realize running or walking in a race as big as Rhody can seem daunting for some, so we want to offer just a few simple tips to ensure a successful race day.

THE HAY IS IN THE BARN

As an event approaches, some may question if they have done enough to prepare. There can be the temptation to fit in “one last long run” or “one last hard workout” before the race. Increased rest will serve you best, feeling fresh on the start-line is always a good plan.

IF IT AIN'T BROKE, DON'T FIX IT

Keep to your practiced warm-up routine, and stick to your proven hydration or nutrition strategy. Race day is not the time to break in a new set of shoes. In most ways, you want your race day to mimic any other training day.

STAY THE COURSE

Always head into your event with a plan. It can be as simple and general as “I will enjoy myself during the run and finish with a smile!” Whatever your plan is, it should be realistic and support your ultimate fitness goals.

ENJOY YOURSELF!

Whether you're finishing your 1st race or your 101st there is always something satisfying about crossing the finishing line. So, be sure to encourage other runners and walkers on the course, congratulate each other as you cross the finish line, and take advantage of any post-race festivities!

Lastly, we are not only grateful for all those who have decided to run, but also for those who have volunteered their time and efforts to make this event possible, keep our participants on-course and (most importantly) keep our runners safe. Have a great Jefferson Healthcare Rhody Run however you choose to participate.

Article contributed by Chad Boehm, Doctor of Physical Therapy, and a runner of 15 years. He has running experience with every distance from 100 meters to marathon, is a level 1 USA track and field certified coach, a certified strength and conditioning specialist, and a practicing physical therapist. He and the entire Jefferson Healthcare Rehabilitation team can keep you in good form and keep you moving.

Jefferson Healthcare Rehabilitation can be reached at 360.379.9259.





GET WELL. STAY WELL. FREE CLASSES & WORKSHOPS

PHYSICAL THERAPISTS PROVIDE MOVEMENT ASSESSMENT

WHEN May 8, 15-minute appointments, 11:30 to 3:00 pm
PLACE Wellness Center, 1230 W. Sims, QFC Plaza, Port Townsend
SCHEDULE 360.385.2200 ext. 1223

END-OF-LIFE PLANNING: COMPLETE YOUR ADVANCED CARE DIRECTIVE

WHEN Saturday, May 4, 1:00 pm to 3:00 pm; or
Saturday, July 20, 1:00 pm to 3:00 pm
PLACE Dirksen Room, Jefferson Healthcare Medical Center
CONTACT RSVP 360.385.2200 ext. 5333

OSTEOPOROSIS MANAGEMENT THROUGH EXERCISE

WHEN Wednesday, May 29, 4:00 to 5:30 pm
PLACE Wellness Center, 1230 W. Sims, QFC Plaza, Port Townsend
CONTACT 360.385.2200 ext. 1223