



# Heart to Heart

NEWS FROM ST. LUKE COMMUNITY HEALTHCARE

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## MISSION WELLNESS:

### Preventative care begins with annual visits

ANNUAL WELLNESS EXAMS provide essential preventative care for children and adults. Dr. Kena Lackman likens annual wellness visits to vehicle maintenance. “You might take your car in for an annual once-over where a mechanic checks your fluids, brakes, changes your oil. An annual health exam is similar. Regular maintenance helps with longevity,” she said.

“The goal of a wellness exam is to look at the whole health picture of a person, including screening for any problems before they arise,” Dr. Lackman said.

For adults, wellness exams provide an opportunity to check for cardiovascular disease, perform screenings for cancers and diabetes, discover your BMI, get lab work to check cholesterol levels and keep current with needed immunizations. Any immunocompromised adult and seniors 65 and older should receive a pneumococcal vaccine to guard against pneumonia. Adults 50 years and older should also consider a shingles vaccine since 99% of adults that age are infected with dormant chickenpox, the virus that reactivates as shingles and



SUMMER GODDARD PHOTO

Katherine Mitchell, NP, listens to a boy’s lungs during a wellness visit.

can cause long term neuropathic pain. The CDC strongly recommends all adults get a COVID vaccination(s) and stay boosted.

Screenings provide a multi-gate path of preventative care that can mitigate future health problems. “Getting screenings before problems present themselves can help to prevent significant complications from medical issues,” Dr. Lackmann said. “Montanans in particular die of colon cancer at exceptionally high rates compared to other places in the U.S. and that’s mainly due to lack of screenings. Colon cancer is so treatable, it’s practically preventable.” Early detection of pre-cancerous polyps through colon cancer screening can be life saving.

For kids, well child checks are key. In addition to monitoring growth and overall

health, dental, vision, sleep problems and more can all be detected during an annual wellness visit. These visits also keep children current with their vaccines.

While most people think of vaccines for children newborn to age five, Dr. Lackman emphasized that vaccines don’t stop there. Children, she said, have ongoing needs for vaccines as they age. Vaccines protect against: DTaP (Diphtheria, Tetanus, Pertussis); pneumonia; hepatitis B; polio; HIB (influenzae type b); rotavirus; MMR (measles, mumps, rubella); chicken pox; and hepatitis A. Teens should also be vaccinated against the HPV virus and meningococcal disease. Tetanus shots should be given every ten years,

continued on next page

## Back in the swing of things:

St. Luke offers  
broad range  
of orthopedic  
treatment close  
to home

MATT HAS WORKED IN THE GOLF PROFESSION FOR YEARS and has always been a very physically active person. While he couldn’t identify exactly what had hurt his shoulder, he knew something was wrong when his back swing and workouts started to suffer. “Certain motions had become very painful and I felt like I was losing strength.” At first, he had no idea what to do and didn’t think he had many options for treatment. He started with a specialist out of town, but it wasn’t a good experience. “I drove all the way there, just to be treated like another patient rather than a person. It was disappointing.” When he learned the recommended procedures for his torn rotator cuff and slat muscles would cost \$30,000 out of pocket, Matt was shocked. Thankfully his insurance company informed him that Dr. Adrian Davis at St. Luke Community Healthcare was in his network and, therefore, more affordable. Matt knew Dr. Megan Vigil at St. Luke and she encouraged him to set up a consultation with Dr. Davis. Matt was surprised to learn there was a surgical option just a few minutes from his home.

At his appointment, Matt was impressed at how Dr. Davis took time to explain what he felt was going on and was honest with his recommendations. “Dr. Davis didn’t just take the other surgeon’s word for it. He ran his own tests and was very thorough. I had a lot of questions and he was patient with me.” He was also impressed with Dr. Davis’s staff, who he says showed genuine care for him. “I left feeling like I was in good hands.” Matt was pleased to learn that his procedure, now covered by insurance, would cost a fraction of what he had been quoted by the out-of-network provider, and the surgery would be performed right at his local hospital. Matt’s wife runs a busy

continued on next page

## PAUL SOUKUP WILL BE DEARLY MISSED

ON MAY 21<sup>ST</sup>, DUE TO A SUDDEN AND UNEXPECTED COMPLICATION from throat cancer, the St. Luke family lost its long term, dedicated chief financial officer, Paul Soukup. I had the distinct opportunity and pleasure to work with Paul since he arrived at St. Luke in 2001. Paul served as assistant CFO for 4 years, and since 2005 he served faithfully as CFO. Paul was great with numbers and used his talents to monitor and keep St. Luke in the best financial position it could be, given the challenges and complexities in the world of healthcare finance. Paul was detail oriented and would roll up his sleeves to dive deep into financial issues. As a numbers guy, some of the soft skills were lost on Paul - he was quirky and at times unpolished. One of the best ways to describe Paul, was that he was quite a character. Colleagues across the state have shared that he was very generous with his time and very willing to share knowledge. He was committed, loyal, diligent and cared deeply about St. Luke Community Healthcare.

As an avid outdoorsman, one of Paul’s great passions was fishing. Paul was a quite an accomplished fisherman. He spent many evenings and weekends on Flathead Lake, especially during Mack days. You’d be hard pressed to find anyone that could outlast or out fish him on the boat. Paul will be missed.

Paul’s passing is a stark reminder of how fragile life can be and how important our health should be.

With that in mind, please take control of your own health - start by scheduling an annual wellness visit or follow up visit with your family medicine physician.

Of the many unfortunate consequences of Covid – one is

that many people have neglected their health by distancing themselves from healthcare providers. As a result, we have seen a large number of newly diagnosed cancers at more advanced stages; we’ve seen an increase in community members having to access the emergency department due to disease exacerbation; and we’ve seen too many neglect their own mental health and reach crisis levels before seeking help. Do not let this happen to you.

If you don’t have a family physician, get one. A family physician can take care of and coordinate all of your healthcare needs, where a specialist physician traditionally only focuses on one area.

Schedule a wellness check. These visits involve updating any known disease conditions, discussion of any health concerns or questions, evaluation of mental health or substance use issues, and a plan of preventive care measures you can take (including immunizations) - all to ensure you maintain your health at the highest level. For student athletes, this visit can also include a

sports physical. A wellness check is usually 100% paid for by insurance.

If you have an underlying chronic health condition, schedule a follow up visit to your family medicine physician to review your progress and see what you can do to improve or maintain your health.

Pay attention to your health; don’t delay, schedule today.

Also, take time every day to appreciate the people you come in contact with and the little things that life has to offer...because the little things are really the big things.



*Steve*



Annual wellness exams (from page 1)

especially in rural Montana. COVID vaccines are also strongly recommended. All children over the age of six months should receive an annual flu shot prior to flu season which typically takes place in December and January in our area.

Sports physicals, often required before participating in competitive sports, may be integrated with wellness exams. Scheduling a combination wellness exam/sports physical prior to the new school year encourages a lifelong habit for safeguarding your health with annual physician visits.

For people of all ages, eating well and staying active improves both physical health and mental cognition. Dr. David Springs recommends eating mostly fruits and green leafy vegetables, items you can physically recognize as food, cooking at home with whole ingredients including small amounts of grains and lean animal protein.

The CDC states that oral health is essential to health and well-being. Dr. Springs recalls his grandfather telling him, “Be true to your teeth and they’ll never be false for you.” Salish Kootenai College’s Dental Assistant Program can provide dental cleaning at a reduced rate and connect you with affordable resources.

Taking care of mental health is also important as it’s directly linked to physical wellness. “Mental health is a critical component of overall health,” Dr. Lackman said. “They go hand in hand.”

Rather than “knuckling through” depression, ask for help. Your doctor will connect you with options and resources. Be sure to ask about St. Luke’s integrated behavioral health services. More information can be found online at [stlukehealthcare.org](http://stlukehealthcare.org).



COURTESY PHOTO

Orthopedic Care (from page 1)

daycare, which he helps with, so he couldn’t afford to take a lot of time off. “My daughter drove me home shortly after my procedure. It was incredibly convenient to have a ‘one-stop-shop’ right there at St. Luke.”

St. Luke Community Physical Therapy helped Matt with his rehabilitation and taught him at-home exercises, to continue strengthening his shoulder. Dr. Davis’s nurse, Kari, followed up with him to check in and see how his recovery was going. “All of the staff were awesome – incredibly supportive! The customer service experience couldn’t have been better.” Since recovering from his surgery, Matt has had “no pain.” He’s back to working out and playing golf like he was prior to his injury. “I can’t get over the difference since I had surgery. I can help my wife and enjoy the activities I did before, without pain.”

Don’t let pain impact your active lifestyle. St. Luke Community Orthopedics can treat a wide range of issues and injuries. To learn more, visit: [stlukehealthcare.org/orthopedics](http://stlukehealthcare.org/orthopedics). Ask your doctor if you feel an orthopedic consult could be right for you or call 406-528-5580 to speak with the orthopedic department directly.

FUN IN THE SUN: play safe this summer

SUNSHINE, OUTDOOR ADVENTURES, EXERCISE AND ... ACCIDENTS. Enjoy the wonders of Montana’s warm weather by preventing trauma with proper precautions.

Dr. David Springs explains that “Accidents are the number one cause of injury and death for patients under the age of 18.”

Many accidents can be prevented and measures for insuring children’s safety is a big topic with pediatric patients. Helmets, for example, can prevent concussions from a fall off a bike, scooter or hoverboard. Any time children play on moving vehicles (or animals), they should wear protective gear and a helmet. Helmets save lives.

Emergency room physician Dr. Abi Nutt sees many orthopedic injuries during the summer months from trampolines. Trampolines should have protective screening surrounding them and adults should supervise play so it doesn’t become overzealous and potentially dangerous. The inertia from a hard landing on a trampoline surface can injure elbows, ankles and more.

While most parents understand seatbelts and cars seats save lives, it’s important to note that keeping car seats rear facing as long as possible, per manufacturer guidelines, is safest for youngsters. Children’s heads are large relative to the rest of their bodies and this top-heaviness means their necks are more susceptible to injury. When sitting in a car seat facing forward, a child’s neck can rock too far forward with the force of a sudden stop. The force of a sudden stop when rear facing pushes a child further back against their car seat.

During the summer months kids are often around water and little ones



BIGSTOCK PHOTO

Be sure children wear helmets when biking to prevent concussions from falls.

especially are at risk of drowning if close attention is not paid to them. “Swimming lessons save lives and are super important,” counseled Dr. Springs. He advised that at least one adult at a swim party be assigned as life-guard. He also warned that safety devises like water-wings and tubes do not prevent death by drowning. Adults and children who do know how to swim should always wear a certified life preserver. Drowning is 100% preventable with appropriate supervision and precautions.

During warm summer months wear a hat and protective UPF clothing that covers as much of your skin as possible, especially if you are exposed to the sun for long periods of time, (like when you

are boating or fly fishing). Use sunscreen with SPF 30 or greater, with SPF 50 being ideal, and repeat every two hours or after getting in the water. Sunscreen protects skin from sunburn now and possibly skin cancer later. Sunscreen isn’t safe for children under the age of six months. They should be kept covered and shaded.

Avoid heat stroke by drinking plenty of water and making trips to the shade, especially on particularly warm days or during intense physical activity. The U.S. National Research Council recommends drinking eight to ten eight-ounce glasses of water per day. Even when in the water, it’s still important to regularly replenish fluid loss.

Be on guard for signs of heat stroke that include: feeling extremely hot, lethargic, altered thinking, and having a flushed look. If you are experiencing these symptoms, get out of the heat, drink water and consider seeing a doctor.

According to Dr. Nutt, the most common summertime emergency room trauma comes from car and motorcycle accidents. Always wear a seatbelt when driving a car and wear a helmet when riding a motorcycle. Motorcycle accidents are far more survivable when helmets are worn.

Citizens of small towns that experience a large influx of summer visitors often feel frustrated by the added traffic and inconvenience. Slow down and don’t tailgate people. Taking an extra minute or two could save lives. Enjoy summertime parties but remember that “buzzed” driving is still drunk driving. Dr. Nutt said, “Don’t drink and drive. It is so selfish. You are risking everybody’s lives.”

Enjoy our beautiful Montana summer and be safe.

PHYSICIAN SPOTLIGHT:



Dr. James Clough  
DPM-Podiatry

DR. JAMES CLOUGH provides full spectrum podiatric services at St. Luke Clinic Ridgewater. Call 406-883-2555 to schedule a consultation. His services include ingrown toenail removal, bunionectomy and rear-foot reconstructions as well as diabetic foot care.

FOUNDATION NEWS: Challenges met, successes celebrated

TODAY WE RECEIVED YET ANOTHER THANK YOU LETTER from a very grateful patient. This is a regular occurrence here at St. Luke Community Healthcare and we read each one and pass it, excitedly, to each department, as though it’s the only one we’ve ever received. We are inspired by the appreciation that people feel compelled to share with us and we never take for granted the life circumstances that brought them to us in the first place. It’s a special position that we are in, providing care for our family and friends in a close-knit community. That’s also what makes it even more important that we go above and beyond whenever possible.

We would like to turn the table, and take the opportunity to send YOU a grateful hospital letter:

Dear St. Luke Community Healthcare Patient,

We know that you have choices when it comes to healthcare and where you receive services. When you chose one of our superb Primary Providers we were over the moon! They happen to specialize in the specific healthcare services you need at this time in your life and we know they will do their best for you. You deserve quality care, so that’s what we intend to provide you with whether you’re dropping by convenient care or having to go to the emergency room.

We just can’t thank you enough for trusting us with



Teresa Nygaard

all of your healthcare needs and we couldn’t let this opportunity go by without expressing our appreciation.

With Gratitude,  
St. Luke Community Healthcare

You can help support the work of St. Luke Community Healthcare and the Foundation by contributing to our Safe Sleep or year-end campaigns, participating in our events or activities, or you may choose to leave a legacy. No matter how you wish to support the ongoing work of St. Luke Community Healthcare, the Foundation is here to walk you through it. Feel free to call Teresa Nygaard, Foundation Director, [tnygaard@stlukehealthcare.org](mailto:tnygaard@stlukehealthcare.org), 406-528-5324.

“No one need wait a single moment to improve the world.” – Anne Frank





Kyyen Shigley



Bennan Andersen



Molly Kate Sullivan

## High school interns share takeaways

**Name: Kyyen Li Shigley**  
Grade: 12 (Ronan)  
I enjoy collecting tea sets and watching crime tv shows. For activities, I participate in BPA (Business Professionals of America), HOSA (Health Occupational Students of America), NHS (National Health Service), and Jazz Band.  
I decided to join the internship because I wanted to see how a hospital functioned and pursue the more administrative side.  
My favorite departments were the Lab and Cardiopulmonary as they were fascinating and engaging in content. Seeing behind the scenes is a great experience and I’ve seen things that I never thought I would.

**Name: Molly Kate Sullivan**  
Grade: 12 (Charlo)  
Hobbies & Extracurriculars: volleyball, skateboarding, paddleboarding, outdoor recreation, reading, writing, phlebotomy

Why I joined the Internship: I met Sarah Cunningham and the St. Luke Lab staff the summer before I joined the Internship Program and I fell in love with the team dynamic. Everyone was so positive and knowledgeable and I was inspired to apply for an intern position. In the future, I will be taking a lab assistant position this summer and continuing to study Public Health Sciences in the fall at the University of California - Irvine.  
My three favorite departments: Laboratory, Dietary and Imaging!

**Name: Bennan Andersen**  
Grade: 11 (Charlo)  
Hobbies/Extracurricular activities: softball, volleyball, National Honor Society, Med-Ahead Internship  
I joined this Internship Program because of my interest in healthcare and to experience work in a rural healthcare community.  
Favorite Departments: Orthopedic Clinic, Acute Care Facility, Extended Care Facility, Physical Therapy

## SLEEP: KEY TO HEALTH, QUALITY OF LIFE

THE AMERICAN ACADEMY OF SLEEP MEDICINE has accredited the Sleep Department of St. Luke Community Healthcare demonstrating our sleep medicine providers are committed to a high quality of patient centered care through adherence to their standards.  
The AASM maintains that “Sleep is an important element of health, public safety and quality of life.”  
General practitioner Dr. Tyler Thorson works with Dr. Kim Damrow, a Sleep Medicine Specialist with over 42 years of experience. Together with RPSGT (Registered Polysomnographic Technologist) Lois Welsh and Bradley Taylor, St. Luke’s Sleep Medicine team provides sleep studies either at home or in-house.  
Sleep apnea, an underdiagnosed problem, upsets a person’s health systems often exasperating diabetes, enlarging the heart, causing arrhythmias and high blood pressure. Sleep apnea causes the airway to close off and the heart to beat faster in a “fight or flight” response to lower oxygen levels. Those suffering from

sleep apnea may sleep with oxygen levels at 60% or lower; far beneath the optimal level of 90% and above. According to Welsh, “Some people’s hearts are working harder when they are sleeping than when they are sitting in a chair awake.”  
Welsh added, “It is amazing how many people don’t know they have sleep apnea until damage is done.” If caught early in a young person, damage can be avoided.  
She added that it is astounding the things you can discover during a sleep study, things you otherwise wouldn’t know. Sleep studies show seizures, limb movement, and sleep interruptions due to pain.  
Lack of proper sleep means the body can’t heal properly, concentration and memory can be damaged and your happiness level may be affected.  
If you feel groggy and tired in the afternoon, “foggy-headed,” or if you snore and a partner comments that you appear to stop breathing while sleeping, speak with your doctor about getting a sleep study.

## ECF residents gifted fidget mats

Story from Globe-Gazette,  
Mason City, Iowa

SANDY WAGNER OF FOREST CITY, IOWA, taught neuro-diverse children for 40 years and came up with a fidget-board concept to keep her students busy and engaged. Her designs morphed over time and she began sewing fidget mats together.  
Each mat varied in design and included safe features like zippers, keys, buttons, Velcro, and belts. Sandy does her best to make each mat unique saying, “You just kind of have to let your mind go wild.”  
As individuals age it is important to keep their brain engaged, especially for those who experience



ST. LUKE COMMUNITY HEALTHCARE FACEBOOK PHOTO

St. Luke Community Extended Care’s Activity Department was recently gifted nine custom-made fidget mats for stress relief and sensory stimulation.  
neurodegenerative diseases such as dementia. These soft and portable mats provide stress relief and sensory stimulation, and have been a welcome addition to the Activity Department at St. Luke Community Extended Care Facility in Ronan.  
Sandy makes these mats by-hand, predominately using donations and donated items from her local church. A member of that church is good friends with St. Luke Community Extended Care Facility employee, Colleen Sperry. Sperry was very excited to hear that nine custom-made mats would be sent here to Montana. Many thanks go to Sandy for her hard work on them, as each mat takes about 10-15 hours to make.  
The St. Luke Community ECF Activities Department wanted to share this special story with the community in sincere appreciation to Sandy for these incredibly generous gifts to the ECF residents ... they will be treasured!

## PROVIDER DIRECTORY

**St. Luke Community Clinic – Ronan**  
**Family Medicine and Obstetrics**  
**406-676-3600**  
Joanna Billings, DO  
John Foster, MD  
Laura Hoganson, MD  
David Springs, MD  
Megan Vigil, MD  
Ed Vizcarra, MD  
Peggy Martino, NP-C  
Katherine Mitchell, NP-C

**St. Luke Community Clinic – Ridgewater**  
**Family Medicine and Obstetrics**  
**406-883-3737**  
Isaac Billings, DO  
Kelli Larson, DO  
Mike Schallock, PA-C  
Jamie Engeldrum, PA-C

**St. Luke Community Clinic – Southshore**  
**Family Medicine and Obstetrics**  
**406-883-2555**  
Kena Lackman, MD  
Tyler Thorson, MD  
James Clough, DPM-Podiatry  
Stephen Shepro, PA-C  
Mary Velk, PA-C

**St. Luke Community Clinic – St. Ignatius**  
**Family Medicine and Obstetrics**  
**406-745-2781**  
Joanna Billings, DO  
David Vaughan, NP-C  
Simon Crawford, PA-C

**St. Luke Community Orthopedics**  
**406-528-5580**  
Adrian T. Davis, MD  
Robert Alfiero, PA-C

**St. Luke Community General Surgery**  
**406-676-3600**  
Zach Hovorka, DO  
Jesse Alfiero, PA-C

## EMERGENCY ROOM

Abi Nutt, MD	
Darren Brockie, MD	Cara Harrop, MD
Ben Grass, MD	Brian Lopez, MD
Mark Harding, MD	Bruce D. Mikesell, MD
Bobby Nieland, MD	Alex Nutt, MD
	Ronald D. Dean, DO

## SPECIALIST DIRECTORY

**INDEPENDENT SPECIALISTS PROVIDING SERVICES WITH ST. LUKE COMMUNITY HEALTHCARE**

<b>Cardiology</b> Morgan Kellogg, MD 406-327-4646 Matt Weiss, MD 406-327-4646 Douglas Waldo, MD 406-327-4646 Robert Minor, MD 406-327-4646	<b>Podiatry</b> Stephen Latter, DPM 406-755-5250  <b>Psychiatry</b> Eleanore Hobbs, MD 406-676-3600  <b>Radiology</b> Northwest Imaging 406-676-4441  <b>Sleep Medicine</b> Kim Damrow, MD 406-676-4441  <b>Maternal Fetal Medicine</b> M. Bardett Fausett, MD 406-676-4441
<b>Ear, Nose and Throat</b> Kyle Tubbs, MD 406-752-8330 Kent Keele, DO 406-752-8330	<b>Nephrology</b> Shahid Chaudhary, MD 406-327-4283  <b>Neurology</b> Kurt Lindsey, MD 406-752-5095



ECF PROFILE: Jesse Henderson

JESSE HENDERSON WAS BORN ON NOV. 28, 1967, in St. Louis, Missouri. One of ten siblings, Jesse recalls causing trouble with his brother, Tyrone, while the rest of his siblings “were saints.” He chuckles at memories of capturing red ants with his brother, to watch them fight each other and even adding a spider to the mix once in a while. Or they would toss rocks (not too large) at cars from a local bridge and run away when they stopped to see who was marking up their windshield. Jesse said St. Louis wasn’t the best place for young families at the time, so his parents decided to move their family to Washington, where Jesse graduated high school in the Tri-Cities area.

Jesse has worked in a number of industries. His first job was delivering newspapers and he also worked at an animal shelter and as a busser at a Godfather’s Pizza. Most of his working years, however, he spent in a lawn care business that he shared with his father. Jesse enjoyed the work and getting to spend time with his dad.

Jesse’s sister, Jeanette (who works as Certified Nursing Assistant at St. Luke), moved to Montana and he found he liked the area when he came to visit. Jesse recounts experiencing a couple of falls, the last of which resulted in him coming to stay at the St. Luke Community Extended Care Facility in Ronan. While he can still walk with a walker, he requires some assistance from staff. At the ECF, Jesse enjoys coloring, gardening, and watching scary movies. He also enjoys getting to know the other residents and participating in the activities available to him. Jesse is a sports fan, with basketball and football being his top choices, (you can see he’s a Griz fan, but he’s also a Lakers and Seahawks fan as well). He also likes to catch WWE wrestling on TV, as it brings back memories of when he was a wrestling manager in high school.

Jesse’s goal this year is to gain strength so he can walk independently and like many of us, “lose a few pounds.” Jesse says he loves good food, with his favorites being barbecue ribs, fried chicken, and sides like collard



Jesse Henderson

greens, black eyed peas, and red beans & rice. Food brings back fond memories for Jesse. Growing up, his family attended church regularly, (he’s still a member of the Morningstar Baptist Church), and Jesse remembers large gatherings in the park afterward with every kind of delicious food he could think of. He wasn’t a fan of okra, but loved just about everything else!

Jesse has lived at either end of our beautiful country and says what he’s learned so far is the golden rule really holds true. If you’re kind to him, he’ll be kind to you. He misses a friend at the ECF, who recently passed away. She “adopted” him as her son, since his mother had passed, and he told her “I got your back.” He then had to explain the expression, as she hadn’t heard it before. Jesse still chuckles hard thinking back on the memory. They were fast friends and he still has her picture in his room to remember her by. Jesse says if people are kind to each other, that kindness will spread like roots to a tree. What a beautiful illustration of the power of relationships and how small acts can impact others. Jesse captured it perfectly, just like his pictures.

NUTRITION CORNER



Health Myths in Men’s Aging

WE HAVE ALL HEARD RANDOM “HEALTH FACTS” on social media. Everyone seems to have a theory about diet, physical activity, mental health and lifestyle in general. However, many of these claims have little to no research to back them. Here are a few myths in men’s health we can debunk today:

**Hats cause male pattern baldness.**

We do not have enough research that proves that hats contribute to hair loss leading to baldness. However, hats that fit tightly or cause the head to overheat can contribute to a lack of circulation leading to hair loss. This includes anything that styles the hair where it is pulled. Be sure to pick hats that don’t fit tightly. Remember that wearing a hat will help protect the head and face from UV rays from the sun. The wider the brim, the more coverage you will get.

**Men need supplements, like protein powder.**

Your provider may recommend different supplements depending on your lab results, physical activity or other individual needs. For example, here in Montana, vitamin D is often recommended due to lack of sunlight for many months out of the year. Protein is an important part of any diet and can be found in sources including dairy, poultry, meat, fish and beans. Adding protein powder to a smoothie is a great way to get a combination of nutrients at once, but protein powder does not need to be part of a daily diet. Always talk to your doctor before starting any supplements to be sure they will be safe to take and benefit your health.

**“I don’t need to be as active as I was when I was younger.”**

Inactivity in older adults results in a loss of ability to do everyday activities and eventually overall independence. According to the CDC, adults aged 65 and older need at least 150 minutes a week of moderate activity, like brisk walking. Balance and strength exercises should be included in this routine. In comparison, 150 minutes a week is the *same* amount recommended for adults younger than 65 years.

**Older men don’t need 8 hours of sleep.**

Everyone has different sleep needs. According to the CDC, adults 18-60 need a minimum of 7 hours, ages 61-65 need 7-9 hours, and over 65 need 7-8 hours. Find how much sleep you need to do a normal day of activities. You may find that one hour more (or less) makes a difference for

your energy level with completing daily tasks. There is also no truth to “catching up on sleep”; we can only plan better sleeping routines.

**“I have been smoking all my life, so it won’t matter if I quit now.”**

It doesn’t matter how old you are or how long you have been smoking, quitting at any time improves your health. The benefits of quitting are almost immediate. According to the CDC within a few hours, circulation improves and lung function increases. Quitting smoking will also lower risk of cancer, heart attack, stroke and lung disease. Discuss tobacco cessation programs that are right for you with your provider.

**Dementia eventually happens as people get older.**

Dementia is the loss of cognitive functioning (thinking, remembering, and reasoning) to the point that it interferes with a person’s daily life and activities. According to the National Institute on Aging, dementia is more common as people grow older, but it is not a normal part of aging. Sometimes symptoms related to dementia, (like forgetfulness) ,can be caused by illness. Reducing risk for dementia is much like reducing risk of cardiovascular disease, including staying active, maintaining a healthy diet and managing blood pressure. Talk to your doctor if you think you may have early signs of dementia.

**Depression is normal as we age.**

According to the National Institute on Aging, depression is a common problem among older adults, but is not a natural part of aging. Studies show that most older adults have life satisfaction, even with illness or physical problems. When depression related symptoms start to show, there are a few things that we can do to determine what could be a cause:

- How has my social life changed recently? Am I seeing friends and family as often?
- Has my daily routine become more sedentary? Am I as active as I was before?
- Is there anything new in my health that I need to address? Do I need to have my medications reviewed?

Remember to schedule an appointment with your provider when there are any changes in behavior and health, since being proactive early on can prevent further complications. Aging is a part of life and we can better embrace it when we have the awareness and tools for long term success.

EMPLOYEE OF THE QUARTER

Quarter 2:  
**Amy Barber,**  
Ronan Community Clinic: Orthopedics

AMY GOES ABOVE AND BEYOND for St. Luke patients, greeting them with a friendly smile and a positive attitude. She has extensive medical knowledge and uses that knowledge to assist patients with questions or paperwork and guides them through the surgical process. Amy offers the same level of service to her co-workers, helping in other offices when needed and getting along well with everyone. She serves as a resource and mentor for new employees and sets an exemplary example of what it means to be a St. Luke employee!



SL Heart to Heart

www.stlukehealthcare.org

**IN RONAN:**  
St. Luke Community Hospital  
St. Luke Community Convenient Care  
St. Luke Community Extended Care  
St. Luke Community Oxygen & Medical Equipment  
St. Luke Community Hearing Center  
St. Luke Community Healthcare Foundation  
107 6th Ave. SW 406-676-4441  
St. Luke Community Clinic – Ronan 406-676-3600  
St. Luke Orthopedic Clinic 406-528-5580  
St. Luke General Surgery 406-676-3600  
126 6th Ave. SW

**IN POLSON:**  
St. Luke Community Clinic – Ridgewater 406-883-3737  
St. Luke Community Clinic – Ridgewater PT 406-883-2666  
107 Ridgewater Drive  
St. Luke Community Clinic – Southshore 406-883-2555  
104 Rufus Lane

**IN ST. IGNATIUS:**  
St. Luke Community Clinic – St. Ignatius  
330 Six Tracts Way  
406-745-2781

The Heart of Healthcare  
in the Mission Valley

