

CANCER CARE NEWS

SHC Cancer Care Newsletter

July 2017

Summer Time!

By Kathy Jensen,
Director



Sidney Health Center (SHC) Cancer Care is looking forward to our summer fundraiser, Light the Park, on Thursday, August 10th at Veteran's Park. If you would like to have a team to raise funds, volunteer, or want ideas on how to be involved, please contact Laurel Masterson or Kathy Jensen at 406-488-2504. You will want to watch the Cutting Edge Dancers at 6:00 pm and Jessie Veeder on stage at 7:00 pm. Food booths will be available. Details inside!

SHC Cancer Care has great news that a PET/CT Scan service will be available later this summer. Another way to receive needed services right here at Sidney Health Center!

Thank you to all who attended, supported, or donated auction items to the 2017 Best Kept Secret Bra Auction benefiting the Richland County Cancer Coalition. Over \$13,000 was raised to assist area cancer patients seeking treatment with direct financial assistance. The Cancer Coalition has given \$104,750 directly to aid area cancer patients since 2013. Nineteen patients and \$15,000 this year alone!



THE POWER OF POSITIVE THINKING

"You just keep thinking, I'm going to beat this and you'll beat it. Keep a positive attitude."

Grady Evans, 5/10/17
Cancer Survivor



John celebrates finishing his treatment with our radiation therapists!



We are Sidney Health Center Cancer Care

In This Issue

- Meet Judy Reid, LPN Tele-medicine
- New to SHC—PET/CT SCANS
- Light the Park
- Sidney Chapter of American Sewing Guild
- UV Awareness

Meet Judy Reid, LPN, Telemedicine Facilitator

Judy Reid, LPN has overseen Telemedicine (Teled) at Sidney Health Center for 8 years. Telemedicine is the practice of medicine in which the physician and the patient are in two different locations and can communicate via videoconferencing equipment. Eastern Montana Telemedicine Network, based at Billings Clinic, coordinates the appointment between the physician and the telemedicine site. Judy welcomes the patient to the exam room, takes their vitals, and facilitates the physician-patient communication. The equipment allows for checking the patient's mobility status, heart & lung rhythms, and skin assessments all in a private manner. Examples of telemedicine visits are oncology, dermatology, nephrology, cardiology, diabetes, geriatrics, infectious disease, neurology, rheumatology, psychiatry, endocrinology, physical rehabilitation, vascular surgery and genetic counseling.



based tele-mentoring service designed to support front-line clinicians and staff at primary care sites who are delivering mental health services.

Judy was simply amazed when she started working with teled. At first, teled was more about educating staff and meetings. The next step was rural medicine—connecting patients to see specialists from afar and

the patient not having to travel. She was surprised about the magnitude of growth, from rural communities to the improvement in technology of the videoconferencing equipment. She visualizes patients using their smart phones to connect to the physicians, and smart phone apps ability to take vitals and blood sugars. Judy has seen children not having to travel afar to children's hospitals and not missing school, along with insurance companies offering telemedicine at large companies so employees do not have to miss work. Telemedicine is the ability to receive quality care near home and not having to travel, benefiting elderly who are unable to drive, make the trip to Billings, and even those not owning vehicles. She notes it can also be beneficial to those traveling south for the winter so they can still keep the same physician who knows their needs, using their own computers to connect to the physicians. Universities see the value in telemedicine and are now training nurses and physicians on it. City folk will be able to use telemedicine as well so they don't have to navigate traffic and time off work. Judy notes that psychiatry telemedicine is so important to rural communities, for both adults and children. Judy encourages youth to consider nursing, as you can work anywhere in many different areas such as hospital, long term care, home health, wound care, surgery, clinic offices, public health, telemedicine, and even on cruise ships!



Judy Reid and Carla Bright
demonstrate a teled visit.

Another plus of telemedicine is continuing education. Continuing education conferences are a great way to learn and not have to travel. Provider and nursing continuing education is available, along with administrative meetings. Integrated Behavioral Health ECHO Montana offers 90-minute sessions and is a video-

based tele-mentoring service designed to support front-line clinicians and staff at primary care sites who are delivering mental health services.



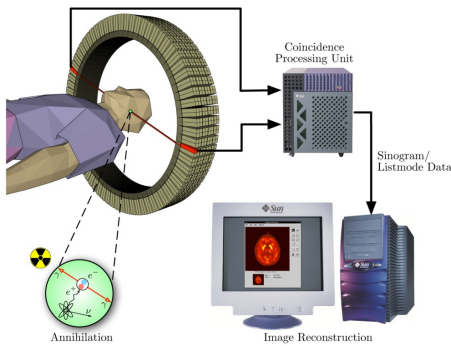
The Sidney Chapter of American Sewing Guild graciously gives each medical oncology cancer patient a homemade quilt. These cozy quilts not only bring warmth to the patient, but comfort as well. The guild will have a quilt on display at Light the Park. Stop by their booth and take a look at an example of kindness shared by the generous quilters.

"To know that someone made that for me when I was going through such a hard time was so comforting." -- Sheri Johnson



Above: One of the quilts donated to SHC Cancer Care.

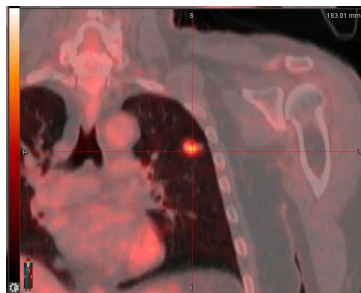
What is a PET Scan?



Positron emission tomography (PET) is a nuclear medicine functional imaging technique that holds great promise in the diagnosis and treatment of many diseases, particularly cancer. A non-invasive test, PET accurately images metabolic and anatomic information in the human body in a single scan, allowing you to diagnose problems, determine the extent of disease, prescribe treatment, and track progress.

PET scans are also used in neurology and allows for differentiating Alzheimer's Disease from other dementing processes. PET scans can also be useful in cardiology, bacterial infections, and research.

Sidney Health Center is happy to provide this invaluable medical test soon with DMS Health Technologies mobile services.



This is an example of images of a tumor in a lung. Thanks to new technology, our radiation oncology team can pin point tumors creating a more precise treatment plan for our patients.

Light the Park

Thursday, Aug. 10
6 p.m.

Veteran's Memorial Park
Sidney, Mont.



FOUNDATION
FOR COMMUNITY CARE

SIDNEY
HEALTH
CENTER
CANCER CARE

Live Music • Food Booths • Honor Lanterns

Music by **Jessie Veeder**

Join the Fun!



Start a team and host a table!



Donate to or sponsor a team!



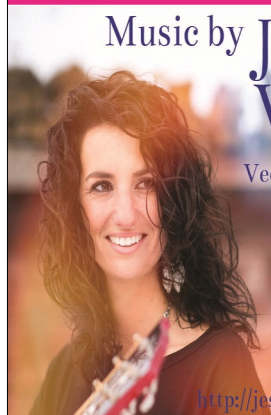
Come enjoy the festivities!



Join us for a Lighting Ceremony
at dusk followed by fireworks.

Veeder is an author,
photographer &
nationally
recognized
musician from
Western ND.

<http://jessieveedermusic.com>





August 10 - Light the Park, 6-9 pm
Veterans Park, Sidney (See page 3
for more info!) Join the fun—have a
table, listen to the music, eat the
food, purchase a lantern, volunteer!
Need ideas? Call us!



July is UV Awareness Month. We are all happy to be
enjoying the warmer weather, but everyone must remem-
ber to protect your skin and eyes from the sun's rays. Unpro-
tected sun exposure can cause vision problems, suppress your
immune system, premature aging of the skin and skin cancer.
Cover up by wearing hats and sunglasses. Stay in the shade
when you can and wear SPF >30 sunscreen (every 2 hours).
Examine your skin, head-to-toe, every month. Any suspicious
mole should be examined by a board certified dermatologist.

Contact Us

**Sidney Health Center
Cancer Care**
214 14th Ave SW
Sidney, MT 59270

(406) 488-2504

Kathy Jensen, Director
kjensen@sidneyhealth.org

Visit us on the web at
www.sidneyhealth.org

Contact SHC Cancer Care
to sign up for our Quarterly
newsletter! We'd

Sidney Health Center Cancer Care — WE Care About You!



214 14th Ave SW
Sidney, MT 59270