

Health Connection

BROUGHT TO YOU BY
MAT-SU REGIONAL MEDICAL CENTER



When wounds
just won't heal

Advanced cardiac care
is here at Mat-Su!

Don't let sleep
problems make
you sick



MAT-SU REGIONAL
MEDICAL CENTER

www.matsuregional.com



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John Lee
Chief Executive Officer

Dear neighbors,

A strong full-service community hospital does much more than care for patients—it benefits the entire community.

On behalf of the volunteers, employees, medical staff and board members at Mat-Su Regional Medical Center, I'm proud to share with you our 2009 Community Benefit Report. Throughout the year,

we inform you about how Mat-Su Regional cares for and benefits your community every day. With compassion and professionalism, we're committed to improving the quality of life in the Valley by strengthening access to medical services and the care we offer.

FREE EDUCATIONAL EVENTS

Just some of the events we've sponsored this year include our annual Healthy Woman Fair, Baby and Children's Fair and Bike Safety Rodeo. Our regular Healthy Woman and Senior Circle seminars will provide health education, and we'll continue to support other health fairs throughout the Valley.

I hope you enjoy learning more about our commitment to you and to our community in this edition

2009 Community Benefit Report

Financial benefits

Charity and uncompensated care	\$10,006,104
Property and sales taxes	\$1,368,188
Salaries, wages and benefits	\$45,498,661
Donations to local charities	\$15,250
Local vendor purchases	\$11,920,699
Total benefits	\$68,808,902*

Quality care

ER patient visits	25,981
Inpatient admissions	4,517
Outpatient visits	92,448
Birth center deliveries	763**

Community presence and outreach

Employees (part- and full-time)	653
Active medical staff	87

*Dollar amounts are approximate.

**The number of mothers whose babies we delivered at Mat-Su Regional Medical Center. Twins are counted as one delivery.

of *Health Connection*. We're proud to serve you, and thank you for your support.

Sincerely,

JOHN LEE
Chief Executive Officer
Mat-Su Regional Medical Center

Wound care for you

Mat-Su Regional Medical Center's wound care professionals are ready to help you heal and prevent further complications from improperly treated wounds. Certified through the National Alliance of Wound Care, our specialists treat venous and diabetic ulcers, acute and surgical wounds, burns, chronic nonhealing wounds and more.

Time is of the essence. "The older a wound is, the more difficult it is to heal," says certified wound care physical therapist Tracie East. "It's never too early to

! Don't delay!

Wound care is available by appointment and referral seven days a week: Monday through Friday at Mat-Su Regional Outpatient Rehabilitation Department at 950 Bogard Road, Suite 204, in Wasilla, and weekends or holidays at Mat-Su Regional Medical Center. Call Mat-Su Regional at (907) 352-2915 to learn more about wound care.

ask your physician for a referral." See page 3 of this issue to learn more about wound care.



Helping hearts heal



Paul Peterson, M.D., FACC
Cardiologist

Mat-Su Regional Medical Center is pleased to report additions and developments to our cardiology program that not only keep you closer to home for routine care but also provide greater opportunities for life-changing and sometimes life-saving procedures.

In response to the growing need for advanced cardiac care, Mat-Su Regional developed plans in 2009 to expand cardiac catheterization lab services. Specialized support staff members were recruited, and this March we welcomed Paul Peterson, M.D., FACC, to our medical staff. He's board certified in interventional cardiology, internal medicine and cardiovascular disease. Dr. Peterson has been a cardiologist in Alaska for more than 19 years and is a member of the Alaska Heart Institute (AHI) with offices in Anchorage and in the medical office building next to Mat-Su Regional.

Dr. Peterson is joining AHI board-certified cardiologists Brian Scully, M.D., and Matthew Corbett, M.D., in the Mat-Su Regional office. The addition of an interventional cardiologist helps Mat-Su Regional's cardiac team respond more quickly and treat a wider range of cardiac issues. Because heart attack treatments are most effective within one hour of the start of symptoms, acting fast can save your life and limit heart damage. If you experience symptoms of a heart attack, call 911 immediately.

THE HEART OF THE MATTER

Interventional cardiology refers to nonsurgical procedures that treat cardiovascular disease. Interventional cardiologists treat narrowed arteries often caused by coronary artery disease, heart valve disease or peripheral vascular disease.

Cardiac catheterization is a test used to evaluate coronary arteries and heart valve function. It can also identify heart muscle strength and find built-up plaque in arteries.

During the catheterization, the interventional cardiologist threads a catheter (a thin, flexible tube) through a blood vessel in your arm or groin and into your heart. With the catheter in place, the cardiologist can measure blood pressure, take blood samples and inject dyes into arteries to trace blood movement through your heart chambers. Cardiac catheterization helps your cardiologist see whether your arteries are narrowed or blocked, and whether your heart valves are working properly. The use of cardiac catheterization often can help avoid the need for surgery. Learn more about heart health on page 6 of this issue.

! Cardiac care is here!

Mat-Su Regional Medical Center is growing to meet the needs of the Mat-Su Valley. For more information about cardiac services at Mat-Su Regional, call (907) 861-6000 or visit www.matsuregional.com.

Health Connection is published as a community service of Mat-Su Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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SPRING 2010



We measure up for you!

You're faced with many options during a medical problem. Choosing the right physician, hospital and treatment options may seem overwhelming, but they don't have to be. Answers to many of your questions are just a click away. The Joint Commission, the health care community's leading oversight group, can help you choose a hospital facility that provides quality care to best meet your needs.

It's also easy to research how a hospital fared when patients shared their opinions on the care they received during their stay or outpatient procedure by visiting the Department of Health & Human Services' Hospital Compare Web site (*see at right*).

DO YOUR RESEARCH

Although you may not always be able to choose your hospital, especially in an emergency, you can still seek information that can help make your experience more positive. Important questions to ask include whether the hospital is conveniently located for your scheduled or

emergency medical care; whether it will be easy for you to get to the hospital for routine therapy or follow-up appointments; or, if your stay is extended, whether it will be convenient for your family, friends or co-workers to visit you.

In addition, you have the right to know the level of training that a medical professional has, whether a discharge plan will be developed for you before you leave the hospital, what services are available and what your primary care physician's involvement will be after you go home.

At The Joint Commission's Web site (*see below*), you can compare how one facility rates against others nearby in overall performance or specific standards of care at state-wide and national levels. You can also research hospitals' success records for the specific medical procedure you need.

For tips about how to become an informed health care consumer, visit www.jointcommission.org. To learn more about proven patient care and outcomes standards, visit www.hospitalcompare.hhs.gov.



! Get healthy with Mat-Su!

Visit www.matsuregional.com to join one or more of our exciting programs. Healthy Woman and Senior Circle members will be the first to know about new services and physicians, health events and screenings!

HEALTHY WOMAN
A MAT-SU REGIONAL MEDICAL CENTER RESOURCE

Senior Circle