

Living Well

A Community Newsletter



Livingston
HealthCare
Billings Clinic Affiliate



April 2018
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Donates Hope Bell

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Unexpected Birth

Infusion patient Jess Pielat Warren smiles near the Hope Bell she and her family donated to Livingston HealthCare.

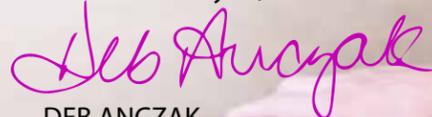
As I sat in a meeting the other day with members of the Livingston HealthCare nursing team, I was struck by the significance of words spoken by the nursing manager as she coached the RNs on the importance of focusing on each and every detail of patient care. "Remember," she said, "every patient is your mother, your sister, your grandfather, your uncle."

This is truly what Livingston HealthCare's mission is: To care for each patient as we would care for our own loved ones. This is the kind of care I want for my family and friends. This is the kind of care I want for *your* family and friends. Please know that you are the reason we strive for excellence in all that we do; the reason we continually seek to learn, refine and improve in every area of health care.

In this issue of *Living Well*, we share the story of Jess, a young mom and wife whose strength and positivity through treatment for cancer continues to inspire and motivate us, and the story of Baby Gattlyn, who had a decidedly exciting and unexpected entrance into the world!

At Livingston HealthCare, it is our greatest privilege to serve you on your journey through life. We stand beside you in your struggles and celebrate with you in your victories.

We're here for you,



DEB ANCZAK
Chief Executive Officer
Livingston HealthCare



Free Mammograms Offered

Livingston HealthCare recognizes that access and early detection can save women's lives. That is why we are committed to providing the latest imaging technology and free mammograms to those in financial need. Our free mammogram program is funded by the Livingston HealthCare Foundation to cover the cost of screening and diagnostic mammograms for uninsured and underinsured women 64 and under.

For more information or to download our enrollment application, please visit: LivingstonHealthCare.org/Giving/Breast-Cancer-Awareness

New 3-D Mammography Arrives at Livingston HealthCare

Livingston HealthCare (LHC) has invested in new cancer screening technology called digital breast tomosynthesis, or 3-D mammography. The new machine—in use at LHC as of December 12, 2017—improves invasive breast cancer detection rates by about 40 percent, according to studies published in the medical journal *Radiology*.

"It's going to have such a positive impact for our community," Livingston HealthCare mammographer Renee Shifley says of the new equipment.

The technology's increased diagnostic accuracy is owed to the three-dimensional picture it creates of the breast using X-Rays. The X-Ray tube moves in an arch around the breast, generating a series of images from multiple angles. Despite the increased imaging capacity, the entire scan lasts only four to seven seconds and offers less radiation exposure than traditional, 2-D mammography.

Radiologic technologist and mammographer Sara Pinson says the 3-D mammography experience feels about the same as a traditional mammography for patients.

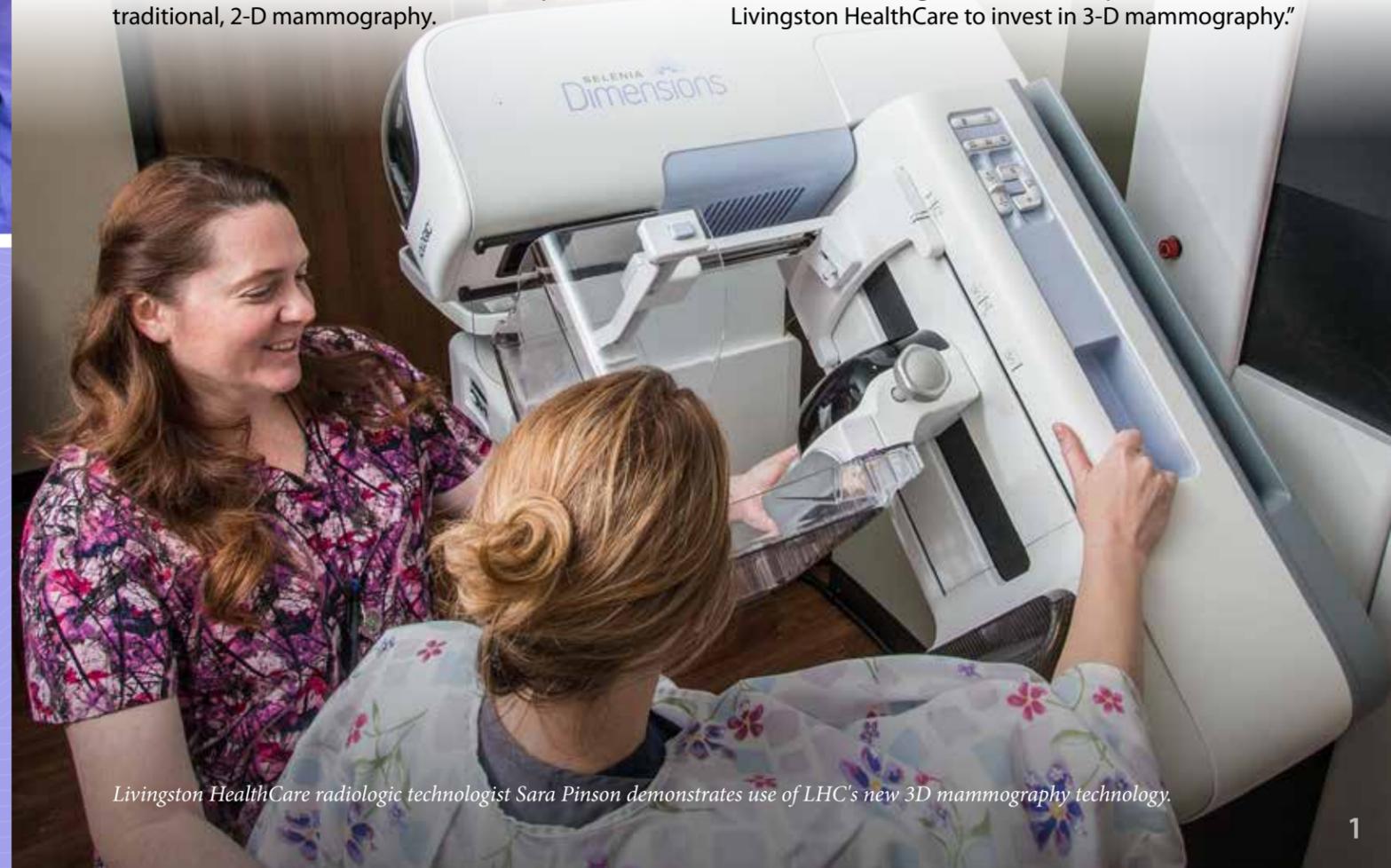
"It should enhance our abilities to pick up positives, especially for women with dense breast tissue," says Kathy Blair, LHC's Ancillary Services Director.

"We are very grateful to the many donors who have

"It's going to have such a positive impact for our community."

—Renee Shifley, LHC mammographer

generously contributed to our breast cancer program," says Livingston HealthCare Foundation chair, Ruth Weissman. "Their gifts have made it possible for Livingston HealthCare to invest in 3-D mammography."



Livingston HealthCare radiologic technologist Sara Pinson demonstrates use of LHC's new 3D mammography technology.

Let It Ring!

Livingston cancer survivor Jess Pielaet Warren and family bring hope to LHC infusion patients



Jess Pielaet Warren stands with part of the Livingston HealthCare team who cared for her during cancer treatment. Pictured are (from left to right) Connie Olsen, medical social worker, Jess, Merrie Murdoch, RN, and Heather Shandy, RN.

January 12, 2018 marked 43-year-old Livingston resident Jess Pielaet Warren's final treatment in an intense three-month battle with a pregnancy-related cancer that had spread from her uterus to her lungs and brain. She underwent weeks of inpatient chemotherapy and radiation treatment—spending long weekends in Billings, often away from her husband and their 4-year-old daughter, Piper.

As she neared the end of her treatment, Jess wanted a way to properly usher in her new phase of recovery. She was inspired by a scene she witnessed during her time at Billings Clinic. Jess tears up as she recalls watching a huge, joyous family gathered around a woman for a ceremony to celebrate her final chemotherapy treatment. Hanging on the wall was a brass nautical bell. The woman rang the bell three times to signify the

restoration of balance, harmony, and life energy. The chiming of a nautical bell at the completion of cancer treatment is a widespread tradition in hospitals around the country, started by late U.S. Navy Rear Admiral and Navy Seal Irve Le Moyne in 1996. Le Moyne brought a brass bell with him on his last day of treatment for neck cancer at MD Anderson Cancer Center in Houston, Texas. In the Navy, Le Moyne told his doctor, sailors ring a bell to mark when a job is done. He recited a poem before ringing the bell, a declaration of the completion of a fierce battle.

Later on in her treatment, Jess shifted to outpatient chemotherapy back home at Livingston HealthCare (LHC). She immediately noticed there was no bell in LHC's infusion area. "Well, that just won't do," Jess recalls saying. "I really want to ring that bell!" She reached out to Livingston HealthCare's Connie Olsen, a medical social worker, who helped initiate the process of getting one installed. The bell was donated by the Warren family to LHC through the Livingston HealthCare Foundation.

"I just wanted it [the bell] for people to have that significant moment, when they've worked so hard," says Jess. "That's really why I wanted it, because I think it's such a symbol of hope and a beacon of light for so many people. It's not just for the patients—it's for the nurses, it's for the doctors and it's for the families that go through all of it [cancer treatment process]."

Fittingly, Jess would be the first patient to sound Livingston HealthCare's newly-installed bell, ringing in a new phase of healing. On the snowy

morning of January 12—after her chest port was flushed clean one final time—she gathered herself as her husband, sister, mother and nurses stood in a semi-circle around her, not a dry eye among them.

Jess read aloud the same poem as Rear Admiral Le Moyne did in 1996, her voice quavering, but resolute:

*"Ring this bell
Three times well
Its toll to clearly say,*

*My treatment's done
This course is run
And I am on my way!"*

She reached up and sounded the bell as her family and Livingston HealthCare nurses broke into applause.

"All right," said Jess through a spreading, tearful smile. "It's done."

"I just wanted for people to have that significant moment, when they've worked so hard."

— Jessica Pielaet Warren

Watch the emotional moment Jess rings the bell after her final chemotherapy treatment:

Visit LivingstonHealthCare.org/services/cancer-services



Jess Pielaet Warren pauses for a photo in Livingston HealthCare's infusion center, moments after ringing a bell to signify the completion of her final chemotherapy treatment. She's joined by (from left to right) her mom, Sharon Pielaet, her sister, Megan Pielaet, and her husband, Jamey Warren.

Calm After Chaos

Baby boy nearly born on the side of Interstate 90 is delivered via emergency cesarean section at Livingston HealthCare

Interstate 90 mile marker 374 will be forever seared in Danielle Beardsley's memory. It marks the precise location she realized that she wasn't going to make it home to Helena to give birth. Speeding westward on May 22, 2017 with daylight waning, she decided to dial the highway patrol.

Beardsley wasn't due for almost a month, but the contractions were undeniable as her foot weighed heavy on the accelerator. She hoped to get as close to a hospital as she could because the baby was coming tonight—and fast. She had departed earlier that day from Miles City, where she attended the annual Bucking Horse Sale and visited her mother, who lives in nearby Rosebud. Helena was still hours away.

Beardsley's then two-year-old son, Ryatt, was riding in the backseat. He sensed something was amiss. Not wanting to panic her toddler, Beardsley did her best to maintain her composure. By the time she whizzed through Columbus, the contractions were ten minutes apart. "I think we're going to have the baby today," Beardsley said to her son.

"No thank you," Ryatt replied, seeming to note the interstate wasn't the ideal place to give birth to his brother. "I don't think we have a choice, honey," Beardsley said.

She called her husband, Greg Gowen, and her mother, Pam Beardsley, and instructed them to start driving. Ready or not, the baby was on his way. As Beardsley rolled up on Big Timber, she knew they could no longer travel alone safely. The highway patrolmen were waiting at the Big Timber exit with an ambulance.

Beardsley knew her delivery would be a little more complicated than most. She had an unresolved

placenta previa—a condition where the baby's placenta covers the cervix—which had the potential to cause severe bleeding during the birthing process. An emergency cesarean section would be required to safely deliver the baby. Livingston HealthCare (LHC), another 35 miles west, was now the closest place to perform the surgery.



Livingston HealthCare nursing team members (from left to right) Sarah LaClair, RN, Janet Mack, RN, and Liz Biehl, CNA, watched over toddler Ryatt during his mom's emergency cesarean section. "I think I may have even given him [Ryatt] a piggyback ride at one point," Biehl recalls with a smile.

"Don't touch my mom!" cried Ryatt at the sight of strangers descending upon his mother to load her into the ambulance. Despite her son's initial alarm, Beardsley recalls with a laugh that his attitude softened quite a bit after one of the highway patrolmen offered him some gummy bears and a ride to the hospital in his cruiser. By the time she'd arrived in Livingston, her contractions had reduced to only two minutes apart.

"I didn't cry until I got into the operating room—that's where everything became real," Beardsley said.

She asked if there was any possibility the medical staff could wait a few more moments before starting surgery, to give her husband time to arrive. But Livingston HealthCare medical director and obstetrician Scott Coleman, MD, insisted it was critical they proceed with surgery as quickly as possible.

"Dr. Coleman was very calm, but very matter of fact," Beardsley says. "He was amazing and explained everything step by step."

Beardsley also praises Livingston HealthCare's certified registered nurse anesthetist Grant Palm and the entire Family Birth Center staff, adding that she was put more at ease knowing there were nurses looking after her two-year-old son while she was in surgery.

"They [LHC staff] were very caring," she says. "I've never been to a hospital where I felt so comfortable. They turned chaos into calm. Even though I live in Helena, I would come back to Livingston to have another baby."

"Even though I live in Helena, I would come back to Livingston HealthCare to have another baby."

—Danielle Beardsley

Gattlyn James Russell Gowen came into the world at 10:57 PM, weighing in at a healthy 6 pounds, 11 ounces. Gattlyn's father, Greg, arrived a mere ten minutes after the birth of his youngest son.

Gattlyn's dramatic entrance into the world as a near-roadside baby hasn't quite carried over into his personality as one might expect, Beardsley says.

Rather, she calls him her "mellow fellow," as he often sleeps all the way through the night, beginning when he was just five days old.

"We entered with a bang, didn't we, Gattlyn?" Beardsley says, smiling down at her son perched on her knee.

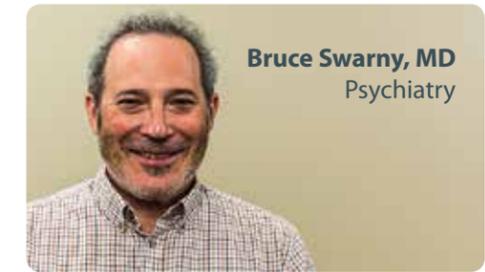


Danielle Beardsley sits with a son perched on each knee: Gattlyn (7 months) and Ryatt (3 years). On May 22, 2017, Gattlyn was nearly born on the side of Interstate 90.

Overview of 2017 at Livingston HealthCare



STRESSED?



Bruce Swarny, MD
Psychiatry

Look no further. Here is a simple breathing exercise recommended by Livingston HealthCare psychiatrist Bruce Swarny, MD, as an effective means of combating stress.

Stress is endemic to our lives. Finances, family responsibilities and work demands abound. Change—which seems to get tougher the older we get—is all around. What is a person to do? There are lots of healthy outlets. Exercise is tried and true. Recreational pursuits can give our minds a break time to reset. But if stress mounts too high, something more may be needed.

I found myself in this situation years ago, but was so caught up in it that I wasn't aware of what it was doing to me. It took my wife pulling me aside and pointing out that I was not the same man she married to understand

something was wrong. I responded by developing a practice of mindfulness meditation. This was not an easy thing to take on in rural eastern Montana twenty years ago. While it does take some time to develop, the benefits of this practice are many. If anyone is interested, this is a topic I love to discuss in great detail!

For individuals with limited time, some easy breathing techniques can help in a pinch. *The New York Times* recently ran an article¹ that described several such techniques. I have chosen one to share here:

Coherent Breathing

If you have the time to learn only one technique, this is the one to try. In coherent breathing, the goal is to breathe at a rate of five breaths per minute, which generally translates into inhaling and exhaling to the count of six. If you have never practiced breathing exercises before, you may have to work up to this practice slowly, starting with inhaling and exhaling to the count of three, and working your way up to six.

1. Sitting upright or lying down, place your hands on your belly.
2. Slowly breathe in—expanding your belly—to the count of five.
3. Pause.
4. Slowly breathe out to the count of six.
5. Work your way up to practicing this pattern for 10 to 20 minutes a day.



¹Alderman, Lesley. "Breathe. Exhale. Repeat: The Benefits of Controlled Breathing" *The New York Times* 9 Nov. 2016.

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