

Here's to your  
**HEALTH**

SUMMER 2009



**A Look Back**  
at a legacy of caring | p6

ALSO THIS ISSUE:

**Delivering The  
Future, Today** | p9

**Quality Surgical Care,  
From Start To Finish** | p10



**CARSON TAHOE**  
Regional Healthcare

*Here's to your health*



## Turning Challenges into Opportunities



With a recession, state budget cuts, and some of the highest unemployment rates in the country, it's definitely been a tough year for Nevadans. Despite these hardships, Carson Tahoe Regional Healthcare has remained focused on excellent patient care. Recently, we've been recognized with several top awards—most notably in our cardiac and cancer programs—and we've introduced several new procedures. These accomplishments demonstrate that there is no need to go any farther than Carson City for exceptional care.

For starters, Carson Tahoe is the only healthcare provider in Nevada to receive a 5-Star rating by HealthGrades® for excellence in heart bypass surgery. With more than 500 open-heart surgeries performed at CTRH, Todd Chapman, MD, and his team have proven time and time again that they are unsurpassed in their skills. As an important complement to our cardiac services, CTRH is also the only multi-county provider in Nevada supported by ambulances with electrocardiogram (EKG) monitors. This enables rescue workers to instantly transmit a 12-lead image of the heart to our Emergency Department staff before the patient arrives, saving valuable minutes and lives.

The Carson Tahoe Cancer Center is the only freestanding facility in northern Nevada to receive certification and nine (full) commendations by the American College of Surgeons Commission on Cancer. Our cancer center offers the same advanced technology as those at Stanford and UC Davis, with the skill and expertise of fellowship-trained, board-certified physicians.

When faced with challenges, the true colors of any organization tend to be revealed. The positive way CTRH has been weathering this tough economic storm and our continued achievements are a true testament to the quality of our organization.

Sincerely,

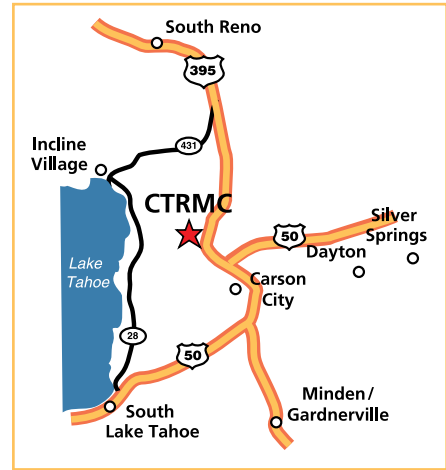
Ed Epperson  
CEO and President  
Carson Tahoe Regional Healthcare



Carson Tahoe Regional Healthcare has been accredited by The Joint Commission since 1955.

**Pictured on the cover are Carson Tahoe Regional Healthcare physicians.** From left to right: Michael Song, MD; Kevin Halow, MD; Andrea Weed, DO; Todd Chapman, MD; Ralph Ho, MD; Antoinette Cortese, MD; Kraig Knoll, MD. Background photo by Jeff Dow.

## How to Find Us



Conveniently located, Carson Tahoe Regional Medical Center is the logical choice.

Offering quality care at our comprehensive, state-of-the-art facility, CTRMC is closer than you think. Located in North Carson City, you'll find us easily from the following locations.

**Incline Village** Total distance is about 28 miles with an estimated driving time of 35 minutes.

**South Reno** Total distance is about 19 miles and the low-stress drive takes only about 20 minutes.

**Minden and Gardnerville** It's only about 18 miles and a short 26-minute drive.

**South Lake Tahoe** Distance: 30 miles; driving time: 45 minutes.

**Markleeville, California** Total drive time: 50 minutes; estimated distance: 36 miles.

**Dayton** Just a 13-mile drive that takes only 18 minutes.

**Topaz/Coleville/Bridgeport** (same directions as Minden/Gardnerville except mileage and drive time are more)

### ABOUT HERE'S TO YOUR HEALTH

Here's to your Health is published quarterly by the Communications and Marketing Department of Carson Tahoe Regional Healthcare for the benefit of the communities we serve. The Carson Tahoe Medical Campus is located on Medical Parkway in North Carson City.

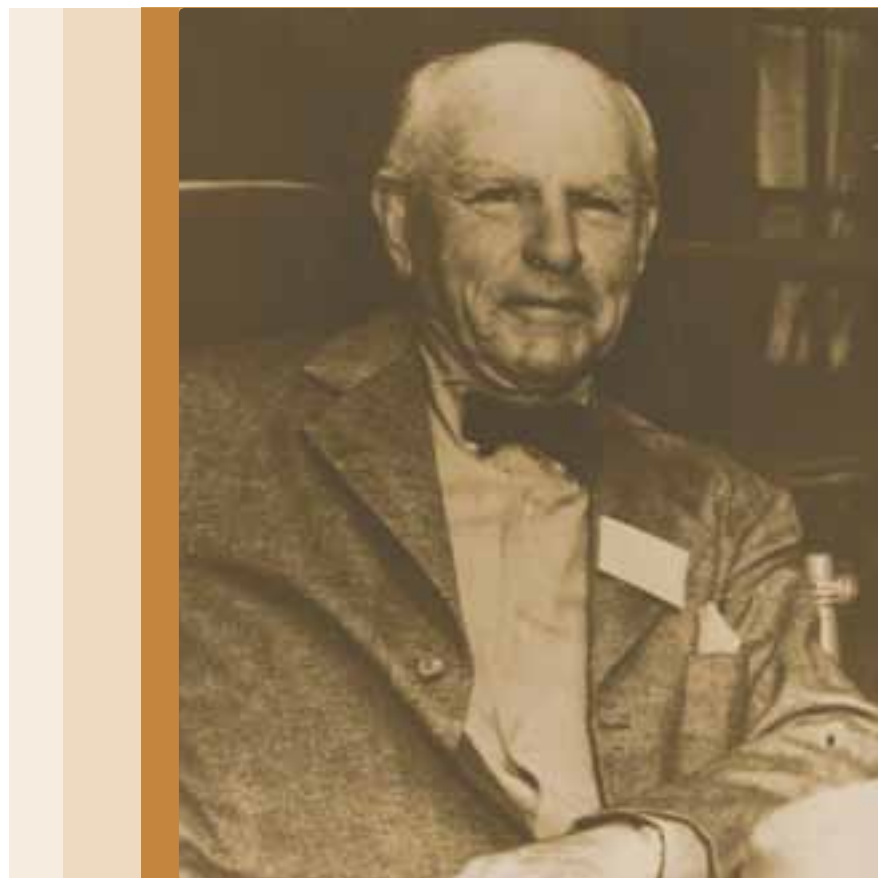
The material in Here's to your Health should not be considered specific medical advice, as each individual circumstance is different. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

For permission to reprint any portion of this magazine, to provide a new address, to let us know that you are receiving more than one copy, or if you would prefer not to receive this publication, please e-mail Diane Rush, Marketing Coordinator and Editor of Here's to your Health, at [diane.rush@ctrh.org](mailto:diane.rush@ctrh.org). For more information, please call Diane at (775) 445-5162.



# Beyond Bricks and Mortar

*The story of Carson Tahoe Regional Healthcare is about more than medical buildings and technology. It is the story of a community of people recognizing a vital need and working together to accomplish a common goal. It is a story about vision, leadership, cooperation, determination, and—above all—philanthropy.*



**Major Max Fleischmann**

Philanthropy has been an integral part of Carson Tahoe since the organization's inception. In 1947, Major Max Fleischmann challenged the community to match his gift and raise funds to construct a small hospital in Carson City. One of the first gifts received was from Edith and Dick Waters, who made available the land to serve as the future home of this new facility.

Throughout the years, community members have stepped forth with gifts of time, talent, and treasure. Fleischmann himself, and later through his Foundation, awarded Carson Tahoe gifts that totaled \$1,150,285. Philanthropic support reached another highpoint in Carson Tahoe's history when, in the early 2000s, the healthcare system wished to construct a cancer center on the new medical campus and turned to the Foundation for assistance.

## **Raising Funds to Power Dreams**

In 1998, the Carson Tahoe Regional Healthcare (CTRH) Foundation

was created to be the official fund development arm of Carson Tahoe. Over the next 10 years, the Foundation went on to raise more than \$10 million in gifts from friends and neighbors.


The construction of the Carson Tahoe Cancer Center was funded by generous donations from community members, foundations, service clubs, businesses, and others who understand the value of having quality cancer care close to home. The nearby Merriner Cottages were the vision of a local philanthropic family who funded the cost involved with the development of 15 one-bedroom mini suites.

## **Making a Difference**

Although the buildings have changed dramatically over the course of Carson Tahoe's history, the dedication and commitment of the healthcare system's leadership and staff remains constant. The unwavering dedication to quality patient care makes Carson Tahoe what it is today.

The CTRH Foundation acknowledges and thanks those who have given so much and encourages others to do the same. Philanthropic support allows Carson Tahoe to remain committed to staying at the forefront of medical advances in medicine, ensuring the continued availability of the very best that medicine has to offer, and reshaping the way healthcare is being delivered in our community.

By supporting the Foundation with charitable donations and planned gifts, and by participating in and supporting our events, you allow Carson Tahoe to continue making a meaningful difference in the lives of the people we serve—now and into the future.

 **If you are interested in learning more about giving opportunities, please contact the Foundation at (775) 886-7371 or visit us online at [www.carsontahoe.org](http://www.carsontahoe.org).**

# Healthy Barbecuing Tips for Summer



Nothing says summer like an outdoor barbecue. Be barbecue savvy and follow these tips for safe and healthy grilling.

## Lean toward Lean

Grilling vegetables is heart-healthy and delicious. Poultry with the skin removed and fish are also great lean grilling options. Choose lean cuts of meat such as London broil, filet mignon, round or flank steak, sirloin tip, or tenderloin and avoid high-fat meats such as ribs, sausage, porterhouse, and T-bone. Always remember to trim the fat before cooking.

## Avoid Cancer Causers

Heterocyclic amines (HCAs) are carcinogenic (cancer-causing) chemicals formed when meats are cooked at high temperatures. By making a few simple changes, you can drastically reduce the amount of HCAs in barbecued food.

1. **Always marinate** meats prior to grilling. Marinades help break down the muscle protein in meat so fewer HCAs are formed during cooking.

2. **Partially cook meats in the microwave** for about two minutes before throwing them on the grill. This has been shown to decrease HCAs by 90 percent.

3. **Cook foods at a lower temperature** and flip them frequently. Cooking hamburger patties in this manner speeds up the cooking process, helps prevent the formation of HCAs, and effectively kills food-borne bacteria.

4. **Avoid letting juices drip** into the flames or coals. When fat drips onto hot coals or stones, another cancer-causing substance called polycyclic aromatic hydrocarbon (PAH) is formed. These PAHs are deposited back onto food through smoke and flare-up.

**Sources:** *The American Institute for Cancer Research, The Facts About Grilling, E14-FG/F85, 2001; National Cancer Institute, "Heterocyclic Amines in Cooked Meats," Cancer Facts 3.25, 1996*

## Summer Is Here —Is Your Heart Ready?

*While you may want to get right back into your normal routine, you need to make sure your heart is ready for summer.*

It's crucial to gradually ease your heart and body back into outdoor sports and activities this summer, according to the experts. Having a healthy heart means more than just being able to run faster and play harder; it means reducing your risk of the number one killer among men and women—cardiovascular disease.

Fortunately, you can improve your heart health in a number of ways, including eating healthy, getting regular exercise, and even by getting a good night's rest.


### Get Moving for a Healthier Heart

By moving major muscle groups in aerobic activities, such as walking, bicycling, hiking, swimming, or

participating in sports like football, you will improve the strength of your heart. Regular exercise can also keep cholesterol levels low and weight down while improving circulation and blood pressure.

When you're working out this summer, remember these tips from the American Heart Association:

- Start slow and build up to 30 minutes of exercise up to five times per week.
- Drink water before, during, and after exercise.
- Wear comfortable, properly fitted footwear and clothing.

 **For more information on living healthier, visit [www.HeresToYourHealth.net](http://www.HeresToYourHealth.net).**



# Creating a Lifetime of **Healthy Behaviors**

*The Baby Boomer generation—the 78 million people born from 1946 to 1964—is often associated with independence and a focus on keeping fit. However, this perception of the healthy Baby Boomers isn't entirely accurate. By taking steps now to improve their health, Boomers may help make later years truly golden.*

According to the University of Michigan Health and Retirement Study, Baby Boomers report poorer health than the generation immediately preceding them. The study indicates that Boomers have more problems associated with alcohol consumption or psychiatric disorders and report more chronic problems such as high cholesterol, diabetes, and high blood pressure.

However, even with these health issues, Boomers are still likely to have longer life spans than any prior generation. During the past century, medical advances have eliminated many of the problems that caused previous generations to die prematurely. This has allowed, for the first time in history, a mass population of longer-living men and women.

Although modern medicine has lengthened the average person's

lifespan, little has been done to ensure a corresponding healthy quality of life. People tend to be much sicker in their later years, with 39 percent of Nevada seniors reporting at least one chronic condition that limits function.


## **Proactive Steps to Good Health**

While the outlook for later years might seem grim, it doesn't have to be that way. Boomers, ranging in age from 45 to 64, still have plenty of time to get back in touch with that Boomer "can-do" spirit and start making healthier lifestyle choices.

According to the U.S. Centers for Disease Control and Prevention, three personal health behaviors—smoking, poor diet, and physical inactivity—were the root causes of almost 35 percent of deaths in 2000. Maintaining a healthy lifestyle can

reduce incidences of heart disease, colon cancer, and fractures—some of the most common diseases and injuries associated with aging.

Carson Tahoe Regional Healthcare can help. By taking advantage of Carson Tahoe's preventive health programs—including educational resources, community HealthCheck, and screenings—Baby Boomers and their families can work now to create a lifetime of healthy behaviors.

 **Carson Tahoe physicians are available to help guide you through all phases of your life. To find a physician, call the Physician Referral Service at (800) 752-8882.**



## *Here's to Your Health*

What is the role of a healthcare system? Is it to make you better when you are sick? To mend you when you are injured?

At Carson Tahoe Regional Healthcare, we think it's all that and more. That's why we've created an interactive web site dedicated not to your illness, but to your health. Because as much as we care for our patients and their acute medical needs, your everyday health is even more important to us.

**For more information, visit [HeresToYourHealth.net](http://HeresToYourHealth.net).**



### **True or False**

*Baby Boomers will probably have longer life spans than any prior generation in the United States. Find the answer on this page!*

# Sixty years and We've Never Missed a Beat



## Carson Tahoe celebrates its 60th Anniversary

Carson Tahoe has been meeting the healthcare needs of the community for six decades now, and while a lot has changed since we first opened our doors in 1949, one thing hasn't—the desire to provide superior care that puts patients first.

### Dedicated from the Start

From a small, 10-bed county hospital to a 352,000-square-foot Regional Medical Center, Carson Tahoe was built on a firm foundation of community support. The original mission of patient-centered care is as true today as it was back in 1949 when a spirited community joined together to open a much-needed hospital.

During the early 1940s, there was no hospital in Carson City, but there were three family doctors—Dr. James Thom, Dr. Richard Petty, and Dr. George Ross. These doctors, along with Dr. Fred Anderson who came down from Reno, did their share of house calls and delivered many a baby. However, even these skilled physicians could not prevail over a lack of proper facilities. Whenever a medical predicament required surgery or specialized services, the doctors often accompanied their patients for the 30-mile (often treacherous) journey to Reno. Too often patients with acute concerns did not survive.

After being called to an accident, Deputy Marshal/Major Maximilian Charles Fleischmann



*Major Max C. Fleischmann questions why Carson City doesn't have a hospital and decides to challenge the community by agreeing to match every dollar the community contributed to build a hospital.*



*First established as a volunteer-based blood transportation service, the Carson-Tahoe Auxiliary soon identifies other areas where they can lend a helping hand. As the coalition between the hospital and Auxiliary grows, so do the fundraising efforts that support the hospital's quality healthcare philosophy.*



*With plans for a new hospital in the works, the existing hospital catches fire. Fortunately, all patients are safely moved before the flames engulf the structure.*

*Soon after the fundraising effort begins, Edith and Dick Waters of Carson Hot Springs jump on the bandwagon by offering 5.2 acres of land.*



*The original Carson-Tahoe Hospital opens a modest 10-bed facility, as an enthusiastic Carson City community (population 2,500) joins together in celebration of the area's first hospital. The entire hospital costs \$80,000 to build.*



*Construction is accelerated as a result of the blaze, and the new 77-bed Carson-Tahoe Hospital opens in November.*



decided to do something about it. Fleischmann challenged residents saying, "If you'll get your businessmen to donate, I'll match every dime they give. We'll get a hospital for Carson City."

In 1946, the Carson-Tahoe Hospital Association was formed and began immediate fundraising efforts. Richard and Edith Waters provided a five-acre parcel for the hospital site with the covenant that if not used for healthcare it would revert back to the family.

Of course, the land thankfully was used for healthcare, and on May 2, 1949, Carson-Tahoe Hospital was born. The small, 10-bed hospital—founded on the vision of a few local leaders and the generosity of many supporters—became the basis for a standard in healthcare excellence that continues to this day.

### A Second Life

As the region continued to grow, the medical staff and services became more diversified. With plans for an expanded facility in the works, the original hospital caught fire in August 1968. Fortunately, all patients were safely moved. Construction was accelerated, and the new 77-bed facility opened in November 1968.

By 1978, Dr. Richard Gundy and Dr. William King were able to successfully secure the funding for the hospital's emergency room. Federal funding guidelines didn't take into consideration the broad area that the hospital served, but these two doctors fought hard and got the expanded ER services that were necessary to support the region.

A year later, a North Wing Expansion was completed, highlighted by the addition of a new intensive care unit and 24-hour emergency services. This expansion now allowed for 110 acute care beds.

In 1999, with both Carson City and its outlying areas swiftly populating, hospital officials studied how to best meet the needs of the growing community. After researching how much it would cost to update the existing facility, the Carson Tahoe Board of Trustees decided it made more sense to build a new hospital.

Yet there were still many unanswered questions that had to be addressed. The publicly elected Board formed committees to research the funding and administration of the hospital. Should Carson Tahoe stay the same, be sold to a private, non-profit company such as Sutter, or would a for-profit company like Universal be the best bet? In 2002, after a series of exhaustive public meetings, the Board unanimously voted to form a private, non-profit corporation to lead Carson Tahoe into the next era of healthcare.

"I personally felt we didn't want to lose the community's control of the hospital," explained Jo Saulisberry, who has served on the Board for 15 years.

**"We didn't want someone else coming in and doing it their way. We wanted to honor all the people who cared so much about the hospital. They worked too hard for us to give it all away."**

So, after researching the plausibility of two other sites, hospital leaders decided on an 80-acre site at the north end of Carson City. Here Carson Tahoe could realize its dreams of a comprehensive medical campus with plenty of room to grow.

Led by a team of discerning administrators and insightful designers, and aided by the advice of medical staffers, an exquisite hospital plan emerged. With some 300 workers on-site daily, the new medical center took two years to construct.



The new North Wing Expansion opens, highlighted by the addition of a new intensive care unit and 24-hour emergency services. This expansion increases the bed count to 110.



The Carson Tahoe Regional Healthcare Foundation forms to help reach fundraising goals and support the healthcare system, comprised of volunteer members from the CTRH service area.



78

A new hospital emergency room is built. The expanded ER services allow Carson-Tahoe to reach out to the rural areas with exceptional care.

79



97

New Women's and Children's Center opens with seven private Labor/Delivery/Postpartum rooms and a triage area.

98



99

With both Carson City and its outlying areas swiftly populating, it is determined that the best way to meet the increasing needs of the region is to build a completely new facility. The vision for Carson Tahoe Regional Medical Center is born.



## A Legacy of Excellence

Today Carson Tahoe has evolved into a comprehensive, technologically advanced regional healthcare system, leading the way with innovative programs, acclaimed physicians, and breakthrough procedures that are redefining healthcare in northern Nevada.

The new 352,000-square-foot Carson Tahoe Regional Medical Center, which opened in 2005, features 144 acute care beds. It also includes expanded 24-hour emergency services, advanced medical imaging, open heart surgery, a cardiovascular care unit, the 5-Star Women & Children's Center, vascular and catheterization labs, a medical/surgical ICU, inpatient rehabilitation, medical/oncology, telemetry, and more.

Another highlight of the new Carson Tahoe campus is the Carson Tahoe Cancer Center, where patients can experience complete cancer treatment, intervention, support, and after-care under one roof.

Sitting adjacent to the cancer center are the Merriner Cottages. These stunning home-away-from-home cottages are available to rural patients receiving cancer treatment and were made possible through a generous gift from the Merriner Family Trust.

One look at the amazing 80-acre campus and it is clear just how far Carson Tahoe has come since its humble beginnings in 1949. However, the true measure of success is seen in our many accomplishments: northern Nevada's first freestanding comprehensive cancer center accredited with commendation; the only hospital in northern Nevada to offer the "CardioOne" Open-Heart Surgery Program; Nevada's only 5-Star rating for excellence in Heart Bypass Surgery by HealthGrades; the first hospital in the world to embrace the Xper Information Management System cath lab technology; the first hospital in the region to offer EKG in the field; Nevada's only certified Cardiac Rehabilitation Center; the winner of the HealthInsight Quality Award; and Joint Commission Accreditation for over 50 years.

## And that is only the beginning

As we commemorate our 60th anniversary, we're proud to look back on the history that has shaped us and even more proud to build a legacy of quality care that will continue for generations to come.



Here's to your health.

After a series of public meetings, the Board unanimously votes to become a not-for-profit 501(c)(3) corporation to lead Carson Tahoe Regional Healthcare into the next era of healthcare.



02

05

The first open-heart surgery is performed at Carson Tahoe Regional Medical Center to great success.



Carson Tahoe Regional Healthcare celebrates its Diamond Anniversary and 60 years of community service.

06

09



Carson Tahoe Regional Medical Center—a three story, 352,000-square-foot facility set on an 80-acre medical campus in North Carson City—opens its doors to the public, complete with 144 acute care beds. More than 240 board-certified physicians in 35 medical specialties call it home.



The Carson Tahoe Cancer Center is unveiled as Northern Nevada's first and only freestanding, comprehensive cancer center accredited with commendation.



CELEBRATING  
SIXTY YEARS  
1949-2009



# Minimally Invasive Surgeries

—The New Frontier of Healthcare

Compared with conventional, open procedures, minimally invasive surgeries often take less time and lead to significantly quicker recovery periods. Carson Tahoe Regional Medical Center is raising the bar for the region and offering these cutting-edge surgeries performed by nationally acclaimed surgeons.

Cheryl Cluff, 47, is living evidence of the benefits of minimally invasive surgery. Cheryl is the first patient in the northern Nevada region to undergo an eXtreme Lateral Interbody Fusion (XLIF) procedure—a new minimally invasive approach to a surgery that was traditionally “open” and required deep incisions through layers of muscle.

“When I first saw Michael H. Song, MD, neurosurgeon at Carson Tahoe Regional Medical Center, I had used up my resources and was taking a great deal of medication to manage my back pain,” says Cheryl. “He had never done the surgery before, but Dr. Song attended a course on the procedure, and we learned I was a good candidate for XLIF!”

## XLIF—Spine Fusion Procedure

To perform XLIF, a surgeon makes two small incisions in a patient’s side. As opposed to other methods, XLIF is a quicker surgery with reduced recovery periods.

“XLIF procedures can be completed in less than an hour, require less anesthesia, and lead to less blood loss,” says Dr. Song. “The surgery also typically only requires an overnight stay in the hospital and six weeks of recovery compared to six months of recovery associated with other procedures.”


In addition to XLIF, Carson Tahoe has also recently begun offering a minimally invasive technique to help cardiovascular patients. Thoracic endovascular aneurysm repair (TEVAR) allows physicians to repair aortic abnormalities through a small, three-inch incision.

## TEVAR—Thoracic Aneurysm Repair

Kevin Halow, MD, RVT, FACS, performed one of the first TEVAR procedures in the region. This surgical technique, recently approved by the U.S.

Food and Drug Administration, involves delivering a stent graft to the aorta via an artery in the groin.

“In this procedure, the artery is repaired and reconstructed from the inside,” says Dr. Halow. “This is a much safer option that has fewer complications and allows patients to leave the hospital in just one or two days. TEVAR has revolutionized the treatment of aortic aneurysms and is quickly becoming the new standard of care.”

 **Are you interested in learning more about what minimally invasive surgery might do for you? For help finding a surgeon, call Carson Tahoe’s physician referral service at (800) 752-8882.**



Kevin Halow, MD, RVT, FACS



Michael H. Song, MD

## Working for You

Carson Tahoe Regional Medical Center knows your time is important, which is why we offer qualified patient surgery options with reduced recovery periods. For more information, please see the story on this page.

“Because of my successful surgery, I’m now able to get down on the floor and play with my grandchildren. I can even hold and lift my granddaughter. The surgery allows me to perform daily activities with greater ease and has given me a whole new outlook on life.”

—Cheryl Cluff, community member and patient of Michael H. Song, MD



Pictured is the Carson Tahoe Regional Medical Center Catheterization Laboratory.



# The Finest in Surgical Care, *All* the Time

*From its beginnings more than two decades ago as an ambulatory surgery center, to its current incarnation as a dynamic elective surgery and imaging facility, Sierra Surgery Hospital offers residents of northern Nevada the finest in surgical care.*

Twenty-three years ago, doctors at Carson-Tahoe Hospital—now Carson Tahoe Regional Medical Center—saw a need in the community for a same-day surgery center. They were able to find space near the hospital for the venture and formed Carson Ambulatory Surgery Center, Inc. (CASCI). Several years into offering ambulatory surgery services, the dedicated physician leadership saw another need—and decided to meet it by transforming the ambulatory center into a surgery hospital through a partnership with Carson Tahoe Regional Healthcare.

“The work to create the hospital even included trips to the Nevada state legislature to pass laws allowing physicians to have ownership in the hospital,” says Jean Lyon, PhD, APN, Interim CEO of Sierra Surgery Hospital. “I personally think the model of care we offer here is very unique and has many positive benefits for the patients. We

are the only hospital in Nevada that has physician ownership, and our facility is better because of it.”

## **A Unique Strategy**

Sierra Surgery Hospital is one of only a handful of facilities nationwide in which the physicians performing the procedures and interacting with patients on a daily basis also make the managerial decisions of the hospital.

“To the physicians who practice at our facility, it just makes sense that we make many of these decisions because we are the ones who the patients speak to if they are dissatisfied with any aspects of their care,” says James R. Colgan, III, MD, past member of the Board of Managers for Sierra Surgery Hospital and board-certified urologist. “The difference physician involvement can have in hospital success is evident at Sierra Surgery Hospital. We have an

incredibly low turnover rate with our skilled nurses, and we have extremely high patient and physician satisfaction scores.”

Consider these numbers:

- Sierra Surgery Hospital has a 92 percent patient satisfaction rate.
- Physician satisfaction at the hospital is approximately 98 percent.
- The infection rate at Sierra Surgery Hospital is only 0.5 percent.
- The nursing turnover rate at the hospital is only about 3 percent.

## **A Facility Apart**

Naturally, patients entering Sierra Surgery Hospital expect nothing less than the best from the skilled staff and physicians. The offerings, however, go beyond the high level of expertise those practicing medicine at Sierra Surgery Hospital bring to the table. Patients at the facility enjoy private rooms,

unrestricted visiting hours, and order-in room service style food.

“We employ a chef who has studied at the Culinary Institute of Hyde Park,” Lyon says. “Patients can get the choices they want, meaning not only do we drastically cut down on food waste, but we also give our patients a unique in-hospital experience.”


### Looking to the Future

Sierra Surgery Hospital has already brought a wide variety of service lines to residents of the Carson City area. Pain

management services and advanced bariatric surgery options are now available at the hospital. The Breast Center at Sierra Surgery Hospital, led by Antoinette Cortese, MD, was recently named a Breast Imaging Center of Excellence by the American College of Radiology. While these offerings are continuing to grow, the physician management at Sierra Surgery Hospital is already looking for other surgical opportunities to provide at the facility.

“We will move into more aesthetic surgery options in the near future,” says

Dr. Colgan. “We have already been speaking with plastic surgeons in the area and are excited about the growth opportunities we are finding. Sierra Surgery Hospital will continue to be a force in healthcare in northern Nevada for years to come.”

 **To learn more about Sierra Surgery Hospital, visit [www.sierrasurgery.com](http://www.sierrasurgery.com) or call us at (775) 883-1700.**



**John DiMuro, DO**



**Antoinette Cortese, MD**



**Kent Sasse, MD, FACS**



**Gregg McAninch, MD**

## Meeting Your Needs

### • Advanced Diagnostic Imaging

Sierra Imaging offers state-of-the-art imaging technologies, inside a beautiful new facility designed for efficiency and convenience. Studies include MRI, CT scans, digital X-ray, fluoroscopy, and ultrasound.

Gregg McAninch, MD, a highly experienced radiologist, coordinates patient care and diagnostic imaging services at Sierra. Under his direction, patients receive friendly, prompt, convenient service...in the Sierra tradition!

### • Expert Mammography Services

Sierra Surgery Hospital is committed to women's health and to providing convenient breast care services to women throughout our region.

The new Breast Center at Sierra Surgery Hospital furnishes patients with

outstanding mammography services and expert professional interpretation. Antoinette Cortese, MD, a radiologist with advanced training in breast imaging, leads the Center.

### • Comprehensive Pain Management

Pain can influence many aspects of your life. Now, Sierra Surgery Hospital has created a unique pain management program, one of the most diverse and comprehensive in northern Nevada.

John DiMuro, DO, brings training in a wide range of treatments to his position as Medical Director of Pain Management Services.

### • Weight-Loss Surgery For Severe Obesity

Being very seriously overweight impairs the lives of many people.

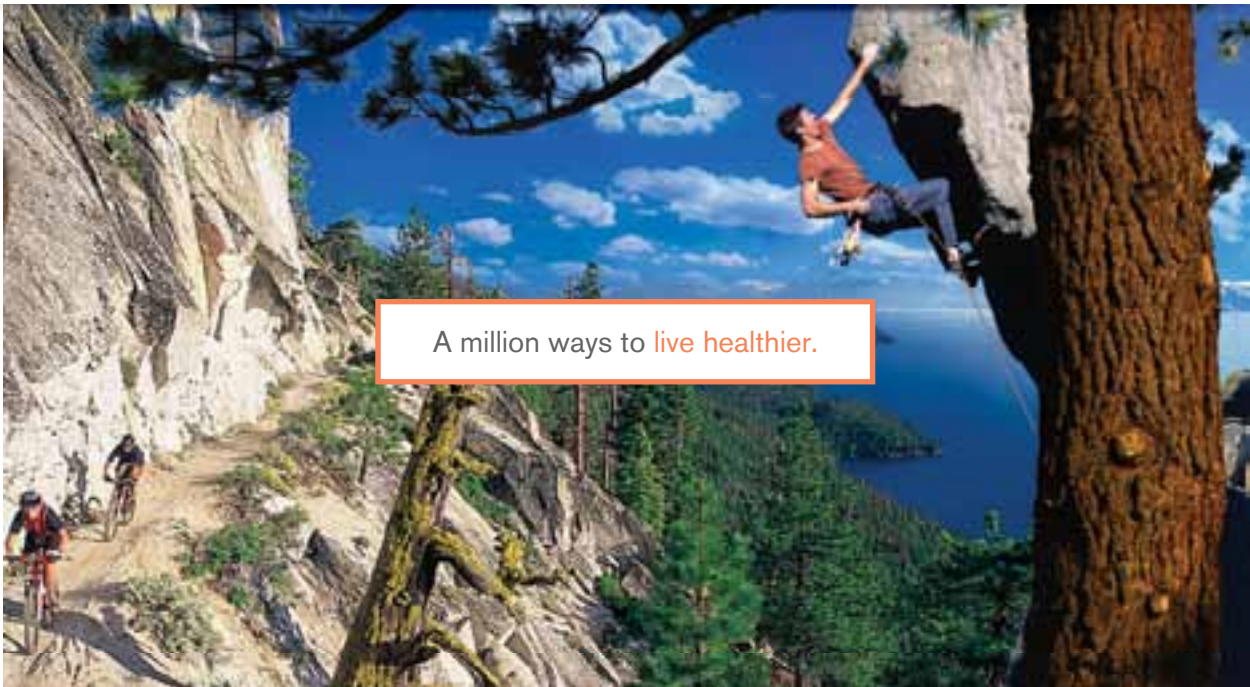
Bariatric surgery has helped morbidly obese patients lose weight and achieve healthier, more satisfying lives. Kent Sasse, MD, performs these procedures at Sierra Surgery Hospital, bringing expertise and convenience to patients and families in our region.

### • Spine and Orthopedic Surgery

Pain from a musculoskeletal injury or illness can be acute—occurring suddenly and then subsiding within a matter of days or weeks—or it may be chronic—long-term, debilitating pain that affects the quality of your life. Surgeons at Sierra Surgery Hospital provide state-of-the-art care, including total hip and knee replacements and advanced care for the spine.



 *Here's to your health.*



### One site to show you how.

At Carson Tahoe, your health is our priority. That's why we've created an interactive web site filled with health tips, expert advice and daily inspiration. Taking charge of your health has never been easier.

Are you ready to live healthier?  
Start today at [HeresToYourHealth.net](http://HeresToYourHealth.net)  
and get your free Health Tracker journal.



*Here's to your health.*