

Health Connection

A PUBLICATION OF WOODWARD REGIONAL HOSPITAL

**Reap the
benefits of digital
mammography**

Now available at WRH

**Meet medical
staff members**

**Be kind to
your heart**

**Say goodbye to
sleepless nights**

Our Sleep Lab
can help

Woodward
Regional Hospital

www.woodwardhospital.com



Dear friends,



Dave Wallace, FACHE
Chief Executive Officer

I've had the privilege of serving at Woodward Regional Hospital (WRH) for about six months. During this time, I've come to appreciate WRH's great team of employees, physicians, allied health providers, board members and volunteers.

The shared goal of extraordinary care and service and the never-ending focus on quality is impressive. This teamwork is one of the reasons we've been successful with recruiting additional quality primary care providers who are excited about being part of our medical community. The new providers are also impressed with the lifestyle our community offers.

IN THIS ISSUE

I hope you enjoy this issue of our magazine and reading more about Michael Oliver, D.O., the emergency department physicians' group director and Chief of Staff, and Brenda Huenergardt, M.D., general surgeon, and learning about our digital mammography services, Sleep Lab and how to support a healthy lifestyle.

SERVING THE COMMUNITY

We're honored to serve our community and appreciate your continued support of WRH. Please feel free to contact me at the hospital if you have questions.

Warmest regards,

Dave Wallace, FACHE

Chief Executive Officer
Woodward Regional Hospital

Digital mammography, close to home

Woodward Regional Hospital (WRH) is the only area hospital to offer digital mammograms. Digital mammography differs from conventional mammography in how the image is viewed and manipulated. The radiologist can magnify images and increase or decrease contrast while reading the images. This allows the radiologist to evaluate microcalcifications (tiny bits of calcium associated with extra cell activity in breast tissue) and focus on other areas of concern.

"The digital machine's most important feature is that it's 20 percent to 30 percent better at recognizing and detecting cancerous lesions," says Sue Poulson, WRH's diagnostic imaging director.

Digital mammography feels identical to conventional screening, and women will notice shorter exam times and a need for fewer additional images. The exams are read by radiologists from Diagnostic Imaging Associates, a Tulsa group that specializes in digital mammography.

Poulson provides breast cancer care for WRH's patients. "Our well-trained staff delivers attentive service, and digital mammography allows us to provide patients with the quality studies they need," says Poulson.

! The choice is yours!

Women have a choice about where to schedule their mammogram, regardless of who their physician is. To learn more about digital mammography at WRH or to make an appointment, call (580) 254-8436.

GET HEALTHY with Senior Circle

Being a senior at Woodward Regional Hospital (WRH) definitely has its perks! With an annual \$15 membership fee, Senior Circle members get more out of life and build lasting friendships with other members in the community.

THE SENIOR CIRCLE MISSION

Senior Circle encourages a healthy, active lifestyle for seniors ages 50 and better by providing programs that foster continued learning, wellness, health and volunteering, coupled with a host of social activities. In addition, Senior Circle offers a variety of national and local benefits, including:

- health talks
- hospital benefits
- local business bargains
- prescription, vision care and home health security discounts
- ... and more!

! Join the circle!

Visit www.woodwardhospital.com to live life to the fullest!

MEDICAL STAFF SPOTLIGHTS



BRENDA HUENERGARDT, M.D.
General Surgery

1650 Main St., Suite B
Woodward
(580) 571-8009

Brenda Huenergardt, M.D., is a native of Sharon. She joined WRH's medical staff in August 2002. Dr. Huenergardt graduated from the University of Oklahoma's College of Medicine in Oklahoma City. She completed her general surgery residency at Scott & White Memorial Hospital in Temple, Texas. She's board certified by the American Board of Surgery. Her professional affiliations include the American and Oklahoma State Medical Associations, and she's a Fellow with the American College of Surgeons. Dr. Huenergardt performs upper and lower endoscopy; thyroid, breast, colon and rectal surgery; and laparoscopic cholecystectomy. She also offers other advanced laparoscopic procedures, including laparoscopic anti-reflux surgery, hernia repair, hysterectomy, tubal ligation, limited thoracic and vascular surgery and wound care. Every year, she takes medical mission trips to Guatemala with Faith In Practice. Dr. Huenergardt is accepting new patients with a referral from a primary care provider. Call (580) 571-8009 for an appointment today.



MICHAEL OLIVER, D.O.
Emergency Medicine

900 17th St.
Woodward
(580) 256-5511

Michael Oliver, D.O., is medical director of WRH's emergency department physicians' group and Chief of Staff at the hospital. A native of the southern Oklahoma town of Walters, Dr. Oliver earned his medical degree from the Oklahoma State University College of Osteopathic Medicine in Tulsa. He completed his family practice residency at St. Michael Hospital in Oklahoma City. Dr. Oliver enjoys hunting, and he and his wife, Amber, live in the country.

To find a physician by specialty, visit
www.woodwardhospital.com.

Physician recruitment

At WRH, we remain focused on continuing growth and investments to ensure our community has access to the best possible care, including primary and specialty care physicians. We recruit physicians not just to the hospital, but to the community. In the past few years, we've been fortunate to recruit quality physicians who are a good fit with our community and WRH's medical staff.

Recently, we've been challenged with finding new and innovative ways to recruit physicians, especially when we're competing with communities across the country.

Many times, the most valuable recruiters are community members—whether it's by rolling out the red carpet when we bring physician recruits and their families to town, or by letting us know about a potential recruit. If you know a physician who might be a good fit for our community or if you have a health care professional in your family, let us know so we can contact them. Or, have them call Dave Wallace, FACHE, WRH chief executive officer, at (580) 254-8492.

Health Connection is published as a community service of Woodward Regional Hospital. 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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Say goodbye to sleepless nights

More than 40 million Americans suffer from a sleep disorder, many of which go undiagnosed, according to the National Commission on Sleep Disorders. Better sleep is just 40 winks away at the Sleep Lab at Woodward Regional Hospital (WRH). The lab provides studies to help physicians diagnose and treat sleep-related disorders such as narcolepsy (falling asleep at inappropriate times), insomnia, restless legs syndrome (RLS) and sleep apnea (stopping breathing during sleep).

MORE THAN REST

Getting good sleep is critical to a person's well-being. Sleep isn't just a restful state but a necessary restorative time for the body and mind. It affects your daily functioning as well as your physical and mental health. Not getting enough sleep can result in a lower quality of life, fatigue and increased risk of chronic disease, heart attack and stroke.

"The Sleep Lab study is a wonderful tool that gives our patients peace of mind and WRH a chance to provide the community a needed local service," says Ron Holley, director of WRH's respiratory department. If patients' treatment plans require follow-up services with other departments or physicians, the Sleep Lab is conveniently located on-site at WRH.



! Rest easy again!

Sleep evaluations or sleep studies require a physician's referral. For more information about WRH's Sleep Lab, visit www.woodwardhospital.com or call (580) 254-8426.

THE SLEEP STUDY

Based on the physician's order, sleep evaluations, known as polysomnography, may be done during the day or overnight. The study is conducted on-site and takes six to eight hours. Patients are monitored while sleeping and recordings are made of their brain waves, heart rate and rapid eye movements. The study is painless and done in a comfortable, private area. Physicians read patients' sleep studies and use the results to create personalized treatment plans to give patients a better night's sleep.