

Dr. Thomas Carlson

Radiation Oncology, Wenatchee Valley Medical Center



Thomas Carlson, M.D., Radiation Oncology, has joined the cancer care team at Wenatchee Valley Medical Center. Dr. Carlson finished his Medical/Surgical Internship, followed by four years of specialization in Radiation Oncology, at the Cleveland Clinic Foundation. He earned his M.D. at the University of Arizona College of Medicine in Tucson. Prior to attending medical school, Dr. Carlson completed a B.Sc. in Aeronautical Engineering at Arizona State University in Tempe. He worked as a field engineer for General Electric for five years.

Dr. Carlson is part of a multidisciplinary team. His interests include clinical trials, Intensity Modulated Radiation Therapy (IMRT), High Dose Rate Brachytherapy and Permanent Prostate Seed Implantation. He and his wife Gale have two boys, Eric and Quinlan. He enjoys many of the outdoor activities this area has to offer.

Dr. Travis Clark

Urology, Wenatchee Valley Medical Center



Travis M. Clark, M.D. Urology, has joined Wenatchee Valley Medical Center. He grew up in Cape Girardeau, Missouri as the son of a general surgeon. He completed a B.S. in Biology at Stanford University where he also excelled in track and field. He earned his M.D. at Vanderbilt University School of Medicine, where he was named the medical honorary, Alpha Omega Alpha. He completed both his General Surgery Internship and his Urologic Surgery Residency at Vanderbilt. Dr. Clark's practice includes men, women and pediatric patients.

Dr. Travis Clark and his wife Anne have two daughters, Lauren and Allison. Along with enjoying family activities, he is an avid fisherman, loves sports and has started mountain biking, and skiing.

Dr. Joel Cummings

Orthopedic Surgery, Wenatchee Valley Medical Center



Joel D. Cummings, M.D., Orthopedic Surgery has joined Wenatchee Valley Medical Center. Dr. Cummings grew up in Ennis, Montana and graduated summa cum laude with a B.A. in Biology from Carroll College in Helena, Montana. He completed his M.D. at the University of Washington School of Medicine where he was a member of Alpha Omega Alpha, the medical honor society. Dr. Cummings did his Residency at the Mayo Clinic, Department of Orthopedics, Rochester, Minnesota. His clinical interests include joint replacement surgery, sports medicine, arthroscopic surgery, fractures and general orthopedics.

In his spare time, Joel Cummings plays classical guitar and pursues a wide range of interest including fly-fishing, hiking, classic car restoration, downhill skiing and horseback riding.

Dr. Jason Grosdidier

Family Practice, East Wenatchee Clinic



Jason Grosdidier, M.D., Family Practice, has joined the East Wenatchee Clinic. He graduated cum laude with a B.S. in Biology from the University of South Dakota, where he also earned his medical degree. He completed a Family Practice Residency at the University of Iowa, where he was selected Chief Resident. His practice includes the entire spectrum of Family Practice from pediatrics to geriatrics, and he also has an interest in sports medicine.

Dr. Grosdidier and his wife Shannon, a Neurologist at Wenatchee Valley Medical Center, have two daughters, Riley and Tatum.

Dr. Grosdidier grew up in South Dakota and loves to hunt, fish, camp and ski. They were looking for a location that would fit their outdoor interests and were familiar with the area as his brother, Dr. Jonathan Grosdidier, is a general surgeon at the Omak Clinic.

Dr. Craig R. Kunz

Pulmonary Medicine, Wenatchee Valley Medical Center



Craig R. Kunz, M.D. joined the Pulmonary Medicine Department at Wenatchee Valley Medical Center. He graduated cum laude from the University of Oregon in Eugene with at B.S. in Biochemistry. He also completed a second B.S. in Psychology at Portland State University. He earned his M.D. at Oregon Health Sciences University in Portland. Dr. Kunz completed his Internal Medicine internship and residency at Providence St. Vincent Medical Center in Portland, followed by a General Internal Medicine Fellowship. From there he went to the University of California, Irvine to complete a three-year Pulmonary/Critical Care Medicine Fellowship.

His clinical interests include taking care of patients with asthma and COPD, lung cancer patients, and sleep medicine. Another important part of his practice is patient education, helping patients understand their disease and treatment.

Dr. Kunz and his wife, Theresa have two sons, Jacob and Ethan. He enjoys bicycling, computers and is looking forward to improving his golf game.

Dr. Sareena Malhi

Oncology, Wenatchee Valley Medical Center



Sareena Malhi, MD, Oncology, completed her pre-med education and medical school in Punjab, India. In 1998 she started an Internal Medicine Residency at the Cleveland Clinic, where she also completed a Fellowship in Hematology and Oncology. Her special areas of interests include the treatment of genitourinary cancers, breast cancer, lymphoma, and colon cancer.

Dr. Malhi's husband, Dr. Andy Prasad is also a physician at WVMC. They have a young son, Aarav. Along with spending time with her family, Dr. Malhi enjoys listening to and playing music, and she loves to travel.

Douglas L. Wilson, MD

Family Medicine, Tonasket/Oroville



Douglas L. Wilson, MD earned his B.S. degree in Biochemistry at the University of Washington and his M.D. degree at the University of Washington School of Medicine. His Internship and Residency in Family Medicine was completed at the Ventura County Medical Center in Ventura, California. Dr. Wilson is Board Certified in Family Medicine, and his practice includes Obstetrics.

He and his wife Mariliz have two daughters, Camille, 5 and Angelina, 3. Mariliz is a professional pianist and piano teacher. Dr. Wilson plays also, and they like playing duets together. They also enjoy gardening, and are considering getting a goat.

Anthony Chambers, PA-C

Occupational Medicine, Moses Lake Clinic



Anthony D. Chambers, PA-C has joined the Occupational Medicine Department at the Moses Lake Clinic. Anthony completed his Bachelor of Science in Medicine at the University of Florida Physician Assistant Program in Gainesville, Florida, after serving as a Hospital Corpsman in the U.S. Navy and Naval Reserves for nine years. He has worked as a Physician Assistant for the past eleven years, the last eight years in Occupational Medicine in Illinois.

Anthony's practice includes all aspects of Occupational Medicine, including physical exams, work injuries and working with area businesses.

Catherine C. Black, PA-C

Cardiology, Wenatchee Valley Medical Center



Catherine C. Black, PA-C, has joined the Cardiology department at Wenatchee Valley Medical Center. After completing nurses training and practicing as an R.N. in critical care for several years, Cathy returned to school and completed a B.S. in Behavioral Sciences and Health at the University of Utah. She completed the Physician Assistant-Certified program and a Master of Physician Assistant Studies at the University of Utah. For the past six years Cathy has worked as a Physician Assistant at the Heart Center in Salt Lake City, Utah. She is experienced with cardiology technology, including pacemakers, and defibrillators.

Cathy Black loves to travel. She and her husband Bob are skiers and hikers. She has a horse, Gus, and a Border Collie puppy, Jake.

Best Foot Forward

Orthopedic surgeon James Dahl, MD is a foot and ankle specialist who treats people with bunions. "When I see people initially I often recommend wider shoes," says Dahl. "You can get your shoes stretched out over the big toe to make them more comfortable."

Frances Tritle had been having her shoes stretched out at the shoe shop for a decade. A retired homemaker, or "household engineer," as she describes herself, Frances, now 88-years-old, finally had enough. "I had a bunion on my left foot," she says, "that was beginning to create problems. It had been coming on for years. It didn't hurt me in the daytime, but at night the bunion woke me up."

"Ultimately, a fair number of people who have a bunion decide they want to have it fixed, and that usually involves surgery," reports Dahl.

A bunionectionomy, as it's called, is an outpatient surgery. It's done in an operating room under either local or general anesthesia. The surgery itself lasts for an hour or two, depending on whether other problems are being addressed. Frances had a couple of troublesome ingrown toenails removed at the same time. After surgery, you go home the same day.

"We have to cut the bone, move it, straighten it out, and realign and rebalance the tissues around the joint," says Dahl. "Usually we use a screw or two to hold the bone in place while it heals. People are generally in a walking cast for a month or so after the surgery."

When Frances decided to have surgery, her friends warned her that it might hurt. "Everybody would say, 'oh ouch' when I mentioned foot surgery. But when I came home after surgery, I took one pain pill, and another one when I went to bed. By morning, I was fine."

Statistically, bunion surgery is highly successfully, with a 98 percent success rate. It takes about three to six months to fully recover from the surgery, and get over the stiffness.

Frances says she was back in shoes in three weeks. "I can hardly see the scar," she says. "Personally, it's just been very worthwhile for my feet."

Resources

"Bunions." [Mayo Clinic Health Newsletter](#) February 2005: 7.
National Guideline Clearinghouse (NGC). Guideline summary: [Lower extremity musculoskeletal disorders. A guide to diagnosis and treatment.]. In: National Guideline Clearinghouse (NGC) [<http://www.guidelines.gov/>]. Rockville (MD): [cited 2005 March 2].



Heel Pain

Have you ever gotten out of bed in the morning and tried to walk, only to discover your heel hurts when you put weight on it? You're not alone. More than 3 million Americans totter to the doctor on painful heels every year. Foot specialists say they are seeing a surge in cases as baby boomers jog (or limp) into middle age.

Take heart. Most heel pain is treatable.

A common cause of heel pain is damage to a gristle-like connector that runs between the heel and toes. Called the *plantar fascia*, this long, flat ligament helps support the arch. Sometimes this ligament develops small tears where it comes off the heel bone, and chronic inflammation sets in.

Other factors that contribute to heel pain include decreased flexibility of the foot and ankle as we age, stress on the arch, or shoes that don't fit or support the arch properly (like worn out athletic shoes). Sports enthusiasts may damage the ligament with repetitive movement, improper training, or abrupt change in intensity of workouts. People with low arches and flat feet are also susceptible, although anyone can develop heel pain.

Orthopedic surgeon James Dahl, MD says there are several things you can try at home to ease the pain. Here are some simple steps you can take on your own:

- ◆ **Regular stretching** - facing a wall, palms flat against the wall and shoulder height, lean into the wall and slowly push the heel back until it contacts the ground.
- ◆ **Apply ice** on your heel daily.
- ◆ **Take an anti-inflammatory** like Advil (ibuprofen) or Aleve (naproxen) (follow product directions).



◆ **Night Splint** - specially made splints gently stretch the *fascia* as you sleep at night.

◆ **Avoid flat shoes and walking barefoot.**

◆ **Use over-the-counter arch supports and heel cushions.**

Heel pain usually responds to these changes within 6 weeks. If there is no improvement after 3 months, talk to your doctor about seeing an orthopedic surgeon or podiatrist.

"Ninety five percent of people with heel pain problems can be treated non-operatively," says Dr. Dahl.

Surgery is the treatment of last resort. If it comes to surgery, the procedure usually involves cutting a portion of the fascia through a small incision on the side of the heel. This is followed by 2 weeks on a walking cast, then a course of physical therapy.

If you have heel pain, take heart. It's a problem that can be solved.

PET CT Scans

Continued from front..

and location of a patient's cancer. Identifying the cancer stage is one of the most important factors in selecting treatment options.

"PET/CT is the gold standard for staging, and staging allows us to treat patients accurately," says Dr. Bhide. "The accuracy of the spread of disease is very important in deciding treatment options. It prevents unnecessary surgeries, and it lets oncologists give very accurate prognosis to the patient."

Along with cancer staging, PET images are useful in neurological disease. It can detect the brain's biological changes that come with Alzheimer's disease, Parkinson's disease, and even brain seizure activity.

PET images are also the most accurate test to determine if coronary heart bypass surgery would be the appropriate treatment for a patient with coronary artery disease.

"Twenty percent of the time, areas of the heart that look dead on a thallium heart scan (another nuclear scanning test), show that they're alive on a PET scan," explains Bhide. "That means there's the potential for 20 percent more of the cases to undergo surgery if they want to. It's very accurate."

"This is really leading edge technology," says Dr. Levitsky. "The marriage of CT and PET provides metabolic information as well as precise anatomic information. There are very few places that offer this technology, so we're very fortunate to have it. It's a real benefit to our patients."



Apples help protect brain cells in lab test

Two new studies from food scientists at Cornell University say eating apples may protect against brain-cell damage that plays a part in developing both Alzheimer's and Parkinson's disease. Chang Y. Lee, Cornell professor of food science at Cornell's New York State Agricultural Experiment Station in Geneva, New York, and co-author Ho Jin Heo studied the impact of quercetin, a chemical that appears to be responsible for protecting rat brain cells in laboratory tests.

Study results suggest an apple a day supplies major bioactive compounds that may play an important role in reducing the risk of neurodegenerative disorders.

"What we found was that the apple phenolics, which are naturally occurring antioxidants found in fresh apples, can protect nerve cells from neurotoxicity induced by oxidative stress," Lee said in a Cornell new release quote.

The study appears in the November/December 2004 issue of the Journal of Food Science.

Reference

Lang, Susan S. "An apple a day could help protect against brain-cell damage that triggers Alzheimer's, Parkinsonism, Cornell studies find." *Cornell News* Ithaca, NY. November 17, 2004. www.news.cornell.edu/releases/Nov04/apples.nervedisease.ssl.html

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HEALTH EXPRESS SHUTTLE SERVICE

Free, daily round trip bus service for patients is now available between Moses Lake and Wenatchee. Called the Health Express, the service is available for patients needing transportation for health-related appointments. Appointments in Wenatchee must be between 9:30 a.m. and completed by noon for return service.

The Health Express is a partnership of public and private organizations working together. The Grant Transit Authority is underwriting 50% of the cost. Other partners are Samaritan Hospital, Moses Lake Community Health Center / Community Health Plan, the Moses Lake Cancer Foundation and Wenatchee Valley Medical Center, which includes Moses Lake Clinic.

How do you catch a ride? Ask the people at your doctor's office. They will make arrangements for you. DSHS patients, please call Special Mobility Service 48 hours in advance at (800) 892-4817.



Wenatchee Valley Medical Center

Your source for news and information

SPRING 2005

PET CT Scans

A new imaging scan technology is having a huge, positive effect on patient care at Wenatchee Valley Medical Center. Positron Emission Tomography (PET) scan is a highly sensitive scan that, when used together with Computerized Tomography (CT, also known as the CAT scan), provides precise information physicians can use to treat a variety of diseases.

The PET/CT scans provide a way of learning precise information about a disease once it has been diagnosed so physicians can determine the most accurate and useful treatment. The PET scan detects metabolic activity, while the CT scan pinpoints where the activity is in the body.

Radiologists David Levitsky, MD, and Vasudev Bhide, MD, explain.

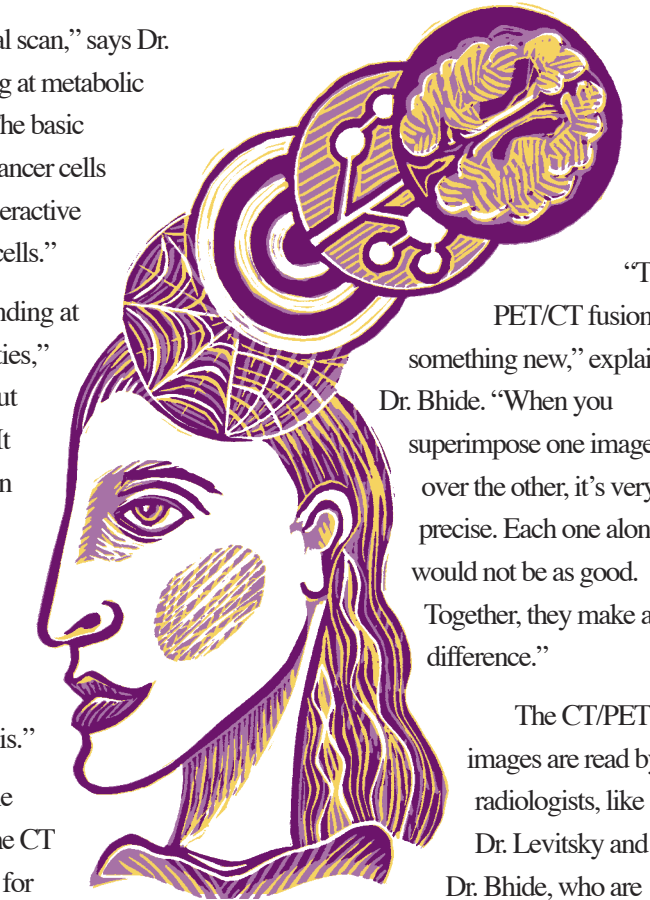
"The PET scan is a nuclear medicine test," says Dr. Levitsky. "We inject radioactive glucose which has a very, very short half life, so it's not at all dangerous to the person who gets it. The radioactive glucose goes to sites of high metabolic activity, which tumors usually have. That's why it's able to detect abnormalities at such an early stage."

"It's a functional scan," says Dr. Bhide. "We're looking at metabolic activity in the body. The basic presumption here is cancer cells are metabolically hyperactive compared to normal cells."

"PET is outstanding at localizing abnormalities," says Dr. Levitsky, "but it's not very precise. It will say that there's an area of abnormality, for example, in the abdomen or the pelvis, but it doesn't tell you where in the abdomen or pelvis it is."

That's where the CT scan comes in. The CT scan has been around for over thirty years. It's an x-ray technique that produces detailed picture of the body's anatomy - it's internal structures. Unlike traditional, two-dimensional x-rays, the CT scan produces cross-sectional images, like slices of bread.

"CT uses radiation to very precisely define anatomy," says Levitsky. "What we're able to do is fuse the CT and PET images so that we get the best of both worlds, which is the detection of metabolic abnormalities and precise localization."



"The PET/CT fusion is something new," explains Dr. Bhide. "When you superimpose one image over the other, it's very precise. Each one alone would not be as good. Together, they make a big difference."

The CT/PET images are read by radiologists, like Dr. Levitsky and Dr. Bhide, who are specially trained to interpret the images and correlate findings with other examinations and tests.

One of the primary uses of the technology is cancer staging. Staging is the process of assessing the size

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