MCMC is a Level IV Trauma Center p. 2

Neonatal Nurse Practitioners Join The Birth Place Staff  p. 3

Getting Back to Life Without Joint Pain p. 4
MCMC RECEIVES LEVEL IV TRAUMA CENTER DESIGNATION

Miami County Medical Center (MCMC) has been designated as a Level IV Trauma Center by the Kansas Department of Health and Environment (KDHE).

“Trauma center designation is one component of a comprehensive statewide trauma system designed to get patients with life-threatening injuries to a hospital with the necessary resources,” said Robert Moser, MD, KDHE Secretary and State Health Officer. “We congratulate MCMC for serving as a vital resource when every second matters.”

Level IV trauma centers are rural hospitals whose primary role is to stabilize seriously injured patients and, if necessary, transfer them to a higher-level trauma center. Hospitals that have achieved Level IV trauma center designation have demonstrated a commitment to providing optimal care for those who have been seriously injured.

“This trauma center designation demonstrates MCMC’s commitment to meeting the immediate needs of our community,” Paul Luce, Vice President of MCMC, said. “When seconds count, our trauma team is prepared to provide immediate patient assessment, intervention and appropriate patient disposition. We can ensure that more patient needs are met while staying in our community.”

MCMC’s emergency department is prepared to implement Advanced Trauma Life Support (ATLS) protocols by certified trauma nurses and physicians upon patient arrival. This protocol includes 24-hour laboratory and radiology services. The staff also works closely with other Level I and Level II trauma centers in the case of patient transfers.

Designated trauma centers must meet the essential criteria that ensure trauma care capability and institutional performance as outlined by the American College of Surgeons and endorsed by the Kansas Advisory Committee on Trauma. Injuries are a leading cause of death and disability in Kansas. KDHE’s trauma program works to assure those who are injured in Kansas have access to an organized system of trauma care offering them the best chance of recovery.
Miami County Medical Center (MCMC) recently received special recognition for outstanding performance in surgical care from The Joint Commission, the leading accreditor of healthcare organizations in the United States.

Daniel R. Perry, MD, FACS, general surgeon at MCMC, brings surgical expertise to Miami County and surrounding areas. Because no two surgeries are alike, Dr. Perry and his surgical team create personalized care plans based on what’s best for each individual patient.

Dr. Perry’s services include:
- Skin and soft tissue, such as lymph node biopsy and skin cancer resection
- Alimentary tract, including small intestine, small bowel obstruction, colon resection and hemorrhoid surgery
- General abdomen, including hernia, appendectomy and diagnostic laparoscopy
- Endoscopy, including colonoscopy and esophagogastrroduodenoscopy (EGD)
- General, such as central line, chest tube and porta-cath insertion
- Office-based procedures include skin biopsy and laceration repair

For a complete list of services, visit olathehealth.org/mcsurgical. To make an appointment with Dr. Perry, please call 913-557-0700.

FREE SURGICAL WEIGHT-LOSS SEMINAR & WEBINAR

TUESDAY, JULY 1 AT 6 P.M.

Surgical weight loss, known as bariatric surgery, offers hope for people who have been unable to achieve long-term weight loss through diet and exercise. During this event, Harlan L. Opie, MD, will talk about how bariatric surgery can be a successful tool to accomplish long-term weight loss.

TWO WAYS TO PARTICIPATE:

1. **In-Person Seminar**
   - Olathe Health Education Center, Room 120 (Johnson County Community College building, west of Olathe Medical Center)
   - Advance registration required.
   - Visit olathehealth.org/weightloss or call 913-782-8577 to register.

2. **Online Webinar**
   - Join us online at 6 p.m. on July 1 to attend this presentation as an interactive webinar. Registrations are preferred but not required.
   - Register at olathehealth.org/weightloss. Then, we will email you instructions on how to view the free webinar. You can ask the physician questions at the end of the event.
Gayla Consiglio of Spring Hill battled pain in her right knee for a number of years. She tried numerous non-invasive treatments to help ease the pain, but that only provided temporary relief.

“I tried using cortisone shots to help ease the pain,” Gayla said. “I didn’t want to go through surgery, so this route seemed like the best at the time.”

However, a fall on the ice in January 2014 prompted Gayla to look into surgery.

“I would encourage anyone who is living with constant pain to go talk with the orthopedic surgeons at MCMC. There is no reason to live your life with painful joints.”

-Gayla Consiglio, total knee replacement

“I was very skeptical about surgery,” Gayla said. “Dr. (Christopher) Eckland and his team at Johnson County Orthopedics in Paola were great. They helped me make the decision to proceed with a total knee replacement.”

On Jan. 14, Gayla underwent a total knee replacement on her right knee. After a short stay in the hospital, she returned home and began working with the home health physical therapists. She then transitioned to the outpatient rehabilitation team at Miami County Medical Center (MCMC), just two weeks after her surgery.

“My recovery was so smooth,” Gayla said. “The care I received in the hospital and in Dr. Eckland’s office was second to none. Also, the rehab team was warm and caring and created a very pleasant atmosphere.”

Gayla was so pleased with her surgical experience, she won’t hesitate to have the procedure done on her left knee.

“I know it’s coming, and I won’t put it off this time,” Gayla said. “I would encourage anyone who is living with constant pain to go talk with the orthopedic surgeons at MCMC. There is no reason to live your life with painful joints.”

If you or a loved one is experiencing joint pain, call Johnson County Orthopedics & Sports Medicine – Paola at 913-557-3800 or visit olathehealth.org.

Rehabilitation Services Locations

Rehabilitation services play an important role in getting patients back to their normal routines. The Rehabilitation Services teams offer a wide list of services, including physical and occupational therapy. To learn more, visit olathehealth.org/rehab.

Miami County Medical Center
2100 Baptiste Dr. in Paola
913-294-6679

Louisburg Rehabilitation
102 W. Crestview Circle
913-837-1660

Osawatomie Rehabilitation
539 Main St.
913-755-2078
Wouldn’t you love to wake each morning free from joint pain? If you have to think about how much it’s going to hurt every time you move, it’s probably time to think about seeing an orthopedic specialist for your joint pain.

New advances in diagnosing and treating chronic joint pain offer new hope. Many of today’s orthopedic advances involve minimally invasive surgical procedures that promise faster, less painful healing and a return to living life at your own pace. Many procedures can be performed on an outpatient basis. Our goal is to return our patients to a life of movement without pain.

Our orthopedic physicians provide a full-range of care, including:

- Knee and hip replacements
- Joint and ligament reconstruction
- Joint pain injections
- Shoulder replacement
- Rotator cuff repairs
- Hand and wrist surgery
- Sports medicine care, including fractures, sprains, torn ligaments and dislocated joints

JOHNSON COUNTY ORTHOPEDICS & SPORTS MEDICINE

Olathe Locations
20920 W. 151st Street • Suite 100
Olathe, KS 66061
Phone: 913-782-1148

23450 College Blvd
Olathe, KS 66061
Phone: 913-782-1148

Paola Location
2102 Baptiste Drive • Suite E
Paola, KS 66071
Phone: 913-557-3800

STRENGTHENING YOUR BONE HEALTH

Bone health is important at every stage of life. As the human body ages, our bones can grow weak if we do not take proactive steps to keep them healthy.

OMC’s Rehabilitation Services department has a physical therapist certified in the Meeks Method, a program designed to prevent, slow down or reverse the change in posture that can occur as people age due to poor bone health. The program is designed for people with osteopenia, osteoporosis or individuals who recognize their risk factors early and are interested in taking a proactive approach to prevention earlier in life.

Risk factors for decreased bone strength
NON-MODIFIABLE
- Female
- Family history of fracture
- Advanced age
- Caucasian or Asian
- Menopause
- Height greater than 5’8” at peak height
- Chronic steroid use
- Low birth weight
- Previous fracture

MODIFIABLE
- Smoking
- Alcohol: three or more servings/day
- Low body weight: less than 127 lbs.
- Eating disorder

What can I do to improve bone health?
Prevention is the easiest way to ensure good bone strength. Bone health depends on the state of the bone at a young age. Bone is very responsive to healthy choices early on in life.

WAYS TO IMPROVE YOUR BONE HEALTH
- Maintain a healthy body weight
- Eat a healthy, balanced, calcium-rich diet
- Limit alcohol and caffeine intake
- Discontinue smoking
- Regularly engage in SAFE weight-bearing exercise
- Maintain good posture
- Use safe body mechanics

For more information about our Bone Health program, call 913-324-8638.
Her mammogram came back abnormal. *Every woman’s fear.*

Vivian’s cancer journey began in December of 2010 when she first learned of her breast cancer diagnosis. She went and saw her family care physician Darrin Davis, DO, at Associates in Family Care-Olathe, a part of Olathe Health System. After years of seeing Vivian as a patient, Dr. Davis knew her - her bubbly personality, the faithful woman who regularly attends bible study, the person who strives to respond to people with kindness. And he knew she had a long journey ahead. He wanted her to receive the best care, and OMC’s nationally accredited Breast Care Center would provide just what she needed: cutting edge, collaborative and caring breast cancer treatment.

After her biopsy, Vivian found out she had invasive ductal cell carcinoma that had spread to some of her lymph nodes. Dawn H. Jones, MD, would be the general surgeon who would treat Vivian through this part of her journey. Sue Maughan, breast cancer patient navigator, remembers the day Vivian learned her diagnosis and plan for treatment.

“Of course Vivian was apprehensive, but Dr. Jones takes a full hour with her patients and explains to them slowly and in-depth about what to expect,” Sue said. “After Vivian spoke with Dr. Jones, I could see she was visibly calmer.”

Dr. Jones performed the mastectomy and lumpectomy and Bradley W. Storm, MD, reconstructed Vivian’s left breast with a trans-abdominal flap surgery.

“I just don’t have words to say how fabulous they were,” Vivian said. She actually looked forward to the days she went to OMC for her chemotherapy.

“I know that sounds crazy, but I did,” Vivian said. “Now, I never looked forward to the day after, but the day of, I was surrounded by the nurses. They always checked on me and were upbeat, positive and inspiring. They treated my husband with respect and made sure to include him in the process. I couldn’t have asked for anything more.”

In particular, Vivian remembers Sue as a life line. Sue supports every breast cancer patient by helping them navigate their treatment plans.

“She shed tears with me, she laughed with me. She validated my feelings - from my high highs to my low lows.”

After Vivian’s chemotherapy and radiation treatments were complete, she continued to follow-up with her medical team to ensure she was progressing as well as possible. In reflecting on her experiences at OMC and as a cancer survivor, Vivian unequivocally believes she was blessed greatly.

“I came out of my cancer experience a much stronger person and with a deeper respect for what the caregivers at OMC do for us as patients,” she said. “I just wish every breast cancer patient could have this kind of a team behind them, every step of the way. Just like I did.”

OMC EARNs NATIONAL RECOGNITION FOR ITS BREAST CANCER PROGRAM

Olathe Medical Center (OMC) was recently named one of the 2014 America’s Best Hospitals for Breast Centers by WomenCertified, Inc, home of the Women’s Choice Award. The Women’s Choice Award is a seal reserved for hospitals across America who partner with WomenCertified in its mission to empower women to make smart healthcare choices. OMC is the only Kansas hospital to be recognized.

The distinction is the only award that identifies the country’s best healthcare institutions based on robust criteria that consider female patient satisfaction, clinical excellence, and what women say they want from a hospital, including quality physician communications, responsiveness of nurses and support staff, cleanliness and trusted referrals from other women.
Lung cancer is the leading cause of cancer death in the United States. According to the American Lung Association, about 90 percent of people who have lung cancer die from it, in part because it is often not found until the cancer is at an advanced stage.

OMC now offers low-dose CT lung scans for early detection of lung cancer. In this test, an x-ray machine scans the body and uses low doses of radiation to make a series of detailed pictures of the lungs.

If you are an adult between 55 and 80 years old who is at high risk for lung cancer because you are currently a heavy smoker, or you have quit within the past 15 years, you should have an annual low-dose CT lung scan. Even if you have no signs or symptoms of lung cancer, you could be at a high risk for developing the disease because of your age and smoking history.

The best way to reduce the risk of developing lung cancer is to not smoke or stop smoking, and to avoid exposure to tobacco smoke. People who quit smoking can greatly reduce their risk of developing lung cancer. This risk continues to go down over time.

Candidates for Low-Dose CT Lung Scans:
- are 55 through 80 years old, and
- have a history of heavy smoking, and
- are either current smokers or who have quit within the past 15 years.

Heavy smoking means a smoking history of 30 “pack years” or more. A “pack year” is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 30 pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years.

How to Schedule:
Talk with your primary care physician to see if you are a candidate for a low-dose CT lung scan. He or she will help you schedule the appointment.

For more information, call 913-791-4396.

OMC OFFERS LOW-DOSE CT SCANS FOR EARLY DETECTION OF LUNG CANCER

Should You Be Screened for Lung Cancer?

OMC Joins Midwest Cancer Alliance

Olathe Medical Center is the newest member of the Midwest Cancer Alliance (MCA), an organization that works to improve cancer care across the region by providing access to the latest advancements close to home. Through MCA, OMC has access to major clinical trials, professional education, patient navigation guidance, networking and additional community education opportunities.

“Our membership in the Midwest Cancer Alliance means additional research and clinical resources,” Frank H. Devocelle, President/CEO of Olathe Medical Center, said. “This collaboration helps further ensure that our cancer patients have access to the latest treatments.”

Olath Cancer Care joins our team

Olathe Medical Services welcomes Olathe Cancer Care to its network of primary care and specialty clinics. Olathe Cancer Care has a long-standing history with Olathe Medical Center and its patients.

The staff members at Olathe Cancer Care are not just experts at treating a variety of cancers and blood disorders, they are experts at treating people. The experienced and compassionate team recognizes the far-reaching impact of a cancer diagnosis and helps its patients create a plan of action.

Olathe Cancer Care performs a wide array of services, including:
- Evaluation and management of all types of hematologic conditions, both benign and malignant
- Evaluation and management of all types of cancer
- Chemotherapy administration

Olathe Cancer Care
20375 W. 151st St., Ste. 208
Olathe, KS 66061
Phone: 913-780-4000
Fax: 913-780-4038
Every family needs a trusted doctor in their support network. Tara Van Fleet's family found theirs in Rita Oplotnik, MD, at Midwest Family Care, a part of Olathe Health System (OHSI). All 15 family care clinics in OHSI’s network are recognized by the National Committee for Quality Assurance as Patient-Centered Medical Homes.

Tara was 15 when her family moved to town. Her mom and three sisters all started going to Dr. Oplotnik. She helped Tara through the teenage years. Then, like many young women, Tara went off to college.

After getting married, Tara moved back to the area. When she found out she was pregnant with her first child, Hunter, and was in need a doctor who delivers babies, she immediately thought of Dr. Oplotnik.

"She really listens, and she cares," Tara said. "She made the labor and delivery process as natural and smooth as it should be - like every mom would want it to be."

Tara now has two more children, Lila and Reid. She delivered all three children at The Birth Place at Olathe Medical Center, and all three kids are patients of Dr. Oplotnik. Tara and her husband, Luke, like being able to go to one place for all the family’s medical care.

"Dr. Rita knows, almost to the day, what is going to happen with my kids," Tara said. "And then, she can turn around and meet my needs as a 32-year-old woman."

Tara said the best thing about Dr. Oplotnik is that she makes time for everyone, and she is a mom too.

"She just gets it," Tara said. "She is like part of the family. Without her, I wouldn’t know what to do."

Tara said when she takes her younger children for an appointment, Dr. Oplotnik still remembers all the things that happened with her other kids at that same age. She really pays attention.

"Dr. Rita is great at her job, not because she learned it in a book, but because she cares. She does not just diagnose the problem. She understands me and my kids and our everyday life."

And her kids love going to the clinic.

"My kids love seeing Dr. Rita," Tara said. "They talk about her all the time. Even though they get shots there, they still want to go there and see her."

Family Care Clinics Designated as Patient-Centered Medical Homes

All 15 family care clinics in Olathe Health System’s (OHSI) network of care are designated by the National Committee for Quality Assurance’s as Patient-Centered Medical Homes (PCMH).

This designation means your primary doctor and healthcare team will work together to personalize your care. Your doctor and team will support you in your healthcare goals and will make arrangements with other specialists if needed. You can be assured that when you go to a PCMH physician, you are receiving the best treatment and advice based on current medical evidence, as well as expanded care that uses modern technology to your advantage. You will have easier ways to communicate with your doctor and team, and will be able to access your records at any time through a secure, private system.

Lastly, you will be an active partner in your care. Your care team will work with you to prevent diseases through age-appropriate screenings, education and counseling.

To see a listing of OHSI’s family care clinics, go to olatethehealth.org/clinics.
Neonatal Nurse Practitioners Join The Birth Place Staff

In addition to our highly-trained physicians and staff at The Birth Place, we now have neonatal nurse practitioners, around-the-clock, with specialized training to care for newborns who are at risk or experiencing difficulties following delivery. The NNPs have worked with the neonatology group that has a long-standing history of caring for newborns at OMC.

A Great Birth Experience Starts with the Right Doctors

When it’s time to welcome a new baby into your family, choose the medical expertise and spa-like atmosphere of The Birth Place at Olathe Medical Center.

**Doctors who deliver at Olathe Medical Center:**

- **Saroj A. Bavishi, MD**  
  OB/GYN  
  913-829-9100

- **Alison G. Blevins, MD**  
  OB/GYN  
  Women’s Clinic of Johnson County  
  913-829-5656

- **Ana Luina Estrada, MD**  
  OB/GYN  
  Olathe Women’s Center  
  913-764-6262

- **Kerri L. Fellows, MD**  
  Family Practice  
  Associates in Family Care - Paola  
  913-557-5678

- **Patrick R. Herrick, MD, PhD**  
  Family Practice  
  Associates in Family Care-Olathe  
  913-782-7515

- **Douglas B. MacFarlane, MD**  
  OB/GYN  
  Olathe Obstetrics and Gynecology  
  913-782-3073

- **Todd W. Morrison, MD**  
  Family Practice  
  Gardner Family Care  
  913-856-5577

- **Rita M. Oplotnik, DO**  
  Family Practice  
  Midwest Family Care  
  913-764-0036

- **Eric M. Peck, MD**  
  OB/GYN  
  Women’s Clinic of Johnson County  
  913-829-5656

- **Gina M. Petelin, MD**  
  OB/GYN  
  Olathe Women’s Center  
  913-764-6262

- **Kevin J. Punswick, DO**  
  Family Practice  
  Gardner Family Care  
  913-856-5577

- **Keith T. Ratzlaff, MD**  
  Family Practice  
  Olathe Family Physicians  
  913-782-8487

- **David M. Riley, MD**  
  Family Practice  
  Antioch Family Care  
  913-851-9800

- **Bruce B. Snider, MD**  
  OB/GYN  
  Olathe Women’s Center  
  913-764-6262

- **Michelle R. Vieira, MD**  
  Family Practice  
  Gardner Family Care  
  913-856-5577

- **Melissa L. Yeats, MD**  
  Family Practice  
  Olathe Family Physicians  
  913-782-8487
When staying at home at the end of one’s life isn’t an option, the Hospice House at Olathe Medical Park will offer a peaceful care alternative. The home-like environment will provide 24/7 medical and nursing care, plus emotional and spiritual support for patient and loved ones.

Vast windows, beautiful scenery, patios, places for family to gather, flower gardens and other amenities work together to create a peaceful, serene environment.

Olathe Medical Center has a collaborative approach to hospice care with a well-established, holistic and compassionate team ready to support the patient and nurture the family during their stay.

**Amenities**
- A private and serene environment
- Individual patient/family suites
- Communal sitting areas
- Kitchen facilities
- Flower gardens
- Screened-in porch
- Whirlpool bath for patients
- Around-the-clock nursing care

**Services**
- Daily visits from Hospice House physician or nurse practitioner
- Volunteer assistance
- Social services
- Personal care
- Social workers and chaplains available to assist with counseling and spiritual needs
- Nutritional counseling
- Physical and/or occupational therapy
- Aftercare grieving program

**Support for the Hospice House at Olathe Medical Park**

Our community came together and helped Olathe Medical Center raise almost $3.7 million for the initial construction of the Hospice House. There is now an ongoing need for additional funds to support these services.

Donate online at www.olathehealth.org/donations, or to make a donation by phone, please call 913-791-4216.

---

**Ribbon Cutting & Open House**

FOR THE HOSPICE HOUSE AT OLATHE MEDICAL PARK

**SEPTEMBER 17, 2014* from 4 - 6 p.m.**

Hospice House
15310 S. Marion Street
Olathe, KS 66061

*Tentative date. Subject to change based on construction schedule. Please visit olathehealth.org for additional information about the event as the date gets closer.

---

“What a caterpillar calls the end of life, wise men call a butterfly.”
- Chinese Proverb.
The Evangelical Lutheran Good Samaritan Society has announced the launch of a new memory care assisted living facility at Cedar Lake Village dedicated to the treatment of dementia and Alzheimer’s disease. Olathe Medical Center and The Good Samaritan Society are joint owners of Cedar Lake Village.

Care for individuals with Alzheimer’s disease and dementia is a growing need as more and more baby boomers turn 65. The earliest stages of Alzheimer’s disease do not require nursing home level care, and yet spouses of those with this disease increasingly find themselves in the role of caregiver — managing bathing, dressing and medication. The care required can take a physical and mental toll on a caregiver.

Memory care assisted living is a unique service that requires a secure environment and personnel with specialized training. OMC and The Good Samaritan Society realize the need to expand services at Cedar Lake Village to be able to meet this growing need in the community. They want to be able to offer the care these individuals require, with educated staff who can provide individualized care and a family-centered approach, with support and education for families.

“We currently serve the needs of individuals with early stages and the most severe stages of memory care needs,” Frank H. Devocelle, President/CEO of Olathe Medical Center, said. “The announcement of this expansion will allow us to take care of people at all stages of dementia and Alzheimer’s.”

The new building for memory care assisted living is expected to open in early 2016. It will be connected to the main building of Cedar Lake Village, providing very safe, secure and comfortable households and neighborhoods to accommodate residents. It will be designed for seniors in the early to mid stages of Alzheimer’s disease or other memory problems.

“This expansion will allow us to take care of people at all stages of dementia and Alzheimer’s.”

- FRANK H. DEVOCELLE, PRESIDENT/CEO OF OLATHE MEDICAL CENTER

Each neighborhood will include dining rooms, access to courtyards, entertainment rooms and other amenities.

“We have designed this to be a home where the residents have the privacy and independence of their own bedroom and bathroom in addition to the shared amenities,” Joanna Randall, Cedar Lake Village Executive Director, said. “Our goal will be to help each resident feel loved, valued and peaceful.”

MAKE A DIFFERENCE

Be a Volunteer for Olathe Health System

Helping a patient get settled. Guiding a visitor to the right room. Quietly reassuring family members waiting for a report from surgery. Volunteers are a vital thread in the fabric of a successful and caring hospital.

Whether working in clinical departments, delivering mail and magazines to patients, or providing support to families and visitors, volunteers are essential members of the care team.

As a volunteer, you’ll gain personal satisfaction and lasting friendships, and you’ll receive recognition for your service, access to special educational programs, and free lunch when you work a shift of four hours or more. Discounted tickets and reserved parking are also available.

There are many opportunities for volunteers of all ages, backgrounds, experiences and interests. To learn more about volunteering at Olathe Medical Center, call Tara Flackus at 913-791-4380. For Miami County Medical Center opportunities, call Juanita Sprinkle at 913-294-6640.

Carol Perkins, OMC Ambassador, greets visitors as they enter Olathe Medical Center on Tuesday mornings.
Convenient Care for a Full-Speed Life

WE’RE READY FOR ANYTHING, AND WE’RE HERE WHEN YOU NEED US.

When you embrace life, the pace is go, go, go. You can’t always wait until tomorrow to see a doctor. So when illness or injury interrupts the fun, count on Olathe Health System. We have a network of clinics in Johnson, Linn and Miami counties. The clinics listed below have extended or walk-in hours to better meet your family’s needs.

CLINICS WITH EXTENDED OR WALK-IN HOURS:

URGENT CARE
Urgent Care of Olathe
135th and Blackbob
Olathe, KS
Monday - Friday: 8 a.m. - 7 p.m.
Saturday - Sunday: 9 a.m. - 5 p.m.

Walk-In Clinics
Antioch Family Care
135th and Antioch
Overland Park, KS
Monday - Friday: 7:30 a.m. - 5 p.m.

Arbor Creek Family Care
159th and Murlen
Olathe, KS
Monday - Friday: 8 a.m. - 7 p.m.
Saturday: 9 a.m. - 12 p.m.

Associates in Family Care - Paola
2102 Baptiste Drive
Paola, KS
Monday - Friday: 8 a.m. - 5 p.m.

Walk-In Hours:
Monday - Thursday: 8 a.m. to 6 p.m.
Friday: 8 a.m. to 4:30 p.m.

Care Express - Gardner
Located inside the Price Chopper
Gardner, KS
Monday - Friday: 8 a.m. - 8 p.m.
Saturday: 9 a.m. - 5 p.m.
Sunday: 10 a.m. - 2 p.m.

College Point Family Medicine
K-7 and College Blvd.
Olathe, KS
Monday - Thursday: 8 a.m. - 7 p.m.
Friday: 8 a.m. - 5 p.m.
Saturday - Sunday: 9 a.m. - 5 p.m.

Gardner Family Care
183rd and Center St.
Gardner, KS
Monday - Friday: 8 a.m. - 5 p.m.
TOP 10 REASONS to follow Olathe Health System on social media.

1. We have a single specialty: you.
2. No cat videos.
3. All the cool moms are doing it.
4. Local people, news and events.
5. Healthy recipes.
6. Healthy living tips. No fad diets!
7. Seminars, screenings and CPR classes.
8. Inspiring stories.
9. Medical advice you can trust. Don’t believe everything you read on the Internet!
10. Timely, interesting health news.

youtube.com/OlatheHealthSystem facebook.com/OlatheHealth twitter.com/OlatheHealth
HEALTH SCREENINGS AND COMMUNITY EDUCATION CLASSES

To learn more about all of our screenings, classes and events, or to register, please visit olathehealth.org, or call 913-791-4312. Note: For classes at Miami County Medical Center, call 913-294-6657 for times.

CHILDBIRTH & PARENTING

PLANNING A PREGNANCY
What should be done and what should be avoided before and during pregnancy to give your baby the best chance for a healthy start? Risk factors and hazardous exposures, as well as emotional and financial issues will be addressed. Call 913-791-4312 for class dates.

HEALTHY PREGNANCY
For expectant parents in their first or second trimester. Information provided on nutrition, exercise, fetal growth and development, and coping with common discomforts of pregnancy.

Sept. 8

CHILDBIRTH PREPARATION
Childbirth preparation techniques, emphasizing a family-centered approach to birth options, comfort measures, breathing techniques, partner coaching, informed choices and total body relaxation during labor and birth. Information on postpartum care, newborn care and safety. A tour of The Birth Place is included.

FIVE-WEEK PREPARATION – July 10 - Aug. 7, July 21 - Aug. 18 and Aug. 5 - Sept. 2
ONE-DAY PREPARATION - July 19, Aug. 2 and Sept. 6
REFRESHER - July 26 and Oct. 25

BREASTFEEDING
Review the basics of breastfeeding, including benefits to mom and baby, latch-on, frequency and length of feedings, and common problems and solutions. Information on pumping and what to do when you return to work. Your support person is encouraged to attend.

July 9, Aug. 6 and Sept. 10

INFANT CARE
An overview of baby care basics: how to hold, diaper, swaddle and bathe a newborn and what to expect in the first few weeks at home. Safety issues and common concerns are addressed.

July 16, Aug. 13 and Sept. 3

GRANDPARENTING AND SIBLING PREPARATION CLASSES
Grandparenting class teaches current methods of childbirth, infant care and safety. The sibling preparation class helps children feel more comfortable with the hospital setting and with the new family addition. Sibling class content is most appropriate for ages three to 10, but other ages are welcome.

GRANDPARENTING TODAY
July 26 and Oct. 25
SIBLING PREPARATION
July 19, Aug. 9 and Sept. 13

TOURS OF THE BIRTH PLACE
The Birth Place at Olathe Medical Center hosts free tours for prospective moms. Tours provide an opportunity to meet the staff of The Birth Place and view the unique delivery rooms and amenities. Dads, siblings, grandparents and friends are welcome to attend. Tours are also included with all Childbirth Preparation classes. Please visit olathehealth.org to view upcoming tours or call 913-791-4311.

KIDS & TEENS

BABYSITTER SAFETY
This American Safety & Health Institute (ASHI) program, taught by certified instructors, is intended for babysitters ages 11 to 15. Participants will learn helpful tips and techniques on care for infants and children, home safety, first aid and managing choking. Participants will receive a two-year certification in babysitting. Parents are asked to accompany their child to and from class.

July 12, Aug. 9 and Sept. 27

FIRST AID 4 KIDS
This class is for children ages nine to 12. It focuses on safety and prevention of injuries and treatment of choking, bleeding and various medical and environmental emergencies. Parents should accompany children. This class is available upon request for community groups.

July 30 and Oct. 15

CPR 4 KIDS
This non-certified CPR class teaches basic adult, child and infant CPR skills and how to aid a choking victim. This class is targeted for ages nine to 15. No test is required and no certification card is given. Parents are asked to accompany their child to and from class.

July 16 and Nov. 29

GIRLS GROWING UP
Girls Growing Up is designed to guide girls in third through fifth grade and her mom or guardian through the changes of puberty and menarche in a gentle, humorous, non-threatening way.

Call 913-791-4312 for class dates.
BECOMING YOUNG WOMEN
Becoming Young Women is designed for girls in the seventh through ninth grade who often have questions about sexuality but are unsure who or how to ask. Call 913-791-4312 for class dates.

WEIGHT MANAGEMENT, NUTRITION & EXERCISE
AQUATIC EXERCISE
Eight-week sessions, either two or three days per week, designed for individuals with special needs, such as arthritis, fibromyalgia, joint problems, etc. Includes flexibility, range of motion and strength activities. This class is ongoing. Please call 913-791-3596 for upcoming dates at OMC and 913-294-6679 at MCMC.

HEALTHY WEIGHT – WEIGHT MANAGEMENT PROGRAM
Meet one-on-one with a registered dietitian to discuss personal eating habits, develop goals, and establish a plan for managing weight. To make an appointment with one of our registered dietitians, please call 913-791-3500 ext. 4014.

WELLNESS & EDUCATION
SIGN LANGUAGE
Learn the basics of American Sign Language. “The American Sign Language Phrase Book” by Lou Fant is included in the price of registration. This eight-week class meets two days a week and covers Sign Language I & II. The course is designed for those who are 14 years or older. Certificates will be awarded upon completion. Call 913-791-4312 for class times.

FAMILY AND FRIENDS CPR (ALL AGES)
This non-certified class teaches basic adult, child and infant CPR skills and how to aid a choking victim. No test is required and no certification card is given. OMC: July 7, Aug. 4 and Sept. 8

DIABETES SELF-MANAGEMENT
Our staff is specifically trained in diabetes management and can help you achieve your diabetes goals. Diabetes education classes are designed for adults with a diagnosis of type 1 or type 2 diabetes. Patients must be referred by their physician for the class cost to be covered by insurance. Cost may be covered by your health insurance plan (individual policies vary, check with your insurance provider to verify coverage). OMC: Call 913-791-4382 for class times. MCMC: Call 913-294-6638 for class times.

HEARTSAVER CPR AND AED
This American Heart Association course is designed for the lay rescuer requiring certification. This course teaches adult, child and infant CPR, how to aid a choking victim and AED use. A certification card valid for two years will be issued after successful completion of the skills test. Participants will have hands-on practice, so comfortable clothing is recommended. Book included. OMC: Aug. 18 and Nov. 17

HEALTHCARE PROVIDER CPR AND RENEWAL
Learn CPR for victims of all ages (including ventilation with a barrier device and a bag-valve mask device), use of an AED and relief of Foreign Body Airway Obstruction (FBAO). Designed for participants who provide care to patients in a wide variety of settings, in-hospital and out. Book included. The renewal class is for healthcare providers seeking re-certification and focuses on reviewing and testing all skills. A certification card will be issued after completion of these classes. OMC: Healthcare Provider CPR July 10, July 26 and Aug. 7 OMC: Healthcare Provider Renewal July 14, Aug. 11 and Sept. 22 MCMC: Healthcare Provider Renewal June 27, July 25 and Aug. 29

NEW CLASS: HEALTHCARE PROVIDER SKILLS TESTING
This program is for Healthcare Providers seeking an alternative non-classroom method for completing an initial or renewal BLS for Healthcare Providers course. July 29, Aug. 26 and Oct. 28

FIRST AID (PEDIATRIC FIRST AID/CPR/AED)
The Heartsaver Pediatric First Aid CPR AED is intended for those involved in child care (child care workers, teachers, foster care workers, camp counselors, youth organizations and coaches for children’s sports organizations) and is designed to meet the regulatory requirements for child care workers. This course is also ideal for parents, grandparents, babysitters and guardians. The course covers how to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. In addition, the course teaches child CPR AED and infant CPR. A certification card valid for 2 years will be issued after successful completion of the skills test. Book included. OMC: Aug. 16 and Oct. 18

SUPPORT GROUPS
Learning to deal with the loss of a loved one or coping with illness can present challenges to everyday life. Our support groups provide an outlet for individuals seeking help, encouragement and companionship. Support groups are available for obesity/bariatric surgery, grief and loss, breastfeeding, cancer, diabetes, pregnancy and infant loss, women’s cardiac and sleep disorders support. Call 913-791-4312 for more information.

TEE-OFF FOR A CAUSE
Olathe Medical Center Charitable Foundation’s 14th Annual Golf Classic - a scramble golf tournament to benefit the Hospice House at Olathe Medical Park.

Friday, Sept. 12

To register, call 913-791-4216 or download the entry form online at olathehealth.org/charitable.
FAMILY CARE CLINICS IN MIAMI AND LINN COUNTIES

ASSOCIATES IN FAMILY CARE - OSAWATOMIE
100 E. Main St.
Osawatomie, KS 66064
913-755-3044
Providers: Brian D. Cooke, MD; Jonathan L. Newkirk, MD; Kailey Dressler, APRN; and Janet French, PA-C

ASSOCIATES IN FAMILY CARE – PAOLA
2102 Baptiste Dr.
Paola, KS 66071
913-557-5678
Providers: Kerri L. Fellows, MD; Aiman Qannan, MD; Karl Kroen, APRN; and Brooke Ottesen, APRN

LACYGNE FAMILY CARE
1017 E. Market St.
LaCygne, KS 66040
913-757-4575
Providers: Anthony R. Justesen, MD; and Brian Becker, PA-C

LOUISBURG FAMILY CARE
102 W. Crestview Circle
Louisburg, KS 66053
913-837-4299
Providers: Michael P. McGinnis, MD; and Loretta Heinen, PA-C

MOUND CITY FAMILY CARE
302 N. 1st St.
Mound City, KS 66056
913-795-2203
Providers: Anthony R. Justesen, MD; Brian Becker, PA-C; and Karl Kroen, APRN

WALK-IN CARE
ASSOCIATES IN FAMILY CARE – PAOLA
2102 Baptiste Dr.
Paola, KS 66071
913-557-5678
Monday - Thursday: 8 a.m. to 6 p.m.
Friday: 8 a.m. to 4:30 p.m.
Provider: Eric L. Dyck, MD

CALL 913-294-6602 FOR AN APPOINTMENT.

OUTPATIENT SPECIALISTS

PAIN CARE
Johnson County Anesthesiologists

PLASTIC & RECONSTRUCTIVE SURGERY
Juan C. Nosti, MD

ORTHOPEDICS/SPORTS MEDICINE
Christopher C. Eckland, DO
Brian C. Kindred, MD
John A. Tanksley, MD

EAR, NOSE & THROAT
Brian A. Metz, MD, FACS

PODIATRY
David J. Burnett, DPM

GENERAL SURGERY
Daniel R. Florkowski, MD, FACS

OPHTHALMOLOGY
Aaron R. Florkowski, MD

UROLOGY
Andrew B. Morris, DO, MBA, PHARMD.