



Heartbeats

Fall 2005

A Community Service of Mammoth Hospital
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Sierra Park Orthopedic and Sports Medicine Service Expands and Attains National Recognition

By Gary Myers, Chief Executive Officer

Some very exciting things are happening at Mammoth Hospital this year thanks to the vision set by our Board of Directors several years ago and the dedication of many physicians and other professionals committed to providing excellent health care services to the Eastern Sierra. This past year saw the opening of the Mammoth S.P.O.R.T. Center, a state-of-the-art clinic facility for Orthopedics, Physical Therapy, and Human Performance testing as part of our strategy of developing an *Orthopedic Center of Excellence* at Mammoth Hospital. We're now very pleased to announce the addition of important new members to our orthopedic medical staff, Dr. Jeffery Mast and Dr. Mark Robinson. (See brief bio information on each - page 2) The addition of these highly skilled surgeons perfectly compliments the trauma skills and fellowship training in sports medicine of Dr. Jack

Perry and Dr. Mike Karch. Residents and visitors of the Eastern Sierra now have orthopedic expertise matching any center in the country available right at their doorstep. From total hip and knee replacement to shoulder and knee reconstruction to small joint arthroscopy, our orthopedic surgical team is on the leading edge of minimally invasive diagnostic and surgical treatment technology.

AO North America, the nonprofit organization dedicated to the advancement of patient care in orthopedic and spine surgery, recently announced that they have designated Mammoth Hospital as an International Teaching Center for minimally invasive management of orthopedic and sports trauma. They will fund a year-long fellowship for a post graduate orthopedic resident to live and work here under the direction and mentoring of our orthopedic physicians and

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Mammoth Hospital receives the California Fit Business Award

By Jennifer Hansen, Public Relations

On July 21, 2005, Mammoth Hospital, along with the Dole Food Company (West Lake Village), USAA Financial (Sacramento), Monterey County Health Department (Salinas), Community Resource Project, Inc (Sacramento), and NutriFit (Los Angeles), was recognized by the California Task Force on Youth and Workplace Wellness for their dedication to employee health and wellness through the California Fit Business Award.

Winners were selected based on employee health at the workplace, including the presence of healthy food service options; employer provided time, space and support for physical activity during the work day; CEO/management support; and worksite policies for providing health promotion programs during company time (other than the lunch hour). More than 50 employers across the state applied for this year's award.

"In addition to caring for the sick and injured, a big part of the mission of the Southern Mono Healthcare District and Mammoth Hospital is to promote health and wellness

in our community. Our employee Wellness Program has given us the ideal opportunity to model healthy behaviors for the residents and visitors of our resort community. Our patients know that we 'walk the talk' when it comes to fitness, weight control, and leading a healthy lifestyle," stated Gary Myers, Chief Executive Officer.

Mammoth Hospital has designed a Wellness Challenge Program for their employees to enhance their personal health and wellness. The Wellness Program involves mandatory and optional criteria that employees complete over the course of a year. "Employers like Mammoth Hospital are setting the standard for others to follow to help fight the serious obesity epidemic," said State Senator Tom Torlakson (D-Antioch), founder and chair of the Task Force. "Providing health and nutrition programs, as well as access to healthy foods and physical activity should be a top priority for employers across the state. We call upon all of California's employers to make changes in the workplace so that workers have increased access to fruits, vegetables, and physical activity."

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to conduct clinical research for publication. The Organization's mission is to improve the care of patients with musculo-skeletal injuries and their outcomes in North America, through education and research in the principles, practice and results of treatment. AO North America will conduct a week-long seminar in surgical treatment of hip dysfunction for orthopedic surgeons from all over the world at Mammoth Mountain Ski Area this January. Along with this distinguished honor of AO North America, Synthes Corporation, a world leader in the innovative design and manufacture of orthopedic hardware and implants used in the surgical reduction of fractures and revision of skeletal malalignment, will supply their entire line of fracture hardware systems to our hospital. This will put every state-of-the-art tool for fracture reduction into the hands of our surgeons and staff to rival any orthopedic center in North America. This significant support recognizes the very high level of surgical expertise we enjoy here at Mammoth Hospital provided by our orthopedic surgical team. For more information on the AO North America symposium in Mammoth, visit www.aona.com.

Mark Robinson, M.D., Orthopedic Surgeon

(Photo not available at time of publication)

Mammoth Hospital staff extend a warm welcome to Mark Robinson, M.D., newest member of the Sierra Park Orthopedic and Sports Medicine Service. Dr. Robinson was raised in Pittsburgh, PA, by parents who were both physicians. He graduated Summa Cum Laude in Philosophy from Princeton University in 1975, and earned his medical degree from Thomas Jefferson University in Philadelphia, PA, followed by two years of general surgery training at UC Davis. He completed his residency training in Orthopedic Surgery in San Francisco before accepting a medical staff appointment at Ventura County Medical Center. Through his 20-year tenure there, Dr. Robinson served as Director of Orthopedics, Chief of Surgery, and Medical Staff President. His practice has focused on total joint replacement of the hip and knee and the treatment of complex fractures and orthopedic trauma.

Dr. Robinson is accompanied by his wife Susan and their two daughters, Caitlin and Erica. Over the past decade, their family has spent most of their free time in the Eastern Sierra. Dr. Robinson is an experienced climber, avid skier and surfer. Dr. Robinson's diverse interests include houseboat navigation, classical music, cognitive science, mathematical modeling, and history.

Jeffrey Mast, M.D., Orthopedic Surgeon



Mammoth Hospital is honored to have Jeffrey Mast, M.D., one of the foremost experts in surgery of the pelvis and hip in the world, join the Mammoth S.P.O.R.T. Center team. Dr. Mast receives referrals of patients with complex pelvic and hip dysfunction from all over the country and is active in lecturing, writing, and teaching his advanced techniques throughout the world. Dr. Mast has invented

and designed numerous surgical tools and fracture fixation devices over the course of his career and developed highly innovative surgical methods for the treatment of pelvic, acetabular, and hip abnormalities. "I am very impressed with what is happening in Mammoth from a medical standpoint. The whole community is behind making Mammoth Hospital top-flight, beyond this I am very impressed with the young surgeons that have become skillful and highly successful in the services that they provide," states Dr. Mast.

Dr. Mast completed his residency at the University of Southern California in 1974 and became board certified in orthopedic surgery thereafter. He spent time studying

Internal Fixation of Fractures and Osteotomies at the University of Bern, Switzerland, under the direction of Professor Maurice E. Mueller in 1979. In 1981, he spent four months at the L'Hopital de la Porte de Choisy in Paris, studying fractures of the pelvis and acetabulum with the late, world expert, Professor Emile Letournel. Dr. Mast completed another one-year fellowship in surgery of the hip at the University of Bern under the direction of Professor Reinhold Ganz. He became Chief of Orthopedic Trauma and Associate Professor at the University of South Florida in Tampa in 1984 and developed the orthopedic trauma service there until moving to Wayne State University in 1988. At Wayne State University, he was a professor in the Department of Orthopedic Surgery from 1993-2000. Just prior to moving to Mammoth full time, Dr. Mast was a member of the medical staff for the Northern Nevada Medical Center and is currently Co-Chairman of AO North America, a non-profit organization dedicated to the advancement of patient care, in orthopedics.

Dr. Mast and his wife, Vernie, have owned a second home in Mammoth for a number of years. He has been consulting and performing surgeries at Mammoth Hospital for the past three years. They relocated to Mammoth on a full-time basis this Fall. Dr. Mast's interests include skiing, golfing, and fly-fishing.

Welcome New Doctors Reception

Join us at a reception on October 21st, 5:00-7:00pm, in the Sierra Park clinics' lobby to welcome our newest members to the hospital team; welcome Jeffrey Mast, MD, and Mark Robinson, MD, Sierra Park Orthopedic & Sports Medicine clinic, Tomi Bortolazzo, MD, Sierra Park Urology clinic, and Suelene Chen, DDS, Sierra Park Family Dental clinic.

Human Performance Lab now Open at Mammoth S.P.O.R.T. Center

By Rita Klabacha, M.S.

Mono and Inyo county residents and visitors now have access to the only facility of its kind in the Eastern Sierra. Mammoth Hospital S.P.O.R.T. Center's Human Performance Lab opened August 1st and specializes in physiological testing and analysis for athletes, and wellness programming for the general community. Testing services are conducted by an exercise physiologist and currently include: determination of resting metabolic rate, sub-maximal exercise testing, lactate threshold testing and VO2max testing. Results of these tests are used to determine exercise prescriptions and training programs to improve one's fitness, health, and athletic endurance performance. Additionally, the center continues to offer expert bike fit analysis for optimal performance and musculoskeletal balance.



and "Lactate Threshold (LT)." Both measures are important tools in determining appropriate athletic training programs and are beneficial for myriad of endurance athletes: runners, cyclists, skiers, climbers, and snowboarders.

General health and fitness testing is also available in the Human Performance Lab. The resting metabolic rate measurement provides an accurate indication of one's caloric needs on an average day, exclusive of exercise or physical activity. This information is valuable for anyone who may be on a weight loss or weight gain program, or who needs to track their caloric needs for any other purpose. The test takes approximately fifteen minutes and is easily performed by the client, seated comfortably.

For those individuals looking to start an exercise program, or for whom exercise has been prescribed by their physician for rehabilitative health purposes, the S.P.O.R.T. Center offers sub-maximal exercise testing. This testing is intended for the individual who needs to develop a safe and effective exercise program, but who would not be an appropriate candidate for VO2max testing.

Future plans for the lab include pursuit of funding for clinical, medical and scientific research; continued development of wellness and athletic performance testing and programming; community clinics and seminars; and raising funds for equipment upgrades, such as high-performance treadmills, bicycle ergometers, and biomechanical video analysis equipment.

For further information or to schedule an appointment, contact the S.P.O.R.T. Center at 760-934-7302.

Second Annual Festival of Trees Sponsored by the Healthcare Trust of Mammoth Lakes and the Gull Lake Marina

By Lori Ciccarelli, Community Relations Director

Kick off the holiday season with the second annual Festival of Trees gala dinner and live auction of elaborately decorated themed trees and gifts. This most-talked-about event of the year will take place during Thanksgiving week on Saturday evening, 11/26th in the Old Gondola Room at the Mammoth Mountain Ski Area. A silent auction will host beautifully hand-crafted wreaths and gingerbread houses, in addition to other spectacular gift packages that include travel, celebrity items, and restaurant packages. Prior to the event, a select few themed trees will be on display in local businesses throughout town, such as McDonalds and Mail Boxes, etc., for the entire community to enjoy and to bid on silently.

Our goal is to raise \$75,000 to help fund a \$300,000 full field digital mammography system for Mammoth Hospital. This type of mammography has gained FDA

approval for the screening and diagnosis of breast cancer, and touted to be the "single biggest advance in mammography in 30 years." Full field digital mammography allows for faster acquisition, fewer total exposures, and less patient discomfort. Early detection of breast cancer greatly increases the chance for survival.

Tickets are \$100 each that include a buffet dinner and a magical night to remember. Come and enjoy the decor of these stunning trees created by local designers who are graciously volunteering their time. Decorated



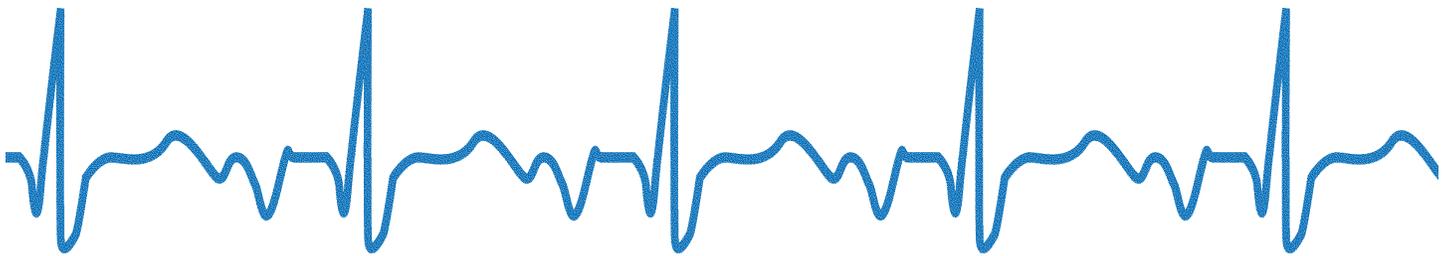
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Insurance Updates

By Jim Smith, Chief Financial Officer

Usual and Customary Payments

The health care industry reports an increase in the practice of health insurance companies paying hospitals at rates they deem to be “usual & customary” (or U&C). Those amounts are always less than full charges, are arrived at arbitrarily, and result in the patient or guarantor having to pay the difference. The practice is a tactic intended to save money for the insurer. Mammoth Hospital does not accept U&C payments as payment in full. When we receive an insurance payment that has been reduced by U&C, our Patient Accounting staff will contact the insurer to notify them of this and attempt to get them to send a second payment making up the difference. If they decline, the insurer is holding the policy’s subscriber responsible for paying the amount withheld. If our attempts fall on deaf ears, we suggest that the subscriber contact their insurer and attempt to coax the additional payment from them. Often times, an insurer will react more favorably to their subscriber (who is paying the premiums) than to the health care provider.

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trees will be delivered locally. If your tree is not for local delivery, consider donating it to a local cause for the entire community to enjoy.

If you would like more information, or would like to attend the Festival event, contact Lori Ciccarelli, Community Relations Director, at (760) 924-4015 or email lori.ciccarelli@mammothhospital.com. Also visit us at www.mammothhospital.com.

Vision

The Southern Mono Healthcare District is dedicated to excellence in the preservation, enhancement and restoration of the health and well being of all members of our residential and visitor communities.

Mission

The mission of the Southern Mono Healthcare District is to:

- ♥ Deliver excellent, compassionate health care services for our residents and visitors;
- ♥ Provide appropriate health care services which conform to the highest standards of care and are directed toward improving the overall health of our community;
- ♥ Ensure sustainability through sound governance, quality management and financial responsibility; and
- ♥ Facilitate continuity of care through the development of local and regional collaborative relationships with businesses and other providers.

Administration

Gary Myers, *Chief Executive Officer*
Jim Smith, *Chief Financial Officer*
Joe Bottom, *Chief Operations Officer*
Kathleen Alo, *RN, BSN, Chief Nursing Officer*
Nancy Hilmo, *Executive Assistant*

Southern Mono Healthcare District Board of Directors

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