

PeaceHealth House

call

“We must
take care
of our families wherever
we find them.”

—Elizabeth Gilbert



Healthy families, healthy communities

IN YEARS PAST, we've often thought of health care as an individual condition. *I've got the flu. She was diagnosed with cancer. He caught the measles.*

That approach is changing. While each person receives individualized care at PeaceHealth, community wellness has been at the core of our mission since the 1800s, when the Sisters of St. Joseph of Peace traveled across the country to care for people in the logging communities of the Pacific Northwest.

Today, we're helping our communities focus on wellness. For many of us, our core community is our family. No matter what your family looks like—children, parents, grandparents, partners, or close friends—staying healthy together is one of the most caring things you can do.

Here are a few ways to help keep your family and community healthy:

Eat together. Studies have shown that families who sit and eat together are often healthier. Preparing foods at home and gathering around a dinner table can lead to better nutrition, fewer instances of depression, and lower body mass index.

Move together. Having a workout partner can help you stay committed to fitness. Having your family as your partner helps you all keep moving and having fun. Also, when you are committed to meeting your spouse or your sister for a workout, chances are you won't cancel.

Play together. One of the greatest ways to release daily stress is to just have some fun. Remember the old saying about laughter being the best medicine? It is difficult to stay angry when you're riding a bike or playing a game of charades.



Want to stay updated on wellness between issues? Sign up for the Healthy You e-newsletter and get monthly tips in your inbox. Visit www.peacehealth.org/healthy-you.



PeaceHealth

St. John Medical Center
PeaceHealth Medical Group
St. John Medical Center Foundation

Meet your local providers

PeaceHealth Medical Group
1615 Delaware St., Longview, WA



Dane Moseson, MD
General Surgery,
Oncology Surgery
360-501-3500



Anthony Simons, MD
General, Colon, and
Rectal Surgery
360-501-3500



Jason Suh, MD
Hospitalist
360-414-2000



Prakash Thapaliya, MD
Medical Oncology
Lower Columbia
Cancer Center
360-414-7878



David Whitaker, DO
Family Medicine,
Internal Medicine
360-501-3601



Shawn Aaron, MD
Family Medicine
360-414-2389



Douglas Camp, MD
Hospitalist
360-414-2000



James Suero, MD
Cardiologist
Specialty Clinic
360-414-2730



A healing journey

WHEN VIRGINIA KELLY'S eyes first met Don's in the small café she waitressed in, she knew this was the man she'd spend the rest of her life with. Don had the same impression of Virginia.

That moment in 1993 began a journey that would take the couple across the country in their business of setting up shows for Paramount Tours. As they've traveled life's road, little did the Kellys realize their most challenging adventure would be Virginia's recovery from cancer.

Last year, Virginia began experiencing severe pains and blockage when trying to use the restroom. The pain worsened, and Don took her to the Ocean Beach Hospital, near where the couple lived at the time. A three-inch tumor was found, and Virginia was immediately taken by ambulance to the oncology floor at PeaceHealth St. John Medical Center. Hospitalist Jason Suh, MD, shared the news that Virginia's tumor was cancerous—stage III and at the threshold of IV, the most serious stage of cancer. Surgeon Dane Moseson, MD, set to work, successfully removing the tumor.

Virginia's cancer care provider, Prakash Thapaliya, MD, was "wonderful and caring," the couple says. Virginia's primary care provider, David Whitaker, DO, also assisted in her care.

The experience was eye-opening, and, as with everything else, the couple resolved to face it together. They relocated to Longview, and Don became Virginia's caregiver, changing the bag she had to wear for months until her successful reverse surgery by surgeon Anthony Simons, MD. Today, she's cancer-free.

The Kellys placed their trust in the healing mission of PeaceHealth St. John and are deeply grateful to their team of caregivers and providers who walked this journey with them.

What's next in the Kellys' journey together? "Touring Washington state in our RV!" says Don.



Getting back in the game

JIM APPLEBY IS a guy who puts his heart into all he does. A three-sport athlete from Rainier, Oregon, Jim played college baseball at Lower Columbia College and is an accomplished college and high school men's basketball referee. He is general manager of the Cowlitz Black Bears, a collegiate summer baseball league, so he stays active, especially during baseball season.

That's why last fall, when Jim started experiencing severe difficulty breathing, he wasn't sure what was happening and checked himself in to the emergency department at PeaceHealth St. John Medical Center. Jim was surprised to learn he was having symptoms of a heart attack.

He spent several days in the hospital and "received the best of care," he says. Jim has nothing but high praise for his team of care providers at PeaceHealth Medical Group: hospitalist Douglas Camp, MD; cardiologist James Suero, MD; and family medicine provider Shawn Aaron, MD.

"I know it's their job, but they are truly very caring and compassionate," says Jim of his PeaceHealth providers and caregivers.

"Mr. Appleby presented with atypical chest pain and multiple risk factors," says Dr. Suero. "Fortunately, stress testing did not show evidence of coronary artery disease. However, echocardiography identified hypertensive heart disease with diastolic dysfunction. The patient has significantly improved his symptoms by exercising and dramatically changing his diet. His self-imposed goal was to consume 'less than 1,400 milligrams of sodium' per day. He remains on medication for his hypertension, and I am glad he is feeling better."

Jim's lifelong involvement in athletics keeps him active and disciplined, and he has stuck to his care plan. Today, with the care he received from his PeaceHealth providers and caregivers along with his commitment to his own health, Jim is back in the game again doing what he loves.



PET/CT combines speed, accuracy and comfort

PEACEHEALTH ST. JOHN Medical Center now has advanced positron emission tomography/computed tomography (PET/CT). This medical imaging technique combines in a single system both a PET scanner and an X-ray CT scanner. The PET/CT “time of flight large-bore technology” provides more accurate images in less time and with better patient comfort.

The new technology uses the metabolic uptake of the body to show any abnormalities that may be present with more precise anatomical localization. It helps more accurately differentiate between benign and malignant processes.

Hasan Osman, MD, specializes in nuclear medicine at PeaceHealth St. John. “For more accurate staging, both aspects are needed,” Dr. Osman says. “Not just anatomical imaging, but also functional imaging—to more accurately assess and treat the patient.”

Earlier diagnosis and more accurate staging are crucial for better patient care and outcomes.

ENHANCED PATIENT EXPERIENCE

The process takes about 20 to 30 minutes, and the patient can breathe normally while images are being acquired. The new PET/CT scanner is faster and reduces radiation to the patient.

Many patients from the coast use imaging services at PeaceHealth St. John. This cutting-edge technology is brought closer to them.

LIFESAVING

Advanced imaging technology is good news. It catches tumors earlier, allowing for faster and more accurate diagnosis and staging for more tailored care for the individual patient.

The PET/CT has become an integral part of the patient’s workup for detecting and accurately staging tumors throughout the body. In addition, PET brain scans are useful in differentiating types of dementia, as well as being



able to diagnose Alzheimer’s disease earlier than any other imaging modality. Cardiac PET scans are also useful for assessing cardiovascular diseases.

IMPROVED TECHNOLOGY

Some features of the new PET/CT include:

- **Speed.** PET/CT enhances patient comfort with a shorter scan time while providing a fast, accurate diagnosis.
- **Accuracy.** “Time of flight” PET/CT scanners improve the ability to assess and diagnose smaller lesions.
- **Safety.** Radiation dose reduction enhances patient safety.
- **Largest bore.** This maximizes patient comfort, in particular for patients who are claustrophobic, without compromising imaging quality.
- **Shared capabilities.** It combines two technologies in a single, comfortable system.



Hasan Osman, MD
Nuclear Medicine
PeaceHealth St. John Medical Center
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Longview, WA
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Simply the best

The Kearney Breast Center at PeaceHealth St. John Medical Center is the only facility in southwest Washington now offering C-View technology. This advanced imaging technology delivers:

- Less radiation
- Less time under compression
- Better detection of abnormalities
- Reduced recalls for repeat mammograms

RECOGNIZED FOR EXCELLENCE

The Kearney Breast Center was recently recognized as a Breast Center of Excellence by the American College of Radiology. A patient shared: “I thank you for your wonderful caring service. Everyone was so kind and very professional and reassuring. I rate your staff and Center—excellent!”



Remember: October is National Breast Cancer Awareness Month and a great time to schedule your mammogram—or to encourage someone you love to schedule theirs. For an appointment, call **360-414-2701**.



Fight the flu, family-style

Families come in all shapes and sizes. But here's how they're all alike: In every family, every person 6 months or older needs a flu shot—every year. The flu vaccine is the most effective way to help prevent the flu.

Seasonal flu protection actually comes in two forms: a shot and a nasal spray. Ask your doctor which one is right for each member of your clan.

Because viruses that cause the flu are constantly changing, the vaccine is sometimes updated annually to match the current viruses. So get your family vaccinated this year and every year.



Lisa Doherty, MD
Family Medicine
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Vaccines

A healthy choice for all ages

YOU PROBABLY HEAR this all the time: Kids need vaccines.

That's excellent advice—but children aren't the only ones in the family who benefit from potentially life-saving shots.

"Staying up to date on vaccines is one of the quickest, easiest, and best ways to help people of all ages protect their health," says Lisa Doherty, MD.

Here, Dr. Doherty answers questions about vaccines—and explains why they're important for everyone, from babies and teens to middle-aged adults and retirees.

Q Why should my whole family be immunized?

A Vaccinating infants protects them from 14 serious childhood diseases, including life-threatening ones, like diphtheria and whooping cough. Making sure preteens get the full series of HPV shots can help lower their risk for certain cancers later in life. And older adults need protection from illnesses like pneumonia and shingles.

But vaccines don't just keep your family from getting sick. They help protect the community too.

Q What are some vaccines I might need as an adult?

A Your annual flu shot, for sure. Your provider might also recommend shots for:

- Hepatitis A and B
- Pneumonia
- Shingles
- Tetanus, diphtheria, and whooping cough

If you're going abroad, you may need other shots.

Q How does vaccinating my family protect the community?

A Immunizing enough people can break a disease's chain of transmission. That means there's less chance for unvaccinated people to get sick. It also helps protect those who are vulnerable, such as newborns before they receive all of their shots, pregnant women, and individuals being treated for cancer.

This group protection is sometimes called *herd immunity*—but I like the term *community immunity*.

Q I'm hesitant to have my kids vaccinated. Are vaccines really safe?

A Absolutely! All vaccines are thoroughly tested. And their benefits—including saving lives—far outweigh what, for most people, are minimal risks.



Visit www.peacehealth.org/flushot to find out about flu shots for the entire family.

Q How can I control my kids' Halloween candy consumption?

A You don't have to be the bad guy! Follow these tips to let your kids enjoy Halloween without a candy overdose.

- Fill their bellies with a wholesome meal before they go trick-or-treating.
- Plan activities that don't focus solely on candy. Carve a pumpkin or create your own haunted house.
- Limit the time spent going door-to-door.
- Trade non-food treats, like stickers or temporary tattoos, for their candy.
- Cash them out. Decide on the exchange rate for each piece of candy, and let them "sell" you their loot.
- Set a good example. Don't pig out on the candy that you pass out.
- Keep the candy out of reach. Having a bowl of candy on the counter or letting kids keep it in their room is bad news!
- Ration the candy. Set limits on the number of pieces they can eat on Halloween night, and ration the rest out at two pieces each day.
- Experiment. Have fun with science experiments using candy. Check out www.stevespanglerscience.com or find ideas using your favorite search engine.
- Have your child choose his or her favorite kinds of candy, and dump the rest.



Gretchen Potschka, MD

Internal Medicine and Pediatrics
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Q I have diabetes. When should I be concerned about an injury to my feet?

A When you have diabetes, the best way to treat your feet is to prevent wounds from happening in the first place.

- Check your feet every day.
- Keep your feet dry, especially between toes where skin can easily become irritated.
- Wear sturdy, comfortable shoes that will help protect your feet. NEVER GO BAREFOOT.

Do not ignore a callus—that is a sign that there is too much pressure at that location. Diabetic shoes and inserts may alleviate or off-load the pressure, which can prevent an ulcer. Diabetic foot ulcers can become severe and lead to amputation or loss of life.

Any time there is a break in the skin on your foot or you have an ingrown nail, you need to take action. Right away, put on an antibiotic ointment, cover with a large bandage, and seek medical help.

Make sure your health care provider checks your feet at least once a year—more often if you have foot problems. Remember to take off your socks and shoes while you wait for your physical examination.



Sharon Bender, RN

Wound Care Specialist
PeaceHealth St. John
Medical Center
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Longview, WA
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Q How do I get the most from my preventive exam?

A Your insurance company offers one free preventive exam each year, regardless of whether or not you have a deductible.

Preventive care focuses on evaluating your current health status when you are symptom-free, allowing you to obtain early diagnosis and treatment.

The first step in ensuring that you get the most from your exam is to schedule your appointment well in advance.

It is important to become familiar with your insurance benefits if you are not already. Your insurance provider will have specific wellness guidelines for your age and gender. Most insurance providers have websites that are fairly easy to navigate that outline preventive care.

When you arrive for your appointment, remember that you are there for your preventive care exam only. This is a good time to schedule a separate appointment if any new medical concerns have arisen since first scheduling your preventive appointment.

Following these guidelines for your preventive care appointment should help ensure that you are on the right path to managing your health and staying well!



Jennifer Richards

New Patient Coordinator
PeaceHealth Medical Group
Concierge
1615 Delaware St.
Longview, WA
360-414-7512



Discover Recovery Walk

When: Saturday, Sept. 26

- Registration 8:15 a.m.; walk/run 9 a.m.
- Festivities end at noon

Where: Lions Shelter, Lake Sacajawea, Longview, WA

Info: A fun walk/run to celebrate those in recovery from addiction and mental illness.

- There will be water, snacks, prize drawings, resource booths, and informative speakers.
- Free T-shirts to the first 200 participants.

Sponsored by PeaceHealth, Cowlitz County Health and Human Services, and Axiall Corp.



Lower lab prices

PeaceHealth Laboratories at St. John is now offering lower prices on medical tests, with payment options including flexible installment plans and online payments. Two convenient walk-in locations:

- Lakefront Clinic
PeaceHealth Medical Group
1718 E Kessler Ave.

Hours: Monday through Friday, 7:30 a.m. to 5:30 p.m.
Saturday, 8:30 a.m. to 4 p.m.
(closed noon to 1 p.m.)

- PeaceHealth St. John Medical Center
Physician's Office Building,
first floor
1615 Delaware St.

Hours: Monday through Friday, 6:30 a.m. to 5:30 p.m.
Call 360-414-2308
for either location.

What else is new? Our new phone number for billing questions: 800-826-3616

events calendar

HEALTHY YOU

Prediabetes

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor

Info: If you've been diagnosed with prediabetes, this two-hour group class will cover everything you need to know to successfully manage your condition. Call **360-636-4943** for date and time details.

Heart Health: Nutrition

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor

Info: Join our two-hour heart health group class to learn about lifestyle changes that can help prevent and treat heart disease. Call **360-636-4846**.

Thinking About Joint Replacement

Where: Pacific Surgical Institute

Info: William Turner, MD, of Longview Orthopedic Associates, will share information about how this life-changing surgery can bring you back to good health. Learn about PeaceHealth St. John Joint Replacement Center's unique program to get you up and keep you moving. Call **360-636-4846** for date and time details.

Scheduled for Joint Replacement

When: Mondays, 9:30 to 11:30 a.m.

Info: For patients who are already scheduled for a joint replacement service to learn about the procedure, helpful recovery tips, and your support team's role in rehabilitation. Call **360-636-4846**.

VOLUNTEER

Looking for a great way to use your time to help others? Consider volunteering at PeaceHealth St. John. Adult and teen positions are available. Call **360-636-4126**.

DIABETES EDUCATION CLASSES

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor

Info: Four-week diabetes education series covers meal planning, medications, and diabetes self-management options. Call **360-636-4943** for more information. A physician referral is required.

WEIGHT MANAGEMENT

Weight Loss

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor

Info: Join this two-hour weight loss group class to learn quick, easy ways to help you start on your path to a healthy weight. Call **360-636-4943** for the date and time of the next available class.

Medicare Weight Management Program

Info: Medicare provides coverage to qualified patients for counseling sessions to help you lose weight. Medicare beneficiaries pay nothing (no co-insurance and no Medicare Part B deductible) to participate in the program. Visit your primary health care provider to see if you qualify and for a referral to our program. For more information, call **360-636-4943**.

One-to-One Individual Weight Loss Program

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor

Info: Educators will help you set goals and support you as you begin your individualized program. Physician referral not required. Call **360-636-4943**.

Fee: \$250

PREGNANCY

Preparing for Delivery

■ Tuesday weekly series—Oct. 6 to 20, Nov. 3 to 17, 6 to 8:30 p.m.

■ Saturday one-day class—Sept. 19, Oct. 17, or Nov. 21, 9 a.m. to 4 p.m.

Where: Women's Health Pavilion

Info: Hands-on class for labor and delivery preparation. Taught by certified childbirth educators. Tour included. Register online or call **360-501-3700** for dates.

Fee: \$60 per couple; state medical card accepted.

Infant Care and Feeding

When: Tuesdays, Sept. 22, Oct. 27, Nov. 24, 6 to 8:30 p.m.

Where: Women's Health Pavilion

Info: Learn to soothe and quiet your baby; diapering basics; and bathing, feeding, and safety tips. Tour included. Register online or call **360-501-3700**.

Birth Center Tour

When: Tuesdays, Oct. 6, Nov. 3, 5 to 5:30 p.m.

Where: Meet in PeaceHealth St. John lobby

Info: Where you choose to deliver is important. Our leading-edge family birth center and experienced caregivers welcome you. Call **360-501-3700**.

Big Sister, Big Brother

When: Tuesday, Nov. 10, 4 to 5 p.m.

Where: Women's Health Pavilion

Info: Siblings ages 3 to 10 learn about life with a new baby, make a card, and learn their special role. Register online or call **360-501-3700**.

SUPPORT

Amputee Support Group

When: Fourth Friday of each month, 12:30 to 1:30 p.m.

Where: PeaceHealth St. John conference room E, second floor

Info: Supporting amputees and their families for a healthy life. Call **360-501-3750**.

Better Breathers Club

When: Wednesdays, Oct. 21, Nov. 18, 2 p.m.

Where: Women's Health Pavilion

Info: Living well with chronic lung disease. New topic every month. For patients and family; no registration needed. Call **360-414-7384**.

Cancer Support Group

When: First and third Thursday of each month, 2:30 to 4 p.m.

Where: Cancer Center Resource Room

Info: Providing education and support through the cancer journey for patients, friends, and family. Call **360-414-7968**.

Diabetes/Prediabetes Support Group

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor

Info: Share your tips and ideas in a casual, accepting atmosphere. Friends and family are welcome and encouraged to attend. No registration required. Call **360-636-4943** for more information.

Food Addicts in Recovery Anonymous (FA)

When: Tuesdays, 6:30 to 8 p.m.

Where: PeaceHealth St. John conference room E, second floor

Info: A 12-step program for anyone with food obsession, overeating, undereating, or bulimia. Call **360-442-9061** for more information.

I Understand—Breast Cancer Support Group

When: Mondays, Sept. 21, Oct. 19, Nov. 16

Where: PeaceHealth St. John conference rooms C/D, second floor

Info: Courageous and compassionate women supporting one another through education and group sharing. Call **360-747-5958**.

Baby Reunion



When: Tuesday, Sept. 29, 6 to 7 p.m.

Where: Women's Health Pavilion

Info: For all parents who have attended childbirth classes at PeaceHealth St. John Medical Center in the previous six months. A time to show off your new baby, reconnect with class members, share birth stories and talk about the ups and downs of life with a new baby.



PEACEHEALTH is a non-profit, integrated health care organization with facilities in Alaska, Washington, and Oregon.

HOUSECALL is published by PEACEHEALTH to provide health care and wellness information to residents of Cowlitz County.

Information in HOUSECALL comes from a wide range of medical experts. If you have any concerns or questions about specific medical issues that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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To unsubscribe from this free community health care publication, call 360-501-3701 and provide your name and mailing address.

Please notify us if you do not wish to receive fundraising materials from PeaceHealth foundations. Contact us: 360-414-7900; ahartley@peacehealth.org.

HOUSECALL is published at a facility with an emission system that uses up to 50 percent less natural gas than conventional methods, and the printer recycles all paper waste and uses inks that limit environmental impact.



To register, visit www.peacehealth.org/st-john and click on "View Events & Classes." All classes are free unless noted otherwise.

LOCATIONS

Classes, offerings, resources, and events designed to put you in control when it comes to your health.

PeaceHealth St. John Medical Center
1615 Delaware St., Longview

PeaceHealth Broadway Campus
600 Broadway, Longview

PeaceHealth Medical Group—Internal Medicine
1615 Delaware St., Longview

Women's Health Pavilion
1660 Delaware St., Longview (corner of Delaware and 17th Avenue across from PeaceHealth St. John)



Giving does you good

Be part of the PeaceHealth St. John Medical Center Foundation Giving Society

DEAR FRIENDS,

When you've made a donation through PeaceHealth St. John Medical Center Foundation, you have the satisfaction of knowing you've made a significant impact on lives in our community.

You also become part of the PeaceHealth St. John Foundation Giving Society and join other individuals and families who are as passionate about great local care as you are. To honor those who contribute to the work at PeaceHealth, we have the following Circles of giving:

Ambassador Circle (5-plus consecutive years of giving). Members have supported the foundation for five or more consecutive years.

Columbia Circle (all planned gifts). Columbia Circle was established to recognize and honor men and women who have created a legacy at PeaceHealth St. John Foundation in the form of a planned gift. These gifts include endowments, bequests, annuities, trusts, or 10-Plans.

Dove Circle. Members have made cumulative gifts between \$1,000 and \$24,999.

Leadership Circle. Members have made cumulative gifts between \$25,000 and \$99,999.

Visionary Circle. Members have made cumulative gifts between \$100,000 and \$499,999.

Sisters of Peace Circle. Sisters of Peace Circle is named after our Sisters, whom we hold so dear. Members of this circle have made cumulative gifts between \$500,000 and \$999,000.

Millennium Circle. Members have made cumulative gifts above \$1 million.

These Circles are updated every fiscal year; our members are listed at www.peacehealth.org/stjohnfoundation. We are grateful for the support of our community. As always, I welcome the opportunity to speak with you more if you have any questions or concerns.

Sincerely,



Cathy Barr, CFRE
Executive Director
PeaceHealth St. John
Medical Center Foundation
360-414-7900
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 **PeaceHealth**
St. John Medical Center

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1615 Delaware St.
Longview, WA 98632

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Personal Concierge Services

Our PeaceHealth Concierge Team is ready to assist you with personalized service every step of the way. For all of your health care needs, contact your personal concierge:

- Call **360-414-7512**.
- Email phmglongviewconcierge@peacehealth.org.

Department of Transportation physical exams

Driver safety depends on your health

FOR COMMERCIAL MOTOR VEHICLE drivers, good health is one of the most important safety factors when you're behind the wheel.

Each time you turn the key, you are responsible for your own safety and that of the drivers around you. That is why a Department of Transportation (DOT) physical examination now needs to be completed by a certified medical professional.

The DOT physical exam is considered a "medical fitness for duty" exam, relative to the job demands of a commercial driver. This exam prompts the provider to ask two crucial questions:

1. Can the driver safely meet the physical and mental demands of the job, and for what length of time will the medical card be issued?
2. Does the driver have any past or current medical conditions that may affect his or her ability to meet the demands of the job now or in the future?

Any condition that could cause a loss of ability to control,



operate, or drive a commercial vehicle safely (for example, loss or impairment of limbs, poor visual or auditory acuity, insulin-controlled diabetes, high blood pressure, heart disease, or respiratory dysfunction) could result in a shorter certification period or no certification at all.

Remember, though it may be difficult to meet the requirements of certification, the provider, who understands these lifestyle and job challenges, wants to help you address conditions that could potentially threaten not only your livelihood, but also your health and that of others.

 If you have questions, please call PeaceHealth Occupational Health at **360-414-2332**. Our board-certified provider Brian Fawcett, MD, MPH, looks forward to working with you to make sure you're fit and ready for the job.



Brian Fawcett, MD, MPH

Occupational Medicine
PeaceHealth Medical Group—Occupational Medicine Clinic
1405 Delaware St.

 **360-414-2332**

Wellness is contagious

Catch it at peacehealth.org

 **PeaceHealth**
The Spirit of Health

